

THE STING

JUNE 27TH, 2021

2021 SCHEDULE

6/30 - Home meet vs. Spring Green

7/10 - Home meet vs. Dells

7/17 - Away meet vs. Mazo

7/24 - Conference @ Sun

NIGHT MEET 6/30

This Wednesday we have a home meet versus Spring Green. Entries for the meet will be sent out on Monday, 6/28.

Warm-ups Schedule:

13-19s 3:50-4:10 pm

11-12s 4:10-4:30 pm

10 & under 4:20-4:30 pm

Meet starts at 5 pm



COACH'S CORNER

Hi Stingrays!!

Great job at the meet this weekend! Despite the consistent rain pretty much throughout the entire meet, it was awesome seeing you all conquer that long pool.

Now we move on to a bit of an unusual week, we have a mid-week meet on Wednesday. The meet will be against Spring Green and will be another home meet. Night meets are one of my favorite memories from being a Stingray, and I hope you enjoy it as well!

There are only three dual meets left and less than a month until our Conference meet. Challenge yourself every day to do your best! Attend as many practices as you can, you will see your efforts pay off in the pool. If you need anything or want extra support with your strokes/parts of your race, ask your coach or a helper coach. They are happy to help!

Get ready for a great week - night meet on Wednesday, fun game day on Thursday, and a holiday weekend.

Kendra and the coaches

2021 COACHES

Kendra Kalvin

Head Coach

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Halley Johnson

Assistant Coach 15-18

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Jacob Aegerter

Assistant Coach 13-14

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Justin Pernitz

Assistant Coach 11-12

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Forrest Peterson

Assistant Coach 9-10

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Kaitlyn Peters

Assistant Coach 8 & Unders

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Helper Coaches:

Ian Bohachek (11-12)

Erik Peterson (9-10)

Serena Haack (9-10)

Abby Gessler (8&U)

Lily Mair (8&U)

Cowan Vitense (8&U)

Ellie Eisele (8&U)

2021 BOARD

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Tom & Stacy Bernd

Co-Past Presidents

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QUESTIONS OR CONCERNS?

Please feel free to contact any coaches or board members.

PICTURES FROM MEETS

Pictures from meets are housed on Shutterfly. You do not need to create an account to view the photos; however, if you would like order prints you will have to create one. All of the photos are courtesy of our team photographers; huge thank you to all of them!

Site Address: <https://crossplainsstingrays.shutterfly.com/pictures>

Site Password: **SwimFast**

Our team photographers David Kalsbeek and Graham Anderson are excellent! Their goal is to get a good picture of each Stingray by the end of the season. After a couple meets if you aren't noticing pictures of your swimmer(s), please let David or Graham know.

Also if anyone is interested in joining our excellent team of photographers, you can reach out to either of them. David says, "We are easily identified in the wild, our distinguishing characteristic is the camera with a big white lens around our necks." :)

THIS WEEK'S THEME IS...



POKEMON



TEAM BUILDING TUESDAYS (TBT)

This Tuesday, we will have our Team Building Tuesday event at the Legion from 1-2 pm as normal. Feel free to bring neighbors, siblings, cousins, etc.!

Weather permitting - this week we would like to play some fun water games! So bring a suit or clothes that you can get wet, as well as a towel.

PRACTICE SCHEDULE

8 & Unders: Monday - Friday, 8:45-9:50 AM

13-14s & 15-19s: Monday - Friday 6-7:45 AM,
Tuesday and Thursday 8-9:30 PM

9-10s & 11-12s: Week of 6/28 is a B week!

Monday 6/28 B		Tuesday 6/29 B		Wednesday 6/30 B		Thursday 7/1 B		Friday 7/2 B	
7:15-9:00 AM	11-12	7:15-9:00 AM	11-12	7:15-9:00 AM	11-12	7:15-9:00 AM	11-12	7:15-9:00 AM	11-12 ALL
7:45-9:00 AM	9-10	7:45-9:00 AM	9-10	7:45-9:00 AM	9-10	7:45-9:00 AM	9-10	7:45-9:00 AM	9-10
4:45-5:30 PM	9-10 ALL			4:45-5:30 PM	MEET				
8-9:30 PM	11-12 ALL			8-9:30 PM	MEET				

Monday 6/28 - Tuesday 6/29 - Regular practice

Wednesday 6/30 - Shortened practice, see coach email for more info

Thursday 7/1 - GAME DAY

Friday 7/2 - Regular practice

Monday 7/5 - Regular practice

Thursday 7/1 - GAME DAY

13-19s - Regular practice & game day

9-12s - Arrive by 7:45 wearing clothes and shoes to run in.

8 & Us - Arrive by 8:45 wearing clothes and shoes to run in.

For our Pokemon themed game day, swimmers will be in small groups with the objective of battling and catching various Pokemon (coaches) in the few blocks around the pool. Each group will be led by a trusted 15-19 year old swimmer.

