

The Sting

2025

Memorial Day Parade & Pie Sale

All Stingray families are required to donate 2 homemade (no store-bought items, please) OR pay the \$40 buyout fee.

- Sign up to let everyone know what you are bringing.
- Note that there are no refrigerators available.
- Please use disposable pans. If not disposable, please label with your name and phone number.
- Label your pie/cookies with the kind, if it contains nuts or is nut-free, gluten-free, or vegan.

Deliver your pies/cookies to the Stingrays tent at the Legion between 9:30-11:30 am on Monday, May 26th

Volunteers are needed for this event, and job sign-ups are available.

Practice Schedule

Tuesday, May 27th - Tuesday, June 10th

Ages 9-10: 3:00-4:00 pm @ CP pool

Ages 8&U: 3:45-4:30 pm @ CP pool

Middle School: 4:30-6:00 pm @ CP pool

High School:

- May 27th & 28th @ Harbor Athletic Club - Sport Pool 7:15-8:15p
- May 29th & 30th @ CP pool 4:30-6p
- June 2nd-4th @ Harbor Athletic Club - Sport Pool 7:15-8:15p
- June 5th & 6th @ CP pool 4:30-6p
- June 9th & 10th @ Harbor Athletic Club - Sport Pool 7:15-8:15p

Buddy Program



Meet your Buddy at the Kickoff Picnic!

We encourage all new and returning Stingrays to join our buddy program to get connected with another swimmer on the team. Buddies are an opportunity to meet new people, allowing the team to connect across all age groups.

Fill out the form as soon as possible, no latter than May 25th if interested!

Kickoff Picnic

Sunday, June 1st @ 6 PM

Join us as we kickoff the swim season!

The Stingrays board is providing pizza for everyone this year!

What to bring:

- Lawnchairs and/or a picnic blanket for your family. As well as your own plates, cutlery, etc.
- **Families A-K:** bring a salad/side
- **Families M-Z:** bring a dessert

What to expect:

- Meeting and introducing 2025 coaches and board members.
- Swim season raffle (cash & Venmo available)
- "Heat Sheet 101" session and information on volunteer positions needed at home meets.
- Bring old/small Stingwear/suits for the "Hand-Me-Down" table

Stay tuned for a weekly newsletter from the coaches & the board!

2025 Coaches

Dave Marx - coachmarxsting@gmail.com
Head Coach & 15-18 Coach

Abby Ensenberger - stingcoachabby@gmail.com
Assistant Head Coach & 11-12 Coach

Cowan Vitense - stingcoachcowan@gmail.com
Assistant Coach 13-14

Lily Mair - stingcoachlily@gmail.com
Assistant Coach 9-10

Ellie Eisele - stingcoachellie@gmail.com
Assistant Coach 8 & Unders

Henry Bohacheck - hbohachek@icloud.com
Night 11-12 & 13-18

Helper Coaches:

Izzy Ensenberger (11-12s)
Leona Fredrickson (11-12s)
Norah Ebert (11-12s)
Rian Jost (9-10s)
Liam Mair (9-10s)
Lydia Taylor (9-10s)
Miri Spahn (8&Us)
Sophia Bonti (8&Us)
Sophia Eisle (8&Us)
Quinn Dawson (8&Us)

2025 Board

Angie Wing - xpstingpresident@gmail.com
President

Rachel Marx - xpstingvp@gmail.com
Vice President

Justin Spahn - xpstingtreas@gmail.com
Treasurer

Kate Gravel - xpstingsecretary@gmail.com
Secretary

Emily Spahn - xpstingnewfamily@gmail.com
New Family Coordinator

Noel Vannieuwenhoven - xpstingpastpresident@gmail.com

Hello Stingrays!! I'm beyond excited to be your coach this season. With the excellent athletes we have returning to the team and the amazing new swimmers we have joining us this year, I have no doubt we are in store for a very special summer!

More than anything, my goals are for every swimmer to feel great about themselves in and out of the pool, be excellent teammates to one another, build confidence, and get physically and mentally stronger. Together we can accomplish amazing things! Go Sting! - Dave

Coaches Corner

Ellie Eisele

Hi! My name is Ellie, and I am the 8-and-under coach this year. I can't wait to see everyone again and for practice to start!

Lily Mair

Hi Stingrays, I can't wait to be back on deck coaching the 9- 10s for another summer! Looking forward to seeing new and old faces and being a part of even more improvement within the age group this season!

Abby Ensenberger

Hey 11-12s! I am so excited to be able to work with you all this summer. I can't wait for everyone to grow as a swimmer and enjoy the fun of summer swim! I'm looking forward to see all that we accomplish as a group.

Cowan Vitense

Hey, my name is Cowan Vitense, and I'll be with the 13-14s this year. I'm excited to see the progress of the 13-14s this year, both in and out of the pool!

Dave Marx

Hey 15-18ers! I'm thrilled to be your age group coach this year. You're such a cool, talented, and fun group. I hope I can be a part of helping you become the type of athlete and people you are striving to be. I want this part of your summer to be as rewarding and fun as possible!!

Check us out on Social Media:
Or visit our website on TeamUnify



Cross Plains Stingrays
@crossplainsstingrays
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