

The Sting 2025

The Week Ahead

Monday-Wednesday:

- 3:00-4:00pm: Ages 9-10
- 3:45-4:30pm: Ages 8 & Under
- 4:30-6:00pm: Middle School
- 7:15-8:15pm High School
 - @ Harbor Athletic Club

Thursday-Friday:

- 3:00-4:00pm: Ages 9-10
- 3:45-4:30pm: Ages 8 & Under
- 4:30-6:00pm: Middle School
- 7:15-8:15pm High School
 - @ CP Pool

Saturday:

- Swim meet at CP Pool
- **Warm-ups start at 7:10am**

2025 Meet Schedule

Saturday, June 7th vs. Spring Green

Saturday, June 14th vs. Wisconsin Dells

Saturday, June 21st @ Mazomaine

Saturday, June 28th vs. Baraboo

Wednesday, July 2nd vs. Sauk Prairie

Saturday, July 12th @ Sun Prairie

Saturday, July 19th @ Mt. Horeb

Tuesday, July 22nd - Tri County Invite

Saturday & Sunday, July 26-27 -

Conference @ Mt. Horeb

Theme This Week

The theme is...
80's!!



Dress up at the meet and come see
your coach for a treat:)

Highlights of the week

We are one week into after school practices and everyone is having a blast!

We also had so much fun walking as a team in the Memorial Day Parade as well as the pie and cookie sale. We appreciate everyone showing up for the team.



Stay tuned for a weekly newsletters!

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 - stingcoachhenry@gmail.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

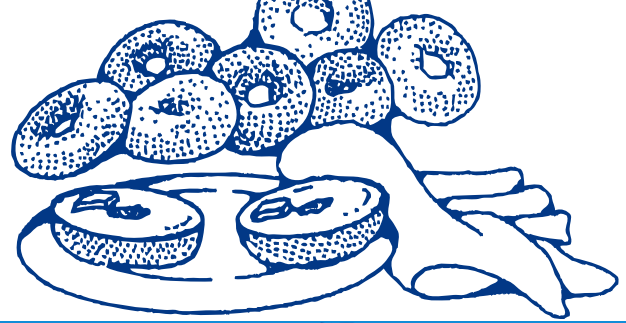
Rachel Marx - xpstingvp@gmail.com
Vice President

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



Coaches Breakfast

Coaches breakfast sign-up

- The coaches work hard to help our swimmers throughout morning practices. Many are there for multiple groups and may even be swimming themselves before coaching.
- An event labeled "Coaches Breakfast" is listed under events on the website. Please sign up and show our Coaches how much we appreciate them and the great job they are doing! The 2025 season has 16 coaches throughout the morning

We appreciate all the help!.



Cross Plains Stingrays
@crossplainsstingrays
Cross Plains Stingrays

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

Message From The Board

Apparel is in from Simply Swimming, and we will pass it out at the picnic tonight! If you are unable to attend, we will get it to you at a practice this week.

Gently used apparel will be available for any swimmer who could use an extra suit. If you have any lying around, please bring them to the picnic!

Jobs and concession donations are now open on the website for the first HOME meet on June 7th!

- **Please remember that the team expectation is that Stingray families volunteer at EVERY HOME MEET you have a swimmer participating in.**
- **A food donation does not count as a volunteer position, even though they both appear on the job sign-up page**
- Stingray families are **expected to donate food items for TWO home meets** unless you have paid the buy-out fee at registration time.

For the following Volunteer positions, the start and end times in the system are ESTIMATES only. Below is your ACTUAL start or end time:

- **First Shift ENDS at the end of Event #38, Boys 15-18 100 IM.**
- **Second Shift STARTS at the beginning of Event #39, Girls 8&U 25M Breaststroke, but please be on the deck and standing by at the announcer's table at Event #38, ready to start promptly for Event #39.**
 - Announcers
 - Card Runners
 - Clerk of Course
 - Heat Winners
 - Swim House Boys & Girls/Water Runners
 - Timers

Sign-up for the first meet closed yesterday. If you were unable/unsure of how to sign up and would like your swimmer to swim in the first meet, **contact your age group coach today!**

- For each meet, you must go to our website and declare your intentions for the meet. The meets are listed in the Events at the bottom of the homepage. For each meet, you must click the button under the meet title that says "Attend/Decline," and then for each individual swimmer you must select "attend" or "decline" so that coaches know who will be swimming and who to include in the weekly lineups. You will sometimes hear coaches refer to this as "signing in and out" of the meet.
- These sign-ups will usually be due a week before each meet. If you are not going to attend, please indicate this, that so coaches know for certain you will not be there, and it's not that you just forgot to sign up!