

# The Sting 2025

## The Week Ahead

### Monday-Friday:

- 6:00-7:45am: Groups 13/14 & 15/18
- 7:15-9:00am: Groups 9/10 & 11/12
- 8:45-9:50am: 8 & Unders

### Saturday:

- Swim meet at Mazomanie
- **Warm-ups start at 7:30am**

## Night Practices

11-12 year olds: Monday/Wednesday  
8:00-9:30 pm

13-18 year olds: Tuesday/Thursday  
8:00-9:30 pm

## Picture Day

**June 17th** (rain date June 19th)

Arrivals for picture day:

15-18s - **8:00am**

13-14s - **8:20am**

11-12s - **8:40am**

9-10s - **9:00am**

8 & unders - **9:20am**

Please arrive on time in your team suit or a solid black or blue suit

## Theme This Week

The theme is...  
**Mario**



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

## 2025 Meet Schedule

Saturday, June 7<sup>th</sup> vs. Spring Green

Saturday, June 14<sup>th</sup> vs. Wisconsin Dells

**Saturday, June 21<sup>st</sup> @ Mazomanie**

Saturday, June 28<sup>th</sup> vs. Baraboo

Wednesday, July 2<sup>nd</sup> vs. Sauk Prairie

Saturday, July 12<sup>th</sup> @ Sun Prairie

Saturday, July 19<sup>th</sup> @ Mt. Horeb

Tuesday, July 22<sup>nd</sup> - Tri County Invite

Saturday & Sunday, July 26-27 -  
Conference @ Mt. Horeb

**Stay tuned for a weekly newsletters!**

# TBT

## Team Building Tuesday Kickoff!

**Tuesday, June 17 | 1:00–2:00 PM | At the Legion**

We're so excited to kick off our very first Team Building Tuesday of the season! We'll be meeting as a full team at the Legion from 1:00 to 2:00 PM for a fun, all-ages group game and a chance to simply enjoy time together outside of the pool.

As a swim team, we're unique with athletes ranging in age from 5 to 18, we have a wide range of experiences, personalities, and friendships across age groups. Team

Building Tuesdays are all about celebrating that diversity and creating strong connections across the whole team. Whether you're a first-year 8 & under or a seasoned high school swimmer, everyone plays a role in building the amazing culture we're proud of.

Each week, we'll be hosting a different activity designed to bring us closer together, foster leadership, build trust, and most importantly, have fun! These afternoons are about more than just games; they're about creating memories, forming friendships, and learning what it means to support each other both in and out of the water.

We truly value this extra time as a team, and we hope to see every swimmer there to help kick it off in the best way possible!



## Stoke Clinics

Stroke clinics start this week on the **16th and 18th** from **5:00-5:30 pm**

- If you signed up, make sure you are attending and letting your coach know what you would like to work on.
- Please only sign up for one a week, as spots are limited

# 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 Eisele (8&Us)  
Quinn Dawson (8&Us)

# 2025 Board

**Angie Wing** - xpstingpresident@gmail.com  
President

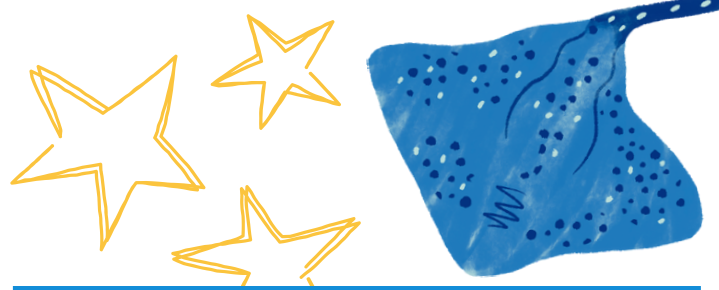
**Rachel Marx** - xpstingvp@gmail.com  
Vice President

**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



## Super Stingray

### 8 & Under

**Leo Diercks** - Leo has been working hard this year, and it paid off this weekend. He dropped 20 seconds in his 50 free and earned a legal time in butterfly and breaststroke! He has also been a great teammate at practice. Great job Leo!!

### 9-10

**Layla St. Pierre** - Layla crushed the second meet of the season, keeping with a positive attitude and open mindset even with swimming two 100s on Saturday, as well as cheering on her teammates! Keep it up Layla!

### 11-12

**Aubrey Lerdahl** - Aubrey worked so hard on her start this week and it paid off! She dropped 16 seconds in her 100 IM and 9 seconds in her 50 fly. She had an awesome meet and was a great teammate!

### 13-14

**Tyler Kokott** - Tyler had some crazy time drops in his 50 free, 50 back, and 50 breaststroke last weekend, he dropped about a combined total of 40 seconds due to the good effort he has been putting into practices, great job Tyler!

### 15-18

**Leona Fredrickson** - Leona exemplified the Stingray spirit this week. In practice, she was focused and determined and was consistently looking for ways to improve as a swimmer. As a teammate, she was supportive and enthusiastic. At the end of yesterday's meet, she was at the end of the pool cheering on her teammates and even a Dells swimmer or two who needed the extra support. Way to go Leona!



Cross Plains Stingrays  
@crossplainsstingrays  
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Check us out on Social Media:  
Or visit our website on TeamUnify