

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 Home
- **Warm-ups start at 7:10am**

Night Practices

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

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

TBT

Tuesday, June 24 | 1:00-2:00 PM | At the Legion

Stoke Clinics

This week on the 23rd and 25th from
5:00-5:30 pm

Theme This Week

The theme is...

UNO



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

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

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

2025 Board

Angie Wing - xpstingpresident@gmail.com
President

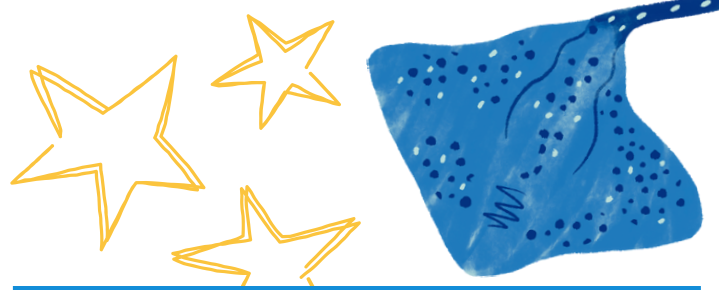
Rachel Marx - xpstingvp@gmail.com
Vice President

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

Will Nagy - Will had a great meet and dropped so much time. He dropped 22 seconds in his 25 back and 16 seconds in his 50 free! He has also been working very hard during practice and always showing up with a positive attitude! Keep it up Will!!

9-10

Vivian Smith - Vivian had an amazing meet where she swam four legal swims, dropped 4 seconds in her 50 free, and crushed her first 100 free as a Stingray. She has been showing up to practice ready to work hard each day, and it is paying off, awesome job Vivian!

11-12

Joe Schell - Joe had a crazy fast meet. He had huge time drops, including 16 seconds in his 100 free from just last meet. He has been doing a great job at practice and makes sure to bring the energy. Great job Joe!

13-14

Arianna Fitzpatrick - Ari has been showing up and putting in the work this season which has really started to pay off in the pool at meets, leading with her 30 second time drop in the 50 breaststroke, great job Ari!

15-18

Sam Keith - Sam had great swims against Mazo and attacks every practice he attends with an intensity that is impressive. Sam's commitment to getting better and stronger is obvious and his work ethic is an asset to the 15-18 group. Nice work, Sam!

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



Cross Plains Stingrays
@crossplainsstingrays
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