

The Sting

2025

The Week Ahead

Monday & Tuesday:

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

Wednesday: (no dryland)

- 6:30-7:45am: Groups 13/14 & 15/18
- 7:45-9:00am: Groups 9/10 & 11/12
- 9:00-9:50am: 8 & Unders

Meet Against Sauk Prairie

Warm-ups start at **4:10pm**

Thursday:

- All age group game day from 7:30-9:00am
 - Bring tennis shoes

Friday: NO PRACTICE

Night Practices

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

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

Stoke Clinics

This week on the 30th and 1st
from 5:00-5:45 pm

Theme This Week

The theme is...
MONSTERS, INC.



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

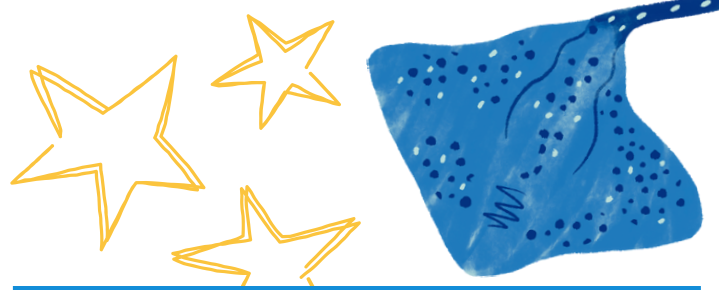
Rachel Marx - xpstingvp@gmail.com
Vice President

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

Vivian Archiquette - Vivian had a great meet! She swam her first 50 and got a legal time in butterfly!! She has been working so hard at practice and it is paying off. Great job Vivian!

9-10

Archer Cunat - Archer had another great week of practices, staying focused and working hard each day. At the meet he dropped 17 seconds in his 100 IM and 20 seconds the 100 free, these are extremely impressive time drops, great job Archer!

11-12

Luke Zanton - Luke has been working so so hard and it is paying off. He got a personal best in his 50 breast this weekend and won the race! It was so fun to see all the excitement, really proud of you Luke.

13-14

Maddie Tinker - Maddie has been showing up to the practices and really been working on improving her strokes. It has paid off with some massive time drops this past meet leading with a 20 second drop in her 50 backstroke. Great job Maddie!

15-18

Norah Ebert - Norah brings such positive energy to the team and connects with swimmers of all ages. She works hard in practice to get faster and stronger and recently posted a PR in her favorite race, the 50 breaststroke.

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



Cross Plains Stingrays
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