

The Sting 2025

The Week Ahead

Monday-Tuesday:

- 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

Wednesday-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

***Note, we are starting morning practices 6/11**

Saturday:

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

Night Practices

Night practices begin Wednesday June 11th

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

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

Buddy Program

The **last day** to join the buddy program is Thursday 06/12. The form will be closed following this date.

Theme This Week

The theme is...

Lorax



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!

Stroke Clinics

The Stingray coaches are bringing back stroke clinics to the 2025 season! These stroke clinics give swimmers the opportunity to work carefully on technique and specific improvements to their strokes, starts, turns, and exchanges with a significantly lower swimmer-to-coach ratio. Most weeks have one coach for every three swimmers, making it a great way to quickly improve. Interested swimmers need to sign-up via Team Unify where clinic slots will open on Sundays. There are 15 spaces available for each clinic, and will come on a first come first served basis. Please only sign up for one clinic per week to allow other swimmers the opportunity as space is limited. Lastly, please leave a comment as to what your swimmer is interested in working on, this way coaches can come prepared with drills or technique recommendations for improvement!

These clinics will be available at the Cross Plains Pool for the following dates:

June 16, 18, 23, 25 → 5:00-5:30

June 30, July 1, 7, 9 → 5:00-5:45

Have any questions? Please contact Coach Lily at stingcoachlily@gmail.com



Sting Gear

We still have gear for families to pick up, so if you haven't gotten your apparel for this year, make sure to ask your coach how to get it!



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

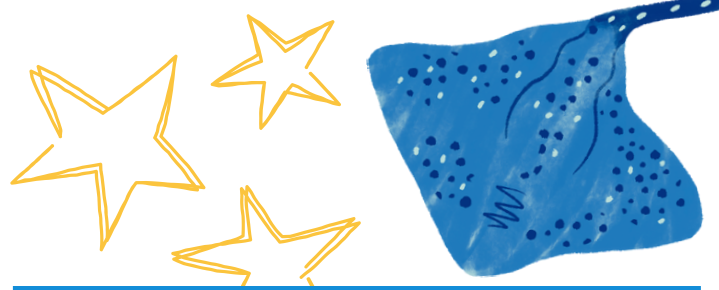
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Kate Gravel - xpstingsecretary@gmail.com
Secretary

Emily Spahn - xpstingnewfamily@gmail.com
New Family Coordinator

Noel Vannieuwenhoven - xpstingpastpresident@gmail.com



Super Stingray

8 & Under

Amelia Verstegen - Amelia showed up to every practice ready to work hard. She had a great first meet and crushed her first 50 free!

9-10

James Long - James had a great first two weeks of after-school practices, coming prepared to work hard and listen to coaches on how to improve. He also crushed his first meet on the Stingrays and was always around to cheer his teammates on. Great job, James!

11-12

Eli Fredrickson - Eli did a great job of showing up ready to work hard at after-school practices. He was encouraging a brought good energy to the group. He also had a great meet, completing lots of difficult events.

13-14

Emma Nelson - Emma is new to the team and had her first meet as a stingray last week, during the meet she was often seen cheering at the end of the lanes for other swimmers, she also had an amazing first couple of practices. Great job Emma!

15-18

Evan Myers - Evan was a consistent participant in after-school practices these first two weeks, demonstrating a great attitude and excellent effort throughout.

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



Cross Plains Stingrays
@crossplainsstingrays
Cross Plains Stingrays

Message From The Board

Apparel Pickup

If you haven't picked up your Simply Swimming order yet, please have your swimmer ask their coach at practice.

Missed the apparel deadline? No worries! Simply Swimming has the CP Stingrays logo on file, and you can stop in anytime to have items printed on the spot.

Coaches Breakfast

Sign-ups are still open on our [events page](#). Lets show our coaches some love and well-deserved breakfast! All the help is appreciated.