

The Sting 2025

Declaration for Conference/Tri-Invite is due Monday July 14th!!

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:

- Meet at Mt. Horeb
- Warm-Ups: 7:30

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, July 15 | 1:00-2:00 PM |
At the Cross Plains Pool**

If you don't have a membership its \$4.00
for 10&Unders and \$5.00 for 11+

We hope to see lots of you there!

Theme This Week

The theme is...

Smurfs



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

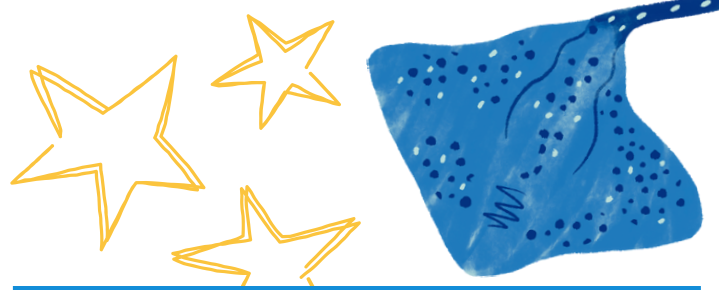
Rachel Marx - xpstingvp@gmail.com
Vice President

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

Margaret Vestegen - Not even a broken arm can stop Margaret from swimming! Even though it's not the easiest to swim with a broken arm, that has not stopped her from showing up to practice this week and trying her hardest. She has been so positive and did a great job at the meet this weekend. So happy this has not stopped you from swimming. Keep it up Margaret!!

9-10

Alice Wiseman - Alice bounced back into the season after a small setback and did a fantastic job at the Sun Prairie Meet! In total, Alice dropped almost 29 seconds in her events this weekend and was a helpful teammate on the free relay. She always comes to practice with a positive attitude and looks for ways to improve. Great Job Alice!

11-12

Evelyn Cree - Evelyn has really stepped up to be an awesome teammate. Whenever she was not swimming I saw her behind the lanes cheering everyone on. On top of this, she has been working really hard and seeing crazy time drops. Keep it up Evelyn!

13-14

Neve Sommers - Neve has been having a great year with a ton of time drops, she has been going to pretty much all of the practices and leading her lane which has been really paying off in the pool, especially showing last weekend with some huge time drops in her events. Great job Neve!

15-18

Lydia Taylor - Lydia has been a positive member of the team from the very beginning of the season. She works hard and is focused at practice, is supportive of her teammates, and is always first to lend a helping hand after practices and events. Her effort in her races this weekend was excellent. Well done, Lydia!

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



Cross Plains Stingrays
@crossplainsstingrays
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