

The Sting 2025

Practice Schedule

Practice times will vary based on swimmers final meet so make sure to read coaches emails to know exact times!!

Invite

Tuesday July 22nd

Warmups: 3:40–4:00 PM

Meet Starts: 5:00 PM

- There are no relays at the Invite.
- Award breaks will be held throughout the meet to recognize the top 6 finishers in each event.

Conference

Saturday & Sunday July 26-27

Morning Warmups:

7:40–8:00 AM Be on time!

Afternoon warmups: Will be announced during the meet and should be used by swimmers

Saturday - Prelims (no relays).

Sunday - Finals + Relays.

Tie-Dye Day

Monday July 21st

Come to practice with materials to tie-dye

Team Spaghetti Dinner

Thursday July 24th

Join us for the annual Spaghetti Dinner at the American Legion at 6:00 PM. It's the perfect way to fuel up before Conference and spend time with teammates and families!

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

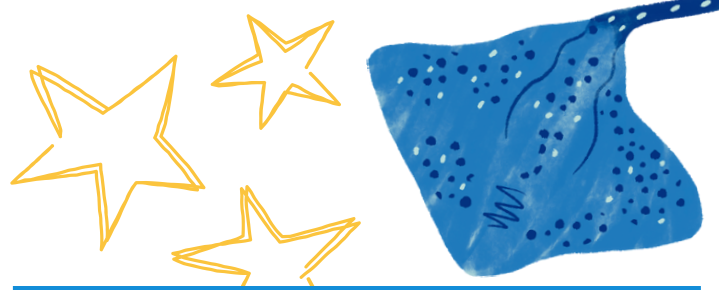
Rachel Marx - xpstingvp@gmail.com
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Kate Gravel - xpstingsecretary@gmail.com
Secretary

Emily Spahn - xpstingnewfamily@gmail.com
New Family Coordinator

Noel Vannieuwenhoven - xpstingpastpresident@gmail.com



Super Stingray

8 & Under

Braxton Knudtson - Braxton had a great week at practice. He showed up and was ready to work hard on his starts. Keep up the good work!

9-10

Chloe Graves - Chloe has crushed her first summer of stingrays! This past week she pushed through some tough sets and is always a helpful lane leader and listens to the coaches. We can't wait to see one last meet of awesome racing, Let's Go Chloe!

11-12

Griffen Cunat - Even with a busy schedule, Griffen makes sure to give 100% at every practice and dryland he is at. He motivates the people around him and is a great teammate. I know he is going to have a great end to his season! Go Griffen!

13-14

Benjamin Smith - Ben is in his first year as a stingray and he has been showing up and putting in the work day after day, at practices he gives 100% on everything we do and it has been showing up in the pool with some good time drops, Great job Ben!

15-18

Sally Dubis - Sally is always focused and consistently works hard in practice. She is always looking for ways to get better and stronger and is eager to apply coaching feedback in order to improve. Congrats Sally!

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



Cross Plains Stingrays
@crossplainsstingrays
Cross Plains Stingrays

Countdown to Conference:



We've officially made it to Conference Week!

We are so proud of each of you for your effort, commitment, and energy all season long. Now it's time to trust your training and let your hard work shine.

Some Reminders for the Meet:

Take this week EASY. We're in taper mode now, take advantage of it!

That means:

- Extra rest,
- Staying off your feet
- Hydrating and fueling your body well

You've earned this rest, and it will make a difference.

Lineups are a secret! Please don't share your events or relays with swimmers from other teams.

Stay mentally locked in. Visualize your races, stay positive, and keep believing in yourself and your teammates.

This is what we've worked for. Let's make it count.

Coaches Advice

Coach Ellie

Conference is a big meet that can be nerve-wracking, but it can also be really fun! It's ok to be nervous about your race, but use it to your advantage to help push yourself. Remember to cheer on your teammates. The more fun you have during the meet the better the meet will go!!

Coach Lily

Conference is a big meet that can bring on a lot of nerves, just remind yourself to take one race at a time and focus on the things you CAN control. Being nervous means you care, so instead of letting the nerves takeover use them to motivate yourself! Remember you have the coaches, your teammates, and the rest of the Stingrays ready to cheer you on, lean on them for support and you got this!

Coach Abby

Conference is supposed to be fun. Let all your hard work, early mornings, and dedication shine through. Trust your training, support your teammates, and enjoy every moment, this is what you've worked for! When you step behind the blocks, be confident and leave it all in the pool.

Coach Cowan

Remember that nothing is set in stone until the race is over, give it your all till a hand hits that wall.

Coach Dave

My advice for conference is to be present in the moment, breathe, visualize your races, and have fun.

