

# 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:

- Meet at Sun Prairie
- 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

## Stoke Clinics

This week on the 7<sup>th</sup> and 9<sup>th</sup>  
from 5:00-5:45 pm

- Make sure to attend if you're signed up!
- Let your coaches know what you would like to work on

## Theme This Week

The theme is...

# STAR WARS



## 2025 Meet Schedule

Saturday, June 7<sup>th</sup> vs. Spring Green  
Saturday, June 14<sup>th</sup> vs. Wisconsin Dells  
Saturday, June 21<sup>st</sup> @ Mazomaine  
Saturday, June 28<sup>th</sup> vs. Baraboo  
Wednesday, July 2<sup>nd</sup> vs. Sauk Prairie  
**Saturday, July 12<sup>th</sup> @ Sun Prairie**  
Saturday, July 19<sup>th</sup> @ Mt. Horeb

Tuesday, July 22<sup>nd</sup> - Tri County Invite  
Saturday & Sunday, July 26-27 -  
Conference @ Mt. Horeb

Stay tuned for a weekly newsletters!

# Pancake Breakfast



**Friday, July 11th from 7:30am - 10:30am.**

Pancakes, sausage, fruit, bagel slices, & water will be served after each age group morning practice!

Please declare your swimmer with a yes or no by Tuesday, July 8th.

## TBT

Team Building Tuesday will resume this Tuesday, **July 8, 2025, from 1:00 pm to 2:00 pm** at the American Legion. We have had lots of fun so far, let's keep the excitement going. See you there!

## Ribbons

Quick reminders about meet ribbons:

- Ribbons are stored in folders at the entrance of the pool
- They are organized by last name alphabetically
- When getting your ribbons **DO NOT take your folder all the way out**, just open the folder and reach in
- If you find ribbons that are not yours, give them to your coaches and they will sort it out



# 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

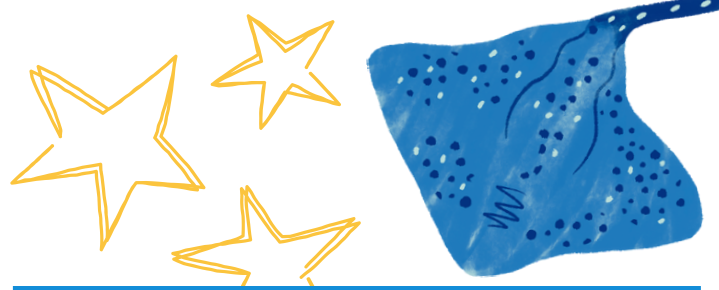
**Rachel Marx** - xpstingvp@gmail.com  
Vice President

**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

**Ruby Imoehl** - This is Ruby's first year on the team and she has been CRUSHING practices these past few weeks! She always shows up with a smile on her face and is ready to give it her all. This weekend she swam her first 50 free and got a legal 25 fly time!! Her hard work has been paying off and the coaches are all SO proud of her. Keep shining Ruby!!

### 9-10

**Piper Zimmerman** - Piper is crushing her first season as a 9-10! Piper comes to practice with a smile on her face and is always ready to work hard. She continues to drop time and is always open to trying something new in her races. Keep it up Piper!

### 11-12

**Ella Caloia** - Ella completed her first meet this past week and did awesome! She has been working so hard at practice, and it is paying off. She was able to get some legal times and get a heat winner! Super proud of you Ella.

### 13-14

**Ryan Gorman** - Ryan crushed his first 200 free at the Sauk meet and had a great attitude before and after swimming it, he also lightens the mood of every practice with his jokes. Great job Ryan!

### 15-18

**Frank Wing** - Frank has been focused on improving his technique and working hard in practice. Against Sauk, he dropped time in all three individual events, highlighted by a 6 second drop in his 50 fly and a 9 second drop in his 50 back!

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



Cross Plains Stingrays  
@crossplainsstingrays  
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