



Neil's Kickboard

Tonight's dual meet will take place at Horlick High School beginning with 5:00 p.m. warm-ups. On my hands and knees I'm asking for 13 parent volunteers to step forward and assist with timing and running results. Those able to help out can meet with our officials in the corner by the diving boards at 5:50 p.m. Please remember, the meet can't begin until our timers are in place. (There is a high school basketball game at Horlick this evening. If parking is an issue, there is plenty behind the school or across the street in the old Pick 'n Save parking lot.)

We have finally hired another coach to help out with our Bronze swimmers ... please welcome Haley Kehl to our coaching staff. She is an alumnus of SEA and currently finishing her senior year of high school at Case where she attends half days. She's been teaching swim lessons at Carthage College for the past two years and is terrific with chil-



Haley Joins our coaching staff beginning Monday!

dren. Welcome to SEA (as a coach) Haley!

High school seniors attending college in the Fall are encouraged to apply for the Jon Brenner scholarship ... information is posted on the homepage of our website under the NEWS section (it was also emailed out this week).

Don't forget to sign your swimmers up for Regionals (77 swimmers entered to date) and YMCA Sectionals (23 swimmers entered to date)! These events are open to all swimmers and everyone is encouraged to attend.

Remember, the February 15 practice will be held at Carthage College (at this time, all practice times remain the same).

Our final practice for the Fall & Winter Season for those swimmers not swimming YMCA Nationals will be Friday, March 18. The first day of practice for the Spring & Summer Season is April 5. For planning purposes, here's a list of SEA hosted meets for the Spring & Summer:

April 30-May 1 = 8th Annual Early Bird in Brown Deer

June 3-5 = Pirate Plunge II in Brown Deer

June 24-25 = 6th Annual Summer Sizzler

This summer's team travel meet will be held July 8-10 in Appleton (Bird Bath event)

If you need anything at all, please contact me at 262.898.4766 or via email at south.eastern.aquatics@gmail.com.

SEA vs. OZ & LAKE's Freeze Meet Information

Parents, we will need 13 volunteers to step forward to help out timing tonight during the dual meet. Please meet with the officials next to the diving well at 5:50 p.m.

The dual meet will take place at Horlick with 5:00 p.m. warm-ups, and a 6:05 p.m. start time.

Heat sheets are available on the home page of our website under

the NEWS section.

Saturday and Sunday we'll travel back to Brown Deer for LAKE's February Freeze meet.

Warm-ups on Saturday and Sunday for Senior swimmers will begin at 7:30 a.m. (meet begins at 8:35 a.m.) and is scheduled to finish at 11:49 a.m. and 12:03 p.m. respectively.

Warm-ups on Saturday for 12&U swimmers will begin at 11:00 a.m., meet begins at 12:05 a.m., and is scheduled to end at 2:54 a.m.

Warm-ups on Sunday for 12&U swimmers will begin at 11:15 a.m., meet begins at 12:20 p.m. and is scheduled to end at 2:30 p.m.

Drive safe, swim fast, have fun!

Upcoming Deadlines

Regional Championships	2/13
12&U State	2/21
13&O State	2/23
YMCA Sectionals	2/26
YMCA State	3/13
End of SEASON Time Trials	3/15
YMCA Nationals	3/20

Special points of interest:

- Regionals is for ALL swimmers ... please email Neil to enter your swimmer in the meet - ALL swimmers should attend!!!
- June 2016 will be our next 13&O Training Trip to Panama City. If you would like to attend, please let Coach Neil know.
- SEA swim caps are required at swim meets and are available from coaches for \$12.

Coach Mike's Corner

Hi SEA fans! Welcome back to my section of the newsletter. Quickly before we get into the stroke section I'd like to highlight our **crazy** meet schedule the next month. There is a meet every weekend until the middle of March if your a state level swimmer. Remember swimmers it is very important to make sure your eating right and sleeping enough to let your body recover from practices and meets so you can perform at your best!

Stroke Development

This week we put plenty of time into breaststroke pullouts. More specifically we broke the pullout down into

4 movements, the streamline, fly kick, pulldown, and recovery. When we started working on the pullouts we'd reach about 8 yards off the wall and when we finished later that night most swimmers were making mid pool (12.5 yards) without much difficulty. So why is this important? Well a pullout essentially builds off your momentum off a turn or start which are the fastest areas you'll move in a race. It also gives your body a chance to stretch out underwater and recover from sprinting breaststroke on top of the water. The key is to learn to hold your breath while racing at 110% effort as well as knowing exactly when to start the

4 movements of the pullout. Swimmers if you learn this your looking at a new best time in breaststroke in the near future!

Swimmer Shoutout

The swimmer shoutout this week goes out to Natalia Badillo! Natalia has been giving her all at every practice, this young lady knows what she wants (team records) and knows how to get it (hard work). As we close in on the end of the season its great to see the level of focus she still brings to every practice. Keep it up Natalia!

13&O Training Trip is scheduled

Every two years we host a 13&O Training Trip to the vicinity of Panama City Beach, FL and our tentative dates for the 2016 trip are June 19-26.

The trip will cost between \$750-\$1000 and the cost will cover most expenses.

At this time, swimmers who are interested in attending should forward their names to Coach Neil and he will in turn track their interest in this section of the newsletter.

In addition, two chaperones are needed to assist with the drive to and from to Florida, transporting

athletes while in Florida, and meal preparation for the week.

If you are interested in possibly serving in the role as chaperone, please reach out to Coach Neil - in turn, he will list names here as they come in.

Swimmers who have taken this trip have returned home with glowing reviews and memories that last a life time ... take advantage!

Current list of swimmers includes the Joey Abel, Hannah Kehl, Scott Palmer, Jason Lewis, Ali Schraff, Tiffany Steffes, Kinzie and Marlee Reischl, Paige Betthausen, Jacob Trask, Emily and Erin Cain, Isabelle Buhler, Sara and Emily Bollendorf.

Current list of chaperones includes Lydia Bollendorf.

The 13&O Training Trip is a great experienced offered to our athletes once every two years.

12&U State Hotel Information

Rooms have been blocked for the 12&U State event Madison Marriott West, 1313 John Q Hammons Drive, Middleton, Wisconsin 53562 under South Eastern Aquatics. The phone number is 608.831.2000.

The room rate is \$109 per night and come with two double beds.

The drop date is Feb. 23. Please call

early if you plan on securing a room.



Schroeder YMCA A+ Highlights & Recap

What an ultra-competitive meet this year's installment turned out to be last weekend!

As a team we finished 50th of 68 teams (scored four points - scoring only goes through eighth place) posting 36% best times and no DQs.

Congratulations to Jacob Trask on breaking the 13-14 team record in the 4IM. His effort of 4:32.22 slipped past Bailey Bleser's 2015 time of 4:32.28.

New State qualifying times

were achieved by Nathan Mudry 2Fr, Jacob Trask 4IM, and Eden Wember 50Fr.

Notching all best times were Sara Bollendorf, Nathan Mudry, and Eden Wember.

Jacob Trask cut 22.38 seconds from his previous best time in the 4IM.

Posting some of the fastest times in our team history included Natalia Badillo 7th 50Ba, 7th 1Ba, 4th 1Br, 9th 1IM, Kinzie Reischl 7th 1Ba,

Sara Bollendorf 5th 1Br, Emily Bollendorf 4th 50Fr, 3rd 1Fr, 7th 4IM, Sinclair Richards 6th 1Fr, Maren Hoferitza-Palermo 9th 2Ba, 5th 2Bf, 5th 1Ba, Elise Wember 7th 1Bf, CJ Trask 7th 50Ba, and Jacob Trask 9th 50Fr, 9th 2Fr, and 2nd 2Bf.

Continue to attend practice regularly as we build-up to the championship portion of our season!

SEA you at the pool ...

Swim-a-Thon is Underway ... this year we reset the date

The timeframe for our Swim-a-Thon has been reset in order to align with USA Swimming's calendar. Because of this, our next Swim-a-Thon will not take place until December of 2016.

Donations collected and turned in this season will still be credited to your fundraising obligations for this season. It's probably best to solicit flat pledges versus a pledge covering the number of

lengths covered during the event (especially if you need the Swim-a-Thon pledges to cover your fundraising obligation).

One of the benefits of moving the Swim-a-Thon to the end of the year will be the added time to solicit pledges and it also gives our Spring &

Flat pledges can be forwarded by the end of this season for inclusion to a families \$150 fundraising minimum.

Summer swimmers an opportunity to participate too.

Great prizes are available once again and you can read all about them at our website under the MEM-

BERS dropdown menu by clicking on the SWIM-A-THON link under the Fundraising section. Take advantage!

YMCA National Hotel Information

This year Y-Nats will be held April 4-8 in Greensboro, NC. Swimmers should plan on arriving on April 2. We will stick around for the GTAC Long Course Time Trial event on April 9.

There are ten king rooms with pullout sleeper sofa reserved at the Drury Inn (about two miles from the pool).

The deadline to secure a room is February 19, 2016. (Neil will have rooms available

after that date however.)

Please call the YMCA Sports Housing Office 850.224.7167, Monday-Friday 9:00 a.m.-5:00 p.m. EST to reserve room.

When you call you will need the following information:

- 1) Name of the coordinator the team block is under - Neil Wright
- 2) YMCA Name - Racine Family YMCA

- 3) Your dates of check-in and check-out

- 4) Your credit card information to hold the room



The Drury Inn offers free breakfast and a pub-style dinner.

We have ten king rooms with a pullout sleep sofa reserved at the Drury Inn.

Case girls locker room use during high school girls basketball games

During last Tuesday's practice at Case, a male basketball coach entered in the girls locker room with his high school team and effectively chased our swimmers out.

It's our understanding (with the recent remodeling that took place at Case last summer) that there is a locker room shortage of sorts now at Case (two locker rooms that were used as swim team

locker rooms were remodeled into a weight room).

In the future, during nights in which a high school girls basketball game is scheduled, our Gold level females may want to change in the bathrooms upstairs behind the balcony seating.

This is similar to what our boys would do at Park when a high school boys basketball game was scheduled (prior to

Park adding two more locker rooms on to their building a few years ago).

Apologies for the inconvenience this causes, but as guests of the facilities we rent, we have very little power to make any changes.

The remaining dates in which there are high school girls basketball games scheduled at Case include January 26, 29, February 9, and 12.

Team Picture scheduled for Monday, March 14

Our annual team picture will be held on the pool deck at Case High School on Monday, March 14.

The evening begins with individual and sibling pictures at 5:30 p.m. followed by the team picture around 6:00 p.m.

At the conclusion of the team picture, all swimmers are welcome to stay for practice.

We will offer practice for the entire team through 8:00 p.m. This evening tends to be a little crazy, but the swimmers have a fun time.

Families are welcome to depart after the team picture although athletes swimming YMCA State should plan on staying until 8:00 p.m.

Wear your team suit if you have one ... otherwise any swimsuit will do!

Annual Banquet Information

Our annual Awards Banquet will be held on Thursday, May 12, 2016 at Infusino's Banquet Hall beginning at 6:00 p.m.

Our Annual Banquet celebrates a year of hard work and dedication of our student-athletes.

It's an opportunity for our swim

family to get together and recognize and honor all their successes in the pool.

The Banquet also gives us an opportunity to say goodbye to our graduating senior athletes and for them to share their



Save the date ... Annual Banquet will be held Thursday, May 12.

memories of SEA and what they remember most.

Registration form is available on our website under the MEMBERS dropdown menu by clicking the ANNUAL RECOGNITION BANQUET link. We hope you can join us!



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MISSION STATEMENT

To empower the youth of Southeastern Wisconsin to be champions in life through excellence in swimming.

VISION STATEMENT

As a swim team without a true home, it is SEA's vision to one day build a pool of our own.

YMCA CHARACTER DEVELOPMENT

Caring, honesty, respect, and responsibility. Live within this traits and your time here at SEA will be amazing!

Extended Calendar

February 2016

- 12, SEA vs. OZ at Horlick
- 13-14, LAKE Open
- 15, Practice will be held at Carthage College
- 19-21, Regionals
- 26-28, 12&U State

March 2016

- 3-6, 13&O State
- 7, Board Meeting, Park HS, 6:00 p.m. - all welcome
- 11, Speedo Sectionals
- 12-13, YMCA Sectionals
- 14, Team Picture
- 14, Spring & Summer Reg-

istration for returning families and swimmers

17, End of SEASON Time Trials at Park

18-20, YMCA State

April 2016

4, Tryouts at Lakefront Y, 6:00 p.m.

- 4-8, YMCA Nationals
- 9, YOTA Single Day Splash
- 5, First day of practice for Spring & Summer!
- 9, GTAC LC Time Trials
- 16, Annual LSC Meeting in Madison
- 18, New Family Registration, 6:00 at TBD
- 28, Sprint Time Trials
- 30-1, 8th Annual SEA Early Bird

