

November 5, 2015



SOUTH EASTERN AQUATICS

Serpent Times

Neil's Kickboard

Great job hosting our first meet of the season last Sunday. The timeline was manageable and our officials kept the meet moving. Thanks for all your help!

Not all meets are like this Sunday's, but we are required to supply three timers for the duration of the meet. Because the length of the meet is almost six hours, I'm asking for six parent volunteers to work one three hour session. Please call or email if you are willing to assist. I would like timers in place prior to Sunday. Thanks in advance for your help and continued support of your swimmer's team and the sport in general.

This Friday we will conduct practice at Carthage College (all practice times remain the same). Hope to see you there!

New Parent Meeting

I would like to meet with all new parents on Tuesday, December 8 beginning at 6:00 p.m. at Horlick High School. This is a great opportunity to learn more about SEA and to meet other parents. The meeting will not last more than 15-minutes. Save the date!

To date, 14 swimmers and one chaperone have expressed interest in attending this June's 13&O Training Trip. At this point, a \$100 non-refundable deposit is now due on December 1 (please make checks payable to SEA). After all deposit checks have been submitted, final details for the team trip will be formed and forwarded to families attending. For those not aware, we offer a 13&O Training Trip every two year's here at SEA. We

drive to the Panama City Beach, Florida area and run 11 pool practices and three dry-land practices along with some downtime on the Emerald Coast beaches and Pier Park (an outdoor mall). Those swimmers who have attended in the past look back on their experiences with fond memories and speak positively of their trip at our annual banquet when they graduate high school. Take advantage of this opportunity!

At the board level we are discussing the possibility of putting together a golf outing/fundraiser next summer. If you think you would attend an event like this, please let me know.

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

KENO Meet Information

This Sunday we head to the Kenosha YMCA located at 7101 53rd Street, Kenosha, Wisconsin 53144 for the Seahorse Invite.

Once again, we are attending a single session event and all age-groups will warm-up at the same time.

This meet has three 30-minute warm-up sessions and we have

been assigned to the 7:00-7:30 a.m. block, the meet begins at 9:00 a.m. and is scheduled to finish at 2:52 p.m.

Not all meets are like this Sunday's, but we are required to supply three timers for the duration of the meet. Because the length of the meet is almost six hours, I'm asking for six parent volunteers to work one three

hour session. Please call or email if you are willing to assist. I would like timers in place prior to Sunday (if more parents volunteer, we'll have shorter volunteer times). Thanks in advance for your help and continued support of your swimmers' team and the sport in general.

Drive safe, swim fast, have fun!

Upcoming Entry Deadlines

Y-Finalist (some light time standards)	11/14
BAC Open (team travel meet = FUN)	11/15
33rd Annual Circle City Classic (qualifying times)	11/30
SSTY A+ (qualifying times)	12/1
Middle Distance Time Trials	12/12
SEA Penguin Challenge	1/1
Distance Time Trials	1/16

Special points of interest:

- January 24 is our annual team bowling event. If you would like to attend, please notify Coach Neil
- 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 the spot where we talk about everything happening at the age-group pool! First off lets cover the SEA Pentathlon, I thought we had a great meet overall! The age-group coaches and I love the improvements we've made already since last weekend. What we liked most though, was the attitudes that our swimmers brought to the meet. Everyone came ready to race and that's the MOST important part of preparing for a meet. Nice job age-groupers!

Stroke Development

This week were beginning to get into some distance freestyle sets, so we've been working on our freestyle head-position, body line, and high elbow catch. The idea behind distance freestyle is to swim as fast as possible with the least amount of drag, this is a difficult ability to master. As al-

ways we want to keep our swimmers body line completely flat and as long as possible.



Having the head down and in line with the spine helps accomplish this, unfortunately for the swimmers this means they need to be staring at the bottom of the pool the whole time. Sorry guys you may be bored but you'll be faster! Finally we need to make sure our swimmers are pulling as

much water as possible. When you hear a coach talking about a high elbow catch were asking our swimmers to catch water with a vertical hand and forearm combo and pull water straight back past the hip. To demonstrate this here is an underwater photo of Maya Frodl swimming freestyle. Thanks for being a good example Maya!

Swimmer Shoutout

Our swimmer shoutout this week goes to a young lady who just moved up into the Gold group. Congratulations Stephanie Strange! First off, the coaches appreciate all the hard work you've put in to move up into Gold's, but what really impressed us was you jumped into your assigned lane and then started leading it! On your first day! That takes some courage to do when you move up into a new group. Keep up the good work Steph!

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 ad-

vantage!

Current list of swimmers includes the Scott Palmer, Jason Lewis, Ali Schraff, Tiffany Steffes, Kinzie and Marlee Reischl, Paige Betthausen, Jacob Trask, Emily and Erin Cain, Isabelle and William 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.

Team Bowling Party Schedule

Six lanes of bowling fun have been reserved for TEAM SEA on Sunday, January 24th from 1:00 p.m. to 3:00 p.m.

This is a great opportunity to bond with your teammates away from the pool.

If you are interested in attending please speak with Neil (you can email him at

south.eastern.aquatics@gmail.com).

This event can accommodate about 30-36 swimmers (first come, first serve).

Swimmers who plan on attending will have their names listed in this section of the newsletter.



Always a fun time during the team bowling party. Don't miss out!

Cost is \$12 per swimmer (cash or check payable to SEA). Don't miss out on this fun event.

Strike - Strike - Turkey!

To date, Rachel Christensen and the coaching staff are attending.

Age-group team building experience scheduled

Hi SEA fans, swimmers in our age group program are invited to the Helium jump park in Milwaukee on Saturday, November 21st from 10 AM to 12 AM. The address for the park is 16235 W. Beloit Road New Berlin, Wisconsin 53151, parking is somewhat limited so carpooling will be a good idea. We will be doing team building activities during the first hour and the second hour will be all about jumping around and having a blast!

Practice for the age groupers on Saturday will be canceled since we're sending all of our available

age group coaches to the event. The cost will be \$25 per swimmer, this will include the 2 hours of jump time and special jump socks. Please forward payment to Coach Mike or

Coach Katie.

Parents please note that your swimmer must be at least 36 inches tall to jump at the park. To make sure things run smoothly parents we encourage you to sign an e-waiver in advance to save time, this can be

found on the Helium website - www.heliumtrampolinepark.com.

We hope to SEA you all there for a few hours of fun!



Pentathlon Highlights and Recap

Our first hosted meet of the season is in the books and our swimmers and parents did a fantastic job. Good luck this Sunday in Kenosha!

We finished second overall as a team (for the second meet in a row) with 1,536 points in the five team event.

Sofia Badillo achieved new State qualifying times in the 50Br and 1IM and

posted the 3rd 50Ba and 9th 1IM fastest times in our team history for 9-10 girls. Jacob Trask also posted some of the fastest times in our team history - 5th 1Ba, 5th 1Bf, and 9th 2IM for 13-14 boys.

Taking home a highpoint award were

This was the first time we ever hosted a Pentathlon meet. What a great way to swim all five events in a quick fashion!

Sofia Badillo (1st for 9-10), Sara Bollendorf (1st for 13-14), Jacob Trask (1st for 13-14), Natalia Badillo (2nd for 11-12), Kinzie Reischl (2nd for 13-14), Cooper Scarmardo (2nd for Senior), Nathan Mudry (3rd for 11-12), and Bailey Bleser (3rd for Senior).

Pentathlon Highlights and Recap ... continued

Notching 100% best times were Josh Abel, James Akakpo, Aver Buchaklian, Madeline Cerny, Zoe D'Alessandro, Anisha Jain, Brianna Jones, Nathan Mudry, Yasho Patil, Rylan Patino, Alex Pudzisz, Megan Schultz, Emily Stouffer, and Stephanie Strange.

Slashing more than five seconds in a single event included Josh Abel -41.85 2IM, Kyla Booker -7.35 25Bf, Arev Buchaklian -5.46 50Bf, Emily Cain -11.08 2IM, Madeline

Cerny -5.64 50Ba, Zoe D'Alessandro -8.36 50Ba, Anisha Jain -27.36 2IM, Ava Knaus -24.07 1IM, Nathan Mudry -7.17 1IM, Srikar Munagavalasa -14.86 1IM, Elena Palermo -15.21 1IM, Parker Palermo -13.72 2IM, Scott Palmer -5.52 2IM, Yasho Patil -8.82 1IM, Alex Pudzisz -18.08 2IM, Chris Pudzisz -10.21 2IM, Alyssa Stetler -7.80 2IM, Emily Stouffer -5.64 1IM, Jordan Stouffer -7.64 1IM, Stephanie Strange -16.42 2IM, Laurel Sutherland -7.05 1IM, and Hopking Uyenbat -7.30 50Bf.

Great efforts swimmers! Stay focused on the process of improving and ALWAYS practice as perfect as possible so those skill sets transcend to your meet performances.



Jorden, Alice, and Norah seem to be enjoying the meet!



SOUTH EASTERN AQUATICS

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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

November 2015

- 8, KENO Invite
- 9, New family registration and orientation, 6:00 p.m. at Case
- 13-15, PX3 Invite
- 15, SSTY Invite
- 26-27, No practice

December 2015

- 4-6, BAC Open
- 11-13, Y-Finalist
- 18, Middle Distance Time Trials at Park
- 24-25, No practice

January 2016

- 16-17, SEA Penguin Challenge
- 22, Distance Time Trials at Park
- 23, Tri-dual with LGSC & BAT

26, WI LSC Meeting

29-31, 33rd Annual Circle City Classic

February 2016

5-7, A+ Open

12, SEA vs. OZ at Case

13-14, LAKE Open

19-21, Regionals

26-28, 12&U State

March 2016

- 3-6, 13&O State
- 12-13, YMCA Sectionals
- 14, Team Picture
- 17, End of SEASON Time Trials at Park
- 18-20, YMCA State

April 2016

- 4-8, YMCA Nationals
- 9, GTAC LC Time Trials

