



Neil's Kickboard

At this time, it's looking like the SEA vs. OZ Dual will be held at Horlick. I will have a final update early next week. Your swimmers can still sign-up to swim this event ... simply forward an email to me and I'll be happy to slot them in.

Below was the final personalized cap order that was sent in. If you spot a mistake or omission, please contact me right away. CARRILLO, CERNY, LOPEZ, SCHULTZ, THOMAS, S BADILLO, N BADILLO, RITTER, STRANGE, SPANSKE, PIPER.

Don't forget to sign your swimmers up for

Regionals and YMCA Sectionals! 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 tentative first day of practice for the Spring & Summer Season is April 5. Information

will be finalized in the coming weeks. 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.

SSTY A+ Meet Information

Heading from one of the largest Midwest meets to another as we head to Brown Deer for this year's version of the A+ meet.

Friday evening warm-ups begin at 3:00 p.m., meet begins at 4:05 p.m. and is scheduled to end at 6:30 p.m.

Saturday Prelim warm-ups (13&O) begin at 7:30 a.m., meet begins at 8:35 a.m. and is scheduled to end at 12:21 p.m.

Saturday afternoon warm-ups (12&U) begin at 12:15 p.m., meet begins at 1:15 p.m. and is scheduled to end at 3:24 p.m.

Swimmers qualifying for Finals should check with a coach for the time to return (meet begins at 5:35 p.m.).

Sunday AM warm-ups (12&U) begin at 8:00 a.m., meet begins at 9:05 a.m. and is scheduled to end at

11:30 a.m.

Sunday PM warm-ups (13&O) begin at 11:45 a.m., meet begins at 12:50 p.m. and is scheduled to end at 4:29 p.m.

The meet landing page is linked on the homepage of our website under the NEWS section (heat sheets are posted).

Drive safe, swim fast, have fun!

Upcoming Deadlines

SEA vs. OZ	2/9
Regional Championships	2/13
YMCA Sectionals	2/26
YMCA State	3/13
End of SEASON Time Trials	3/15
YMCA Nationals	3/20
Team Picture	3/14

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! We had a great meet last weekend in Indy. Congrats to all our swimmers there who got best times! This week I want to talk a bit about our mindset at meets and how it affects your performance in your races. First off swimmers, remember you will not get a best time every time, if we did the world record in the 50 would be almost 0. If you do get a best time great! If you don't, great! It'll give us something to work on in practice. Now the biggest mistake you can make at a meet is losing your fo-

cus if you don't get a best time, you have to learn to let go and get ready for the next race. Remember we swim because we love the sport, coaches don't want to see you miserable behind the blocks. Some of the best swims I've seen are when the swimmers are behind the block goofing around and having fun. To wrap this up, swimmers the next time you race and your behind the block, smile and do a little dance because your about to do something you love!

Swimmer Shoutout

The swimmer shoutout this week goes to Nate Mudry. Nate had a killer 500 free at Indy that definitely goes down in my top 10 favorite swims ever. I really liked Nate's attitude during the race, we had talked before he hit the water about the 500 being a sprint and thats exactly how he swam it. But of course this all comes full circle back to practice, the reason Nate had such a great 500 is his effort in practice, he is constantly pushing himself and others to go beyond their limits.

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.



33rd Circle City Classic Highlights & Recap

This event turned out pretty good considering it was our first time attending! We drove home with a



team wide 52% best time average, zero DQs and 33rd out of 50 teams with 68 points.

Congratulations to our new State qualifiers! Kinzie Reischl in the 1&2Ba, Sara Bollendorf in the 1Bf, and Nathan Mudry in the 500Fr.

Posting some of the fastest times in our history were Natalia Badillo 3rd 50Br (closing in our team record), 4th 50Bf, Kinzie Reischl 7th 1Ba, 8th 2Ba, Sara Bollendorf 9th 1Bf, 10th 4IM, CJ Trask 9th 50Ba, and Jacob Trask 7th 1Fr, 2nd 1Bf (closing in our team record), 2nd 2Bf, and 3rd 2IM.

Megan Schultz notched best times in all of her events!

Dropping a fair amount of time (5+

seconds or more) in a single event included Sara Bollendorf -10.96 4IM and Nathan Mudry -21.75 500Fr.



Really proud of everyone's effort during the three day meet! Keep it up! 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.

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

- 5-7, A+ Open
- 8, Board meeting, 6:00 p.m. @ Park, all welcome!
- 12, SEA vs. OZ at TBD
- 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
- 10, Speedo Sectionals
- 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

