

# SOUTH EASTERN AQUATICS



June 8, 2017

## KENOSHA KINGFISH DEADLINE IS HERE.

If you would like to attend the Kenosha Kingfish game, June 9<sup>th</sup> is the deadline to order your tickets. The order form is linked on the homepage of our website. Don't forget your peanuts and Cracker Jacks!

## NOAH'S ARK TEAM TRIP

Don't forget we are heading to Noah's Ark on June 20. Email Neil if you plan on attending. More information can be found in this newsletter ... don't miss out on this fun team trip!



## HEAD COACH NOTES

Here's the update on our practice schedule beginning Monday, June 12.

AM Practice Schedule at Meadowbrook Country Club (if practice needs to be canceled for Seniors, the decision will be made at 5:30 a.m.; if practice needs to be canceled for the age-group training groups, the decision will be made at 7:00 a.m. – emails will be sent, messages will be sent out via Facebook and Twitter and a note will be posted on the homepage of our website):

Senior – 6-8 AM (Monday-Friday)

Gold – 7:30-9:15 AM (Monday-Friday)

Silver – 8:15-9:15 AM (Monday-Friday)

Bronze – 8:30-9:15 AM (Monday-Thursday)

At this time, the Park High School pool is still open and we will remain in Racine for our PM practices until it is drained (I don't have a timeline on this yet):

Senior - 3:00-5:30 PM (Monday, Wednesday, Friday)

Senior – 4:00-6:30 PM (Tuesday, Thursday)

Gold – 6:15-8:00 PM (Monday-Friday)

Silver – 5:30-6:30 PM (Monday-Friday)

Bronze – 5:30-6:15 PM (Monday-Thursday)

We will continue offering Saturday morning practices at Sealed Air YMCA for Senior, Gold, and Silver athletes from 8:00 AM to 9:30 AM.

When the Park pool closes, our PM practices will move to Carthage College and use the same practice times we used during the school year:

Senior – 5:30-8:00 PM, Gold – 6:15-8:00 PM, Silver – 5:30-6:30 PM, and Bronze – 5:30-6:15 PM.

*S-S-S-E-A, E-E-E-A-Y, S-E-A, E-A-Y, Go  
SEA!*

The dates in which we will offer long course training for Senior and Gold swimmers are listed later in this newsletter. If your swimmer is attending this practice they will not be attending the Meadowbrook Country Club practice for that day.

Update on weight training ... I am in the process of hiring a new weight coach. In the meantime, weight training will not be offered. I will update you as soon as I solidify the position.

Be sure to pick up your SEA swim caps from Coach Katie or myself. \$12 for the silicone version or \$5 for latex. It's the only required piece of equipment at swim meets (that and a suit).

Questions, concerns, comments? Please contact me at 262.898.4766 or via email at [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com) or reach out to our Head Age Group Coach at [katiepalmiter@gmail.com](mailto:katiepalmiter@gmail.com).

### Get Social w/Your Swim Team Family

Two team outings planned for June! June 20<sup>th</sup> we travel to Noah's Ark Waterpark and June 30<sup>th</sup> we head to Kenosha for a Kingfish game. More information can be found in this newsletter ... take advantage!

#### **Q: I'm not receiving email updates from Coach Neil. What's the deal?**

A: More than likely, Coach Neil doesn't have your email address. Simply email him and he'll be happy to add your email address to his database. Email him at [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com).

#### **Q: How do I sign-up my swimmer for a meet?**

A: Easy ... just email Coach Neil. If it's a multi-day meet, please let him know what day(s) you plan on having your swimmer attend. Be sure to set-up a Meet Escrow Account too. Information can be found on our website under the MEMBERS dropdown menu / MEET ESCROW ACCOUNT.

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*Did you sign-up for our Summer Sizzler yet? Email Coach Neil ASAP.*

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### HEAD AGE GROUP COACH NOTES

All this weekend needed was a beach and we would have been in paradise. We had our own Pirate, some Jimmy Buffett, the sun shining in, and swimmers in the water. How nice was it that athletes could take a stroll outside in their down time? They enjoyed "walking off their race" much more when it was warm and sunny outside. Everyone performed to the best of their abilities and really showed improvement!

Congratulations to Hugo Arteaga for breaking his own 400M free record, as well as solidifying his state qualifying times as an 11&12 in the 50M backstroke (he is still 10). Zoe D'Alessandro also achieved her long-course state time in the 50M breaststroke. Mac Thomas has also notched her long-course 50M back state qualifying time. Along with these stand-out performances, there were best times across the board. This means their hard work is paying off, keep it up!

Meets are a great way to see how athletes are improving, but also to help gauge what to tweak for next time. Something we learned this weekend is that you can get disqualified for "butt on lane-line," I thought I was seeing things. Our butterfly events looked smoother and more coordinated which was our goal these past two weeks. In the following two weeks, we will be working on all aspects of backstroke, their bodyline for each stroke, and more balance work during dryland.

Last week every training group took about 15 minutes at the beginning of practice to brainstorm goals for the summer season. Since we are only looking at a little over a month of training left before we get into the heavy part of our season. I decided to make goal setting more fun and engaging. I was very impressed with the ideas these athletes came up with, I will try and post these goal boards as a reminder what we are practicing for.

Bronze came up with great goals with the help of Coach Sierra. Some of them include, being block certified, tight streamline, work on flip-turns, and get to Silvers, just to name a few. This next week we will continue their work on their breakouts and finishes, this time for backstroke. Their goal for backstroke is to remember to keep their chins up!

Silver's also came up with some great personal and team goals this past week. Some of them include swim smart (no DQs), do a flip-turn at every wall, place in a swim meet, and achieve a state cut. These are all from the creative minds of 7 to 12-year old's, they definitely have great expectations for themselves. This coming week we will conquer a few of these goals, especially flip-turns! We have a great week ahead of us.

As for Gold's goal sheet, I gave them the power to discuss more as a team to come up with both individual and team goals. Surprisingly most of the goals had nothing to do with the pool, including getting off your phone at meets and cheering for teammates, doing your homework, staying positive (don't say "I can't"), and eat healthier. These are their goals in their own words, I promise! Some of my favorites were, be mentally prepared, don't talk when the coach is talking, and drink milk! We will continue to work towards these goals as we get ready to start morning practice next Monday.

We are finally in my favorite season, Meadowbrook practices! Starting Monday, we will be offering morning practices for all athletes along with our normally scheduled PM practices. Tuesdays and Thursdays Gold's will have an opportunity to do some long course training down at the RecPlex from 10:30am - 12:30pm, look forward to SEAing you there!

## **TRI-DUAL WARM-UP INFORMATION**

We will host LGSC and KENO in a friendly tri-dual meet this Friday at Park High School. Warm-ups will begin at 5:30 p.m., the meet will begin at 6:15 p.m. and should finish up around 8:00 p.m.

Heat sheets are available on the homepage of our website.

Parent volunteers are needed in the form of timers, runner, scorer, and officials. Everyone's help will be needed since there are so few swimmers entered in the meet.

Drive safe, swim fast, have fun!

## **SEA PIRATE PLUNGE RECAP & HIGHLIGHTS**

Thank you to all the parents and family members who stepped forward to assist in running our meet last weekend. We only have one more "big" meet left on the schedule – be sure to sign-up your swimmers for our Summer Sizzler (send me an email) and don't forget to slot yourself in as a worker.

We posted solid results during the 3-day meet last weekend. Our athletes notched 73% best times teamwide (231 PRs out of 317 efforts) and scored 725 points ... good enough for 7<sup>th</sup> overall of 17 teams entered in the meet.

Congratulations to Hugo Arteaga on resetting his 9-10 400 Freestyle team record – 5:52.28. He also grabbed two State qualifying times – 50 Backstroke, 200 IM.

Additional State qualifying were achieved by Josh Abel 100 Fly, 200 Fly, Zoe D'Alessandro 50 Breaststroke, Nathan Mudry 400 IM, and Mac Thomas 50 Backstroke.

Cracking into the Top Ten alltime for SEA were Shaelyn Jensen 5<sup>th</sup> 200 Free, 3<sup>rd</sup> 100 Fly, Callie Klepp 6<sup>th</sup> 400 Free, Mac Thomas 10<sup>th</sup> 50 Back, Hugo Arteaga 2<sup>nd</sup> 50 Back, 7<sup>th</sup> 200 IM, Josh Abel 10<sup>th</sup> 200 Back, 7<sup>th</sup> 100 Fly, 4<sup>th</sup> 200 Fly, 8<sup>th</sup> 400 IM, Nathan Mudry 9<sup>th</sup> 200 Fly, 10<sup>th</sup> 200 IM, 7<sup>th</sup> 400 IM, and Jake Trask 5<sup>th</sup> 200 Back, 4<sup>th</sup> 200 Fly, 7<sup>th</sup> 200 IM, 10<sup>th</sup> 400 IM.

Athletes swimming all best times included Josh Abel, Ethan Bergman, Ethan Brannen, Maddie Cerny, Meg Cerny, Drew Esson, Nicholas Foster, Zarah Herron, Callie Klepp, Jason Lewis, Amanda Lopez, Drake Ludvigsen, Jorga Makovsky, Fiona Marini, Sophia Marini, Caleb Mulnix, Madhura Patil, Alex Pudzisz, Tia Ricchio, Tim Riegelman, Adam Ries, Megan Schultz, Jordan Stouffer, Laurel Sutherland, and Quinn Wright.

Dropping more than ten seconds in a single event were Josh Abel -47.52 400 IM, Hugo Arteaga -34.65 200 IM, Maddie Cerny -20.94 100 Back, Zarah Herron -21.15 200 Free, Shaelyn Jensen -23.92 100 Free, Emilie Miller -50.15 200 IM,

Nathan Mudry -22.65 400 IM, Grace Neumann -25.19 100 Breast, Scott Palmer -44.49 200 Back, Kinzie Reischl -53.36 200 Back, Ali Scharff -16.10 200 Breast, Megan Schultz -30.16 400 IM, Emily Stouffer -13.39 400 Free, Jordan Stouffer -21.96 100 Breast, Alice Stratman -20.76 50 Fly, Elizabeth Stratman -44.08 400 Free, Mac Thomas -57.14 400 Free, Grady Trask -111.58 200 Free, AJ Wampole -16.11 200 Back, Neil Wright III -92.54 200 Free, Quinn Wright -57.03 100 Back, and Norah Wynstra -19.96 100 Breast.

Great efforts swimmers!

## RECPLEX PRACTICE SCHEDULE

Long course practice will be offered for Senoir and Gold swimmers at the RecPlex in Pleasant Prairie on the following days from 10:30 a.m. to 12:30 p.m. – June 13, 15, 22, 27, 29, July 11, 13, 18, 20, 25, and 27. Take advantage!

## SCRIP FUNDRAISING INFORMATION

The SCRIP program is one of the easiest ways to meet your \$150 fundraising minimum for the Fall & Winter Season (\$60 for Spring & Summer).

Basically, families purchase gift cards for stores and receive a percentage of each gift card purchase back in the form of fundraising dollars. There are a few families currently receiving over \$100 and more from this program.

In addition, once families have met their fundraising minimums, all dollars raised through SCRIP are deposited into their family fund accounts and can be used for swim tuition and meets fees.

If you have questions, please reach out to Halina Puszisz at 262.497.1272 or via email at [hbp0691@gmail.com](mailto:hbp0691@gmail.com).

Take advantage of this eas opportunity and try SCRIP today! Detailed information can be found on our website. Here are the upcoming order and delivery dates:

Order by	Delivery on
June 11	June 14
June 25	June 28
July 9	July 12
July 23	July 26

## NEXT PARENT BOARD MEETING

The next meeting will be held June 19<sup>th</sup>, beginning at 6:00 p.m. at Park High School. All parents are welcome to attend parent board meetings.

## MEET DEADLINES

If you would like to enter your swimmer in meets, please email Coach Neil at [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com). Be sure to open a Meet Escrow Account if you attend meets that charge for events.

Date	Meet	Deadline
June 9	Tri-dual	Entries closed
June 23-24	Summer Sizzler	June 13
July 6-8	Seahawk Invite	Entries closed
July 13	Dual w/OZ	July 3
July 19-22	Speedo Sectionals	July 19
July 21-23	Silver State	July 7
July 27-30	12&U State	July 21
August 3-6	13&O State	July 21
August 3-6	14&U Zones	Entries open June 12

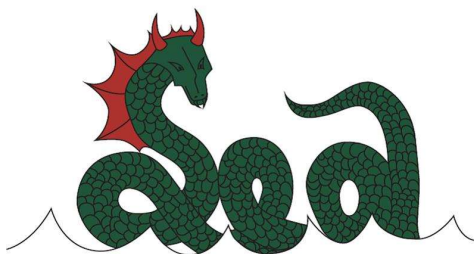
## NOAH'S ARK TRIP AND KENOSHA KINGFISH OUTING

We'll be heading to Noah's Ark on June 20<sup>th</sup>!

The plan is to meet in the Sealed Air YMCA parking lot at 7:00 a.m. on June 20<sup>th</sup>. We'll depart by 7:15 a.m. and caravan to the park. We will spend the day riding all the cool rides and hanging out in the wavepool and then caravan back to Sealed Air at 5:00 p.m. All families and swimmers are invited. \$20 per ticket.

Attending: Zarah Herron, Arteaga children, Rachel Christensen, Coach Katie, Coach Neil, Sarah Foster and three children, Miller x2, Bergemann x5, Coach Alyssa, Cerny x3, Scott Palmer, Kinzie Reischl, Hannah Kelh, Isabelle Buhler, Cain sisters,

The Kenosha Kingfish game is scheduled for Friday, June 30. The order form for tickets can be found on the home page of our website. Deadline to order tickets is June 9<sup>th</sup>!



## HAPPY JUNE BIRTHDAY

Nolan Barrett, Callie Klepp, Tia Ricchio, Tim Riegelman, Jordan Stouffer, and Stephanie Strange.

*Our first team logo designed by Deneen Winchester back in the 80s.*

## Contact Us

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