



SOUTHEASTERN AQUATICS

Newsletter

January 12, 2017



Penguin Challenge Heat Sheet Cover Needed

Swimmers interested in designing this season's Penguin Challenge heat sheet cover have until January 9, 2017 to submit their artwork. Please leave a two-inch (height) by eight-inch (width) box at the bottom of the page for adding meet information (dates/sessions/etc.). Please forward to Katie or Neil.

Neil's Kickboard

Great efforts at last Friday's Distance Time Trials. Results are posted on our website. There were a lot of highlights, however Nathan Mudry's swim in the Mile unofficially broke our team record for 11-12s. He'll have a crack at it "officially" when we host Regionals next month.

Is it icy enough out there for you? The strong wind blew the Christmas tree (that's been sitting on the parkway waiting to be picked up) across the cul-de-sac and I just about slipped and fell ten times retrieving it ... wish it would be picked up already. :)

This is our last meet free weekend of the season! Beginning with our Penguin Challenge, we have meets scheduled for the remainder of the season ... in order, we will compete in our Penguin Challenge, Indy travel meet, SSTY A+, SEA & OZ Dual, LAKE Open, Regionals, 12&U State, 13&O State, YMCA Sectionals, YMCA State, End of SEASON Time Trials, and YMCA Nationals. Please stay on top of meet entry deadlines and ensure your athletes are getting proper sleep and nutrition.

Does your swimmer need a swim cap? I have them for purchase as does Katie. \$12 for silicone and \$5 for latex. Represent!

Questions, concerns, comments? Please contact me at 262.898.4766 or via email at south.eastern.aquatics@gmail.com.

Katie's Kickboard

Hello again! Two weeks into the New Year and Coach Katie slips on ice and is now rocking a boot. In two - three weeks I'll be right back at my New Year's Resolution. As for your athletes, they have been showing increasing attendance as we welcome the new year. Nice work!

Next weekend we are up in Brown Deer hosting our SEA Penguin Challenge. Coaches are very pleased with the number of entries and we look forward to seeing your athletes perform. Next week all age groups will focus on starts and turns in preparation for this meet.

Coach Sierra was able to get into the water with her Bronze group this week. It's always nice to see coaches in the water. It also gives her a chance to physically assist athletes. Continuing to work in the lanes as we buckle in for 7 weeks of meets.

Silvers have adjusted very well to doing more 100s. As well as tightening up their streamlines. Remember the most important thing in swimming is Streamline!

Gold's have really stepped up and started training much faster and smarter. It's hard sometimes to keep your mind engaged while staring at the same black line yard after yard. You should hear some of the funny stuff they think up while under water. Nonetheless, they are ironing out the kinks and getting down to business.

This week my swimmers shout out goes to Jordyn Tran! She's just a bubble of joy and a great teammate. Her challenge this season has been legalizing her breaststroke kick. Successfully she has retrained her hip and ankle muscles to execute a legal kick! As well as kicking butt in our Monday night kick set, doing a 100 flutter kick in 1:45sec!! Keep it up Jordyn!

EBSC Escape to Hawaii Recap and Highlights

We posted 50% best times and only two DQs during last Saturday's meet. Congratulations to Hugo Arteaga (50 Butterfly) and Sofia Badillo (200 IM) on their new YMCA State qualifying times!

Rylie Bergemann, Zarah Herron, and Cable Mulnix achieved best times in all of their events!

Cutting more than five seconds of their previous best efforts included Sofia Badillo -6.80 in the 100 Breaststroke, Rylie Bergemann -5.55 in the 100 IM, Maritxell Chavez-Alvarado -5.79 in the 200 IM, Shaelyn Jensen -7.00 in the 100 IM.

Way to go swimmers!

Upcoming Deadlines to Attend Meets

If you need to enter your swimmers in a meet, please just email Neil at south.eastern.aquatics@gmail.com. Be sure to open a Meet Escrow Account if you attend meets that charge for events. If you need help, email or call Neil at 262.898.4766. Please note these deadlines are firm ... if you are planning on attending, let Neil know prior to the posted deadline.

<i>Meet Date</i>	<i>Meet</i>	<i>Deadline</i>
1/21-22	SEA Penguin Challenge	Entries close tonight at 8:00 p.m.
1/27-29	34 th Annual Circle City Classic	Entries closed
2/3-5	SSTY A+	1/24
2/10	SEA and OZ Dual	2/1
2/11-12	LAKE	1/20
2/17-19	Regionals	TBA

SCRIP Fundraising Information

The SCRIP program is one of the easiest ways to meet your \$150 fundraising minimum.

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, one families have met their \$150 fundraising minimum, all dollar raised using the SCRIP program are deposited into their family fund account and can be used for swim tuition and meet fees.

Take advantage of this easy 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
1/16	1/19
2/6	2/9
2/20	2/23
3/6	3/9
3/20	3/23
4/3	4/6

12&U State Hotel Information

Hotel rooms for 12&U State have been blocked at the Fairfield Inn & Suites (Madison East). The address is 2702 Crossroads Drive, Madison and rooms will be held until Noon on January 25, 2017.

Please call 608.661.2700 and mention Southeastern Aquatics to reserve a room or you can reserve online via the link on the MEET INFORMATION page of our website (accessed through the MEMBERS dropdown menu).

This year's meet will take place at the UW-Madison natatorium on February 24-26, 2017.

Team Picture Schedule for March 20

Our annual team picture will be held Monday, March 20th at Case High School. Individual and sibling pictures will be taken from 5:30 p.m. to 6:15 p.m. The team picture will begin at 6:15 p.m. Order forms will be handed out two weeks prior to the event. Save the date!

YMCA Nationals Hotel Information

Families intending on traveling to Greensboro, NC for YMCA Nationals can reserve rooms by calling 888.939.5945. The YMCA Sports Housing Office hours are 9:00 a.m. to 5:00 p.m. EST.

Ten king rooms (you can request a double queen room when calling) have been reserved at the Drury Inn & Suites located two miles from the competition pool – hotel address is 3220 Gate City Blvd.

Rooms are reserved April 2-8 and the meet will take place April 3-7.

When you call to reserve your room, the team block is under Neil Wright and our YMCA name is Racine Family YMCA. You should be able to change your arrival and departure date when you call and you'll need a credit card to hold the room.

The deadline to secure a room is February 17, 2017.

Next Parent Board Meeting

The next meeting will take place January 18, Park High School, beginning 6:00 p.m. Location: walk through the pool office hallway and up the stairs; once in the main school hallway, take a left and the next right; the room is the third door on the right (just past the girls' bathroom). All welcome!

Happy January Birthday

Sofia Badillo, Kate Brown, Halina Collins, Nicholas Foster, Allison Gifford, Katelyn Gifford, Fiona Marini, Emaleigh Neo, Elena Palermo, Scott Palmer, Marlee Reischl, Ali Scharff, Tiffany Steffes, Jordyn Tran, Madison Traugher, Jameson Waite

