



Neil's Kickboard

This weekend we'll be hosting our second meet of the season in Brown Deer at the Walter Schroeder Aquatic Center. This two day meet has our 13&O swimmers competing in the AM session and our 12&U swimmers racing during the PM session. The session reports and psych sheet are posted on our website. Drive safe!

Josh Johnson (our Meet Director) is your contact for any unforeseen issues in regards to working your sessions this weekend. He can be reached via mobile

phone at 262.939.5724 or via email at Josh-johnson34@gmail.com . If you are running late, please be sure to text him!

Swim practice is canceled on January 18 (this Monday) - no pools available. We will conduct practice at Carthage College on February 15.

I will take additional entries for the upcoming Tri-dual w/LGSC & STAT through tomorrow. Additionally, don't forget about the upcoming Distance Time Trials ... a great opportunity for our

swimmers to experience new events in a low stress environment. Deadline is 1/16.

Please remember, there is no practice this Saturday, January 16 ... we're hosting our meet! :) This includes diving practice too. The next diving practice will be held January 23.

Don't forget to RSVP for the bowling outing! Let me know if you plan to go - read more about this event on page two.

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

Penguin Challenge Information

This weekend we will be hosting our Penguin Challenge at the Walter Schroeder Aquatic Center, Saturday-Sunday.

Our 13&O swimmers will compete in the AM session. Warm-ups for the AM session will begin at 8:00 a.m.

and the meet will begin at 9:05 a.m. (Saturday's session ends at 11:09 a.m. and Sunday's session ends at 10:55 a.m.).

Saturday PM warm-ups for 12&U swimmers will begin at 10:30 a.m., meet begins at 11:30 a.m. and is scheduled

to end at 3:18 p.m.

Sunday PM warm-ups for 12&U swimmers will begin at 10:15 a.m., meet begins at 11:15 a.m. and is scheduled to end at 2:39 p.m.

Drive safe, swim fast, have fun!

Upcoming Meet Entry Deadlines

Tri-dual w/LGSC & STAT	1/15
Distance Time Trials	1/16
SSTY A+ (time standards attached to this event)	1/26
LAKE February Freeze	1/27
SEA vs. OZ	2/2
End of SEASON Time Trials	3/15
YMCA Nationals	3/20

Special points of interest:

- January 24 is our annual team bowling event at Castle Lanes in Racine. 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 my section of the newsletter. This week I'll be talking about how to prepare for the meets coming up as well as the freestyle high elbow catch... yet again. So lets talk about how to start preparing for a meet. First off swimmers, you need to make sure you get enough sleep, not just the day before, but the weeks before. Lack of sleep can severely impair your physical performance at meets and practice. Secondly, we need to stay hydrated all the time, before, during, and after meets and practice. If your dehydrated by even 10% it can reduce your physical ability by up to 20%. Finally swimmers we have to make sure were eating the correct foods at meets. Highly processed foods such as chips, or sugary foods like

candy are hard to process and have negative effects on your body. The best things to eat are soft fruits like bananas, small portions of protein, and whole wheat bread. Swimmers to give yourselves the best shot at racing well in the meets coming up its essential we sleep enough, hydrate, and eat right!

Stroke Development

Sometimes I feel like a broken record in the section and today is no different. We're talking about the high elbow catch on freestyle yet again. We've added a new step to our catch process. After the swimmers recover an arm forward and before we start to catch we now dip the hand down at the wrist. This releases tension in the tendons in the shoulder

and makes it easier then to catch water with the forearm. Ask any member of our Gold group, our catch now has 3 phases. Dip the hand. Sweep the forearm down+press the elbow forward. And finally press the water back with power.

Swimmer Shoutout

This weeks swimmer shoutout goes out to Emily Cain. Emily has been dealing with an ankle injury but still makes as many practices as she can. Although she is restricted in what she can do at practice she still gives 110% on whatever set we're doing. Take last Saturday for example, we pulled 8 200s on 3 minutes, and Emily was holding 2:30s the entire set. Great job Em!

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 Betthausser, 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.

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. at Castle Lanes.

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, Tony Commodore, Rachel Christensen, Megan Schultzt, Macie Ritter, Zoe Dalessandro and the coaching

7 ways swim meets prepare our kids for the real world ... by Elizabeth Wickham

Swim meets are a world upon themselves. They can be stressful, fun and a wild roller coaster ride. If we step back and let our swimmers take over, meets can be a place for them to be responsible. They provide many opportunities for our kids to practice skills that will cross over to the real world - in college, careers and families. Here're a few life lessons your kids can learn from swim meets: **One** - How to talk with adults in authority positions. Whether it's an official who explains a DQ or volunteer moms and dads at check-in, our kids have talk to a whole lot of grown ups without our help. When they talk with professors, bosses and landlords, we won't be at their side. **Two** - Being on time. If they're late to the blocks and miss an event, they'll learn that the world won't wait for them to

show up. What a valuable lesson for school and work. **Three** - How to handle disappointments or upsets. When our kids add time, or miss their goals, they'll experience disappointment. They'll also discover there is another swim, another meet and they'll get to try again. **Four** - Good sportsmanship. Kids learn good sportsmanship from handling defeat as well as from their wins. Meets give our kids a chance to view gracious winners and losers—and some who aren't. They'll learn what it means to have good teammates and to be a supportive teammate, too. **Five** - Being accountable for their actions. It's up to your swimmer to talk to their coach, warm up and warm down. They'll find out what happens if they don't do these basic things. In life, this translates into good study habits and

taking ownership for their decisions. **Six** - How to handle constructive criticism. After races, your swimmer will get some advice and suggestions from their coach. It's imperative that they learn from their experiences and are able to accept constructive criticism. One day, they may find themselves face to face in a review with their boss. **Seven** - They get out of it, what they put into it. Swimming is like a bank account. Your swimmer can only withdraw what they have put in. The deposits in their account are the hard, consistent practices. They will gain self confidence from knowing they've done everything they could to be successful at a meet. *In what other ways do you see swim meets helping your kids throughout their lives?*

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.

XL Personalized Swim Caps to be ordered

Neil will be placing an order for XL personalized swim caps in the new year.

These caps will look just like our team swim caps, will have your swimmers last name on both sides, **and be larger than the normal swim caps (for those swimmers who have long hair).**

Families interested in placing an order

should forward \$35 (includes two caps) and the name they would like on the swim caps by January 18.

Ordered to date: CERNY, LOPEZ, SCHULTZ.



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!

