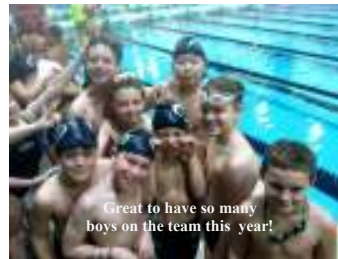




Neil's Kickboard

Thank you to all the parents and volunteers who assisted in running our Penguin Challenge in Brown Deer last weekend. It takes a lot of volunteers to run a smooth meet and without a hitch; we managed to do just that. Ally Johnson was great organizing our officials and her husband Josh meet directed the heck out of the event. Cori Strange and her band of parents ran a great concessions area and brought back the ever popular and healthy SEA Salad. The Lewno family continues to be a mainstay here at SEA even though their two sons are now doctors and in their 30s (Roger can be found in the crowd's nest running the

Colorado and his tireless wife can be found in the "fishbowl" running the results). The swimmers seemed to enjoy racing



Great to have so many boys on the team this year!

for penguin heat winners and I heard many swimmers enjoyed the colorful ribbons and high point trophies. All of this reminds me that I am just a single cog in this great adventure of SEA. There are so many cogs working in tandem to give our children a positive experi-

ence both in and out of the pool. Of course there are ups and there are downs, but in the long run the good experiences outweigh the bad ones and from my experience - hearing back from so many alumni swimmers over the years - it's all worth it in the end. Thanks again to all our parents and volunteers for running another quality meet. SEA you at the pool!

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.

Distance Time Trials & Tri-dual information

This evening Distance Time Trials will be held at Park High School with warm-ups beginning at 5:30 p.m. and the meet getting underway at 6:00 p.m.

Parent volunteer timers are needed and if you can as-

sist please meet with Neil on deck at 5:50 p.m. Heat sheet was emailed and posted online today.

Saturday we'll head out to Badger High School for a tri-dual meet. Warm-ups begin at 8:00 a.m. and the meet begins at 9:00 a.m.

The schools address is 220 E. South Street, Lake Geneva. Give yourself at least an hour for the drive out.

Drive safe, swim fast, have fun!

Upcoming Meet Entry Deadlines

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
Email Neil if you would like to have your swimmer compete in the upcoming team hosted Regionals	

Special points of interest:

- Sunday 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. Really nice job racing last weekend everyone! I want to give a quick congrats to all of our new state qualifiers, its nice to see our hard work paying off! We've been doing plenty of distance work this season, I'm excited to see our swimmers at the distance time trials Friday night!

Parent Meeting

I will be hosting a meeting for all age-group parents on January 27 beginning at 6:00 p.m. I hope you can make it!

Stroke Development

This week we've been working specifically on our breakouts and carrying our speed from a start or a push off the wall

into our swimming. I cannot stress enough the importance of a tight streamline body position. If any part of our body is too far out of streamline the amount of drag put on our bodies is increased dramatically. Going beyond this, the swimmers kick should be the first to break streamline but only at the correct time. If the swimmer kicks too early it detracts from the speed off the wall or start, but on the other hand if the swimmer kicks to late this also slows the swimmer down. As the body approaches the surface, the arms are the next part of the body to break streamline, but again there is a right time or rather place for this too. The breakout should happen about an inch or two under the water, if the swimmer breaks

out too deep he or she will slow down due to increased drag underwater. If the swimmer breaks out too late and is on top of the water before swimming you can easily see the loss of momentum before the first stroke. To sum things up the streamline and breakout are one of the most important parts of your race and should be practiced every day.

Swimmer Shoutout

The swimmer shoutout this week goes out to Joey Able! Joe works really hard every practice and more importantly gives his all in every race. As coaches we love the work ethic and the way you mentally get hyped up for a race Joe. Keep up the good work!

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.

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,



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

Rachel Christensen, Megan Schultz, Macie Ritter, Zoe Dalessandro, Mike and Maddie Cerny, Carter and Cole Johnson, Emily and Jordan Stouffer, Sofia and Natalia Badillo, and the coaching staff are attending.

Penguin Challenge Highlights & Recap

Great job swimmers! The coaching staff are so proud of your efforts last weekend in Brown Deer. Keep attending practice and build off your experiences!

As a team we finished third overall with 1184.50 points and posted 61% best times (263 / 428 swims) along with 35 DQs (a little high here, we'll need to work extra hard during the coming weeks to clean these mistakes up).

Sofia Badillo broke an 11-year-old record when she touched in 1:13.38 in the 9-10 1Ba (old mark was held by Anna Brooks from 2005 at 1:14.11).

New State qualifying times were achieved by Hugo Arteaga 50Fr, Nathan Mudry 50Ba, 1Fr, CJ Trask 1Ba, 50Bf, 50Fr, 2Fr, 1Bf, 1Fr, 1IM, Jacob Trask 2Br, 1Br, Hopking Uyenbat 2Fr, 1Fr, and Eden Wember 1Ba.

High point award winners included CJ Trask 2nd w/110 points, Jacob Trask 1st w/160 points, Elise Wember 14th w/45 points, and Jason Lewis 6th w/54 points.

Notching some of the fastest times in our history included Sofia Badillo 2nd 50Bf, 2nd 1Bf, CJ Trask 10th 2Fr, 6th 1Ba, and Jacob Trask 9th 1Fr, 5th 1Ba, 3rd 2Ba.

Achieving 100% best times in all of their events were Arev Buchaklian, Mike Cerny, Maritxell Chavez-Alvarado, Lauren Flynn, Shelby Gain, Katelyn Gifford, Justin Hendricks, Amanda Lopez, Janavi Munagavalasa, Grace Neumann, Madi Peterson, Elise Piper, Helena Pudzisz, Josephine Redig, Amanda Rhee, Alyssa Stetler, Jordan Stouffer, Nathan Strickland, CJ Trask, and Neil Wright III.

Major time improvements of five or more seconds recorded by Joey Able -13.35 2Bf, Josh Abel -7.91 2Fr, Paige Betthausen -17.17 2IM, Madeline Brown -5.20 1IM, Emily Cain -24.00 2Bf, Erin Cain -11.12 2Bf, Ana Carrillo -15.54 2Fr, Maddie Cerny -10.36 50Br, Maritxell Chavez-Alvarado -16.12 1Br, Payton Church -6.07 2IM, Halina Collins -7.85 50Fr, Lauren Flynn -30.64 2Fr, Savanna Gain -16.86 2Ba,

Shelby Gain -5.59 2Fr, Katelyn Gifford -19.84 1IM, Justin Hendricks -5.01 50Fr, Anisha Jain -6.07 1Ba, Adara Johnson -10.11 50Bf, Cole Johnson -5.16 50Ba, Ava Knaus -17.69 1Ba, Taylor Knaus -6.30 2Ba, Amanda Lopez -27.85 1Ba, Janavi Munagavalasa -6.84 2Fr, Srikar Munagavalasa -24.06 50Ba, Yasho Patil -15.42 1Fr, Rylan Patino -9.51 1Fr, Madi Peterson -8.05 2IM, Elise Piper -26.61 1Ba, Helena Pudzisz -15.67 1IM, Josephine Redig -7.67 50Fr, Amanda Rhee -23.19 1Ba, Sammie Spanske -12.37 1Ba, Alyssa Stetler -9.48 1Bf, Emily Stouffer -8.44 2IM, Jordan Stouffer -14.06 1Ba, Stephanie Strange -9.59 2Fr, Alice Stratman -19.99 1Br, Elizabeth Stratman -65.10 2Fr, Nathan Strickland -23.10 1Ba, Mac Thomas -5.05 50Br, CJ Trask -46.44 2Fr, Grady Trask -30.10 2Fr, Jacob Tarsk -10.36 2Br, Hopking Uyenbat -7.25 2Fr, Elise Wember -9.12 2Bf, Neil Wright III -21.99 2Fr, and Norah Wynstra -17.55 1Fr.

Simply amazing ... keep it up!

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, THOMAS, S BADILLO, N BADILLO, RITTER, SPANSKE.



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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On Twitter @SEAWisconsin
On Facebook too SEA SWIM TEAM

On the web at
www.sea-y.org

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

January 2016

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

15, Practice will be held at Carthage College

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

