



SOUTHEASTERN AQUATICS

Newsletter

January 26, 2017



34th Annual Circle City Classic Invitational Information and Warm-up Times

Please don't forget Indy is one hour ahead of us.

Here are the warm-up times for this weekend's event ... since we have assigned warm-ups and only a small allotted amount of time, please be timely about arriving to the pool.

Friday: 1650 warm-up begins at 1:30 p.m. and the late warm-up period runs 4:00-4:35 p.m. (events 3-14)

Saturday & Sunday 13&O Prelim warm-ups run 7:00-7:30 a.m.

Saturday warm-ups for 12&U swimmers run 12:00-12:20 p.m.

Sunday warm-ups for 12&U swimmers run 12:40-1:00 p.m.

Athletes qualifying for Finals should check with Neil for their return times.

A team dinner was not set-up for this trip. Our numbers have grown and the hotel along with area dining options could not accommodate our size. Please feel free to connect with your team members and enjoy one another's company.

Drive safe, swim fast, have fun!

Neil's Kickboard

I'd like to open with a sincere apology for the confusion in our practice location Tuesday night this week. It's been a while since I messed up a practice location that bad and I'm sorry for all the extra driving you had to do. We should be okay for the remainder of the season.

This team never fails in pulling together to run a quality meet. This year's version of the Penguin Challenge was a little difficult in terms of the last minute "shrinking" that took place just days prior to the event. Thanks to Pat Lewno for all the behind the scenes work in condensing the meet and to Josh Johnson for ensuring our families were informed and ready. Thanks also to all the parents and friends who assisted in running this event!

I will take late entries for LAKE's meet through the end of the weekend (January 29).

Monday, February 20th we will practice at Carthage College with the following augmented practice times: Bronze 6-6:45 p.m., Silver 6-7 p.m., Gold 6:45-8:30 p.m., and Senior 6-8:30 p.m.

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

What a fun meet we had this past weekend! We couldn't have done it without help from our awesome families. As some athletes recover this weekend others will travel to Indianapolis for the Circle City Classic once again. Good luck!

Bronze have been working on flip-turns, with coach Sierra hopping in the water once again. The biggest challenge with turns is, the inevitable water in the nose. This can be avoided simply by humming a tune. Try it one time!

Silvers were graced with the skills of coach Jake this week as well! Showing the importance of streamline and speed. We had a little streamline contest and I can't wait for them to show off their skills this weekend. Along with their fine-tuned turns!

Gold's are preparing to crush their times, I can just feel it. We have rearranged the lanes, spreading out skill levels and ability. Allowing athletes to push each other while getting to know each other better.

Fine tuning techniques, starts, turns, and finishes, was also the focus of Gold's last week. With the range of skill level in each lane athletes were critiquing and teaching each other.

This week's swimmer shout-out goes to Maddie Cerny! I swear this girl always has a smile on her face and the hugest heart. We changed up the kick set this week and she got faster every 50. Each time she would be so excited and proud telling me her time. Great job Maddie!

Penguin Challenge Recap and Highlights

Great swimming last weekend in Brown Deer during our Penguin Challenge event. We finished second as a team scoring 1,854.50 points and with a team wide 62% best times.

Nathan Mudry established a new 11-12 boys team record when he finished the 200 Breaststroke in 2:37.60 (broke Ivar Iverson's 2010 mark of 2:38.75).

New State qualifying times were achieved by Hugo Arteaga in the 200 IM, Sofia Badillo in the 100 IM, Zoe D'Alessandro in the 100 Breaststroke, and Alex Pudzisz in the 100 Backstroke.

Notching some of the fastest times in our history included Megan Schultz 10th for the 50 and 100 Breaststroke, Emily Bollendorf 10th in the 200 Backstroke and 4th in the 100 Butterfly, Josh Abel 9th in the 200 Butterfly, and Nathan Mudry 8th in the 100 Freestyle and 7th for the 100 Backstroke.

Many swimmers posted 100% best times! They included Jonah Bouy, Madeline Brown, Zoe D'Alessandro, Allison Gifford, Srushti Ingle, Anisha Jain, Cayla Julius, Callie and Cassie Klepp, Ava Knaus, Zack Kopsea, Nolan Mrotek, Caleb Mulnix, Janavi Munagavalasa, Grace Neumann, Anish and Mansha Palliyath, Elise Piper, Helena Pudzisz, Adam Ries, Sammie Spanske, Stephanie Strange, Grady Trask, Norah Wynstra, and Aiden Yu.

Cutting more than five seconds in a single event were Josh Abel -9.26 200 IM, Alessandra Arteaga -11.31 50 Freestyle, Hugo Arteaga -20.50 200 IM, Rylie Bergemann -5.49 100 Backstroke, Kate

Brown -21.64 100 Breaststroke, Madeline Brown -13.70 100 Freestyle, Isabelle Buhler -5.79 200 Backstroke, Emily Cain -12.22 100 Butterfly, Maddie Cerny -7.78 100 Freestyle, Payton Church -5.45 200 Freestyle, Shelby Gain -9.55 200 Freestyle, Jacob Hendricks -6.13 100 Backstroke, Anisha Jain -36.45 200 Backstroke, Shaelyn Jensen -9.33 100 Breaststroke, Carter Johnson -12.84 100 Backstroke, Cayla Julius -47.15 200 IM, Callie Kleep -22.56 200 Freestyle, Ava Knaus -16.62 100 IM, Taylor Knaus -5.84 200 IM, Zack Kopsea -6.87 100 Backstroke, Austin Lentz -6.31 200 Backstroke, Amanda Lopez -21.92 200 IM, Fiona Marini -6.22 25 Backstroke, Ella Million -5.35 100 Backstroke, Nolan Mrotek -9.02 50 Backstroke, Nathan Mudry -5.72 200 Breaststroke, Caleb Mulnix -11.45 100 IM, Emaleigh Neo -17.95 200 IM, Mansha Palliyath -13.79 100 Breaststroke, Madhura Patil -6.68 50 Backstroke, Yash Patil -7.79 50 Backstroke, Elise Piper -6.37 200 Backstroke, Alex Pudzisz -40.90 200 Backstroke, Chris Pudzisz -18.81 200 Breaststroke, Helena Pudzisz -48.77 200 Freestyle, Adam Ries -21.59 200 Freestyle Sammie Spanske -28.32 200 Freestyle, Jordan Stouffer -26.02 200 Freestyle, Stephanie Strange -17.08 100 Butterfly, Alice Stratman -40.10 200 Freestyle, Elizabeth Stratman -39.98 200 Backstroke, Kylie Thomas -5.03 50 Freestyle, and Norah Wynstra -25.11 100 Breaststroke. That's a TON of time DROPPED! Great job 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>
1/27-29	34 th Annual Circle City Classic	Entries closed
2/3-5	SSTY A+	Entries closed
2/10	SEA and OZ Dual	2/1
2/11-12	LAKE	Extended to 1/29
2/17-19	Regionals	2/8
2/24-26	12&U State	2/19
3/2-5	13&O State	2/22
3/11-12	YMCA Sectionals	3/4

Host Families Needed ... Maybe You Have Thought About This? – From an email I received

Mr. Wright, NorthWest student exchange would like to pair up with your swim club in spreading the word about cultural exchange. Each year we receive student applications from students ages 15 to 18 that are involved in a variety of clubs and sports in their home country. Wouldn't it be great if they could have a host sibling or parent also involved in school or community activities? Berta and Alicia have applied to the 2017/18

exchange program and as they are involved with swimming I would like to see if you can help spread the word for us about hosting. I would be happy to talk to you. To learn more about NWSE you can also visit our website at www.nwse.com or email me at marge@nwsemail.org.

NWSE does offer a 175.00 referral fee if a family or individual you recommend does host with us for the 2017/18 school term.

Perhaps you can share our information with friends, neighbors, and co-workers on social media.

We do place across the USA.

Berta is a friendly girl from Spain, who will be turning 15 this spring. Her favorite hobbies include swimming and playing guitar. She started practicing swimming at the age of five and continues to love the sport. Currently, Berta participates in a local swim team with her older sister and commits to practicing around 13 hours a week. She would like to participate in a swim team during her exchange, and is interested in different sports as well. She also enjoys bicycling, jogging, kayaking, skiing, swimming, photography and cooking. Because of her considerate and outgoing personality, her peers trust her and have elected her to be their class president for two years in a row. She describes herself as friendly, polite, organized and responsible. Her native languages are Catalan and Spanish. She has been studying French (3years) and English (8 years). Her favorite subjects in school are English and Geography and she receives very good grades. In the future, she hopes to become a veterinarian.

Alicia is a German girl who will be turning 15 around the time of her departure for the U.S. She has done a lot of traveling around Europe and is eager for her first trip to North America. She describes herself as friendly, flexible, open-minded, studious, organized, and helpful. She is very active with extracurricular activities, particularly with sports. She started doing gymnastics and swimming when she was very young. She spends her winter skiing, snowboarding, and ice skating, and she spends her summers bicycling, jogging, and swimming. German is Alicia's native language. She has studied English for nine years, French for five years, and Spanish for two years. She is a straight-A student whose favorite subjects are P.E., English, and math. Alicia hopes one day to go into business management.

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
2/6	2/9
2/20	2/23
3/6	3/9
3/20	3/23

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!

End of SEAsOn Time Trials Scheduled ... Don't Miss the FUN!

Once again, we will be conducting an End of SEAsOn Time Trial event. This season's meet will take place at Park High School on Tuesday, March 21 (5:30 p.m. warm-ups). ALL parents and siblings and ALL alumni are encouraged to participate. Contact Coach Neil if you plan on swimming! ALL events are offered (25s to Mile). This event is always a fun time!

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 February 22, Case High School, beginning 6:00 p.m. Location: the meeting is usually held in a classroom just off the cafeteria. As you walk into Case, walk pass the hallway and take the first right. Walk pass the cafeteria. The first door on your left is where the meeting is usually held. 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

