



Neil's Kickboard

This weekend we travel to Indy for the Circle City Classic. A team dinner has been schedule for Saturday evening at 7:00 p.m. at Granite City Food & Brewery under South Eastern Aquatics. The address is 49 West Maryland Street and the phone number is 317.803.2025. Hope to SEA you there!

The dual meet with OZ still does not have a home. I will let everyone know where the meet will be held soon.

Please double-check the personalize swim cap order on page four of this newsletter. I'm still looking for payment for a few of the orders and if you would like to place a last minute order, please do so by 9:00 a.m. this Monday, February

1. We had a great turnout for last weekend's bowling event. Over 30 swimmers took to the lanes and knocked down a lot of pins while making memories. Thanks for attending and we'll SEA you there next year!

The Regional Championships meet we are hosting is open to ALL swimmers and ALL swimmers are encouraged to attend this team hosted meet. Please email me and I will be happy to enter your swimmers in the requested days. Let's have a HUGE showing at this USA Swimming season ending experience.

Additionally, YMCA Sectionals is also open to ALL swimmers and ALL swimmers are encouraged to

attend this season ending experience for the YMCA teams in the state. Take advantage!

Remember, February 15 practice will be held at Carthage College (at this time, all practice times remain the same).

Seems to be some chatter on social media about a possible snow storm for Groundhog Day. As a reminder, if RUSD cancels school or afterschool activities, SEA practice is canceled as well. To notify families, I send emails, post a note on our website, and post a note via the social media tools we use (Facebook and Twitter).

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

Circle City Classic Information

This weekend we travel to Indianapolis for the 33rd Annual Circle City Classic. The address of the pool is 901 West New York Street.

Warm-ups for the duration of the meet are assigned - please be on time (especially since we only have 20 minutes of pool time).

Friday warm-ups will be held in

lane 2 of the south pool, 4:30-4:55 p.m.

Saturday Prelim warm-ups (13&O) will be held in lane 4 of the south pool, 7:00-7:20 a.m.

Saturday PM warm-ups (12&U) will be held in lane 7 of the south pool, 1:00-1:20 p.m.

Sunday Prelim warm-ups

(13&O) will be held in lane 6 of the instructional pool, 7:25-7:45 a.m.

Sunday PM warm-ups (12&U) will be held in lane 6 of the north pool, 1:25-1:45 p.m.

Final warm-ups are 5:00-6:00 p.m. Check in with the coaching staff for what time to warm-up.

Drive safe, swim fast, have fun!

Upcoming Deadlines

SEA vs. OZ	2/2
Regional Championships	2/13
YMCA Sectionals	2/26
YMCA State	3/13
End of SEASON Time Trials	3/15
YMCA Nationals	3/20
Final deadline to order personalized caps, 9 AM	2/1

Special points of interest:

- Regionals is for ALL swimmers ... please email Neil to enter your swimmer in the meet - ALL swimmers should attend!!!
- 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. Who's ready for Indy?!?! I'm pumped I can't wait to be on deck and see how fast everyone will swim at this really fun travel meet!

Stroke Development

We finally got the GoPro camera in the water on Tuesday, and while the picture is clear unfortunately it

only shoots at 60 frames a second which I feel is just a touch too slow for my taste. Regardless, I'm still going to use what I have and make the breaststroke videos to the best of my ability. From the footage I've seen, the Gold group is doing well which the breaststroke techniques we've been working on.

Swimmer Shoutout

I'm giving my shoutout to Payton Church this week. She's really been racing well and that's all due to how hard she pushes herself in practice. What we as coaches like the most is how she brings mental focus to her races. She's always very aware of what she needs to do to swim fast and race her best. Good job Payton!

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 Betthausen, 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.

12&U State Hotel Information

Rooms have been blocked for the 12&U State event Madison Marriott West, 1313 John Q Hammons Drive, Middleton, Wisconsin 53562. The phone number is 608.831.2000.

I'm still waiting on confirmation from the hotel so please watch this section of the newsletter for more details next week.



Distance Time Trials & Tri-dual Highlights & Recap

Distance Time Trials turned out to be a great opportunity for our athletes to swim some longer events in a relaxed environment.

Every year we have conducted this event we have ran one event of the mile, but this year we had three full heats! Good job swimmers!

Here are the highlights of time improvements ... Josh Abel -8.09 4IM, Emily Cain -34.61 4IM, Maritxell Chavez-Alvarado -44.24 4IM, Rachel Christensen -12.30 2Bf, Payton Church -50.33 4IM, Lauren Flynn -56.87 500Fr,

Taylor Knaus -30.69 500Fr, Nathan Mudry -21.70 2Ba, Macie Ritter -5.61 2Ba, Ali Scharff -18.21 2Bf, Megan Schultz -22.04 500Fr, Tiffany Steffes -10.41 2Br, Emily Stouffer -12.06 2Fr, Stephanie Strange -70.08 4IM, Eden Wember -7.09 2Bf, and Neil Wright III -31.83 2Br.

We looked and swam a little tired during the Tri-dual ... maybe a reflection of all the hard work taking place in practice.

Nathan Mudry achieved a USA State qualifying times in the 50Bf and posted the ninth fastest times

in our history for the 11-12 2Ba.

Josh Abel posted two best times, Ana Carrillo posted a best time in the 50Fr, Nathan Mudry posted two best times, Emily Stouffer posted two best times dropping -5.59 in the 50Bf, Stephanie Strange posted a best time in the 1Bf, Mac Thomas swam the 2Fr for the first time and almost broke the three minute barrier, and Neil Wright III posted two best times.

Stay focused in practice and continue to attend as many as you can!

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 order caps on Monday, February 1. Please double-check the spelling of your names and contact him if you see a mistake. Thanks.

CARRILLO, CERNY, LOPEZ, SCHULTZ, THOMAS, S BADILLO, N BADILLO, RITTER, SPANSKE.

If you would like to order a cap, please contact Neil by Monday morning, 9:00 a.m. February 1.

Please forward \$35 to Neil if you have not yet done so. Thanks!



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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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

29-31, 33rd Annual Circle City Classic

February 2016

5-7, A+ Open

8, Board meeting, 6:00 p.m. @ Park, all welcome!

12, SEA vs. OZ at TBD

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

