



SOUTHEASTERN AQUATICS

Newsletter



January 5, 2017

EBSC Escape to Hawaii Information

We will be heading to Brookfield East High School Saturday for our first official meet of the new year.

Warm-ups for the AM session which includes Senior, 13-14, and 8&U swimmers will begin at 7:00 a.m., meet begins at 8:05 a.m., and is scheduled to finish at 10:32 a.m.

Warm-ups for the PM session which includes 11-12 and 10&U swimmers will begin at 10:30 a.m., meet begins at 11:32 a.m., and is scheduled to finish at 4:13 p.m.

The meet landing page is live and linked on the homepage of our website ... view and print heat sheets (none will be available at the meet).

Drive safe, swim fast, have fun!

Neil's Kickboard

I hope everyone enjoyed the holidays and had a safe and enjoyable New Year Eves. It's great to be back to "normal" in terms practice and school. :)

I will take additional entries for tomorrow's Distance Time Trials through the end of tonight's practice. Practice is not offered tomorrow night ... so, if Friday is a normal practice night be sure to sign-up to swim!

We are at the top of the roller coaster in terms of the number of weekend meets we are about to attend ... ten meets over the next 11 weeks. Be sure your swimmers don't miss any of the sign-up deadlines!

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

Senior Pool Update

Great attendance over Christmas Break too. Let's continue attending practice as regularly as we can as we gear up for the next 11 weeks (we will be busy with meets which are scheduled every weekend except January 14-15).

I feel our high school girls have developed a solid base to work from after returning from their high school taper meets. Now we need to up the ante in terms of covering some solid volume while maintaining our focus on our stroke mechanics.

One of things we chat about at practice is being a 24/7 athlete ... don't just be an athlete when you walk on the pool deck. This means we ensure we get the proper amount of sleep and nutrition. Please remind your swimmers to be 24/7 ready!

Katie's Kickboard

HAPPY NEW YEAR!!

I hope everyone had a spectacular winter break and are starting the new year off right. A new year calls for a new resolution. Personally, like most Americans, I will be vowing to be healthier and get in shape. As for our athletes, this is a great time to help them set goals for their season or year.

Bronze group will vow to practice almost every day in the lanes, instead of the diving well. As well as mastering butterfly! I have high hopes for these Bronze athletes. With perseverance and practice we will have new Silvers in no time!

Silvers have been doing fantastic at their daily warm-up of 8x50 Kicking. This year to challenge them more we will be doing 100s and 200s. Building up our endurance for those longer races. I would like to compliment the attendance of this bunch to practice. Keep up the hard work!

Gold's have been kicking but in practice and I cannot wait to see what happens at a meet. If we keep in the pace of how we have been swimming we will do great! It truly makes me happy when these athletes get out of the pool after a race with a huge grin on their face.

This year Gold's vow to focus on a strong butterfly. Working more on our core and balance, especially during dryland. Remembering that even though some may not enjoy it, we all know that there's no improvement without practice.

As their coach, I Coach Katie vow to focus my attention on each group's goals, as well as individual goals of any given athlete. I promise to add a spice of fun as we meet these resolutions together. We have a busy meet schedule this year, so let's work hard and kick butt!

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.

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><u>Meet Date</u></i>	<i><u>Meet</u></i>	<i><u>Deadline</u></i>
1/6	Distance Time Trials	1/5
1/7	EBSC	Entries closed
1/21-22	SEA Penguin Challenge	1/7

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

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
1/2	1/5
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.

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 Traughber, Jameson Waite

