

January 7, 2016



SOUTH EASTERN AQUATICS

Serpent Times

Neil's Kickboard

Welcome to 2016! I hope everyone had a safe and enjoyable break and you're all ready for the madness that is the final push to the championship portion of our season!

I was very pleased with our practice attendance during the Christmas Break. We will have a strong base to work from as we gear up for the remaining three months of the season.

I received a letter late December in regards to our Club Excellence application. This is a USA Swimming program and recognizes the top 200 teams in America. We finished 340 overall and were one of only nine

Wisconsin teams to be recognized. To climb higher in the rankings, we'll need to produce more Junior National qualifiers!

Results from the NBSC meet were not received until January 1 ... we sent three of our 10& swimmers to the meet and they did a great job! Sammie Spanske and Mac Thomas went 3/4 for best times, and Hopking Uyenbat dropped a full second in his 100 Freestyle. Way to go swimmers!

Do you need volunteer t-shirts? Please speak with Coach Mike and he'll be sure to forward them to you!

Heads-up, there will be no diving practice on January 9 ... that's this Saturday and no diving practice January 16 either (we are hosting a meet) The next diving practice will be held January 23.

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

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

Our second hosted meet of the season is scheduled for Saturday-Sunday, January 16-17 in Brown Deer at the Walter Schroeder Aquatic Center.

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.

Our 12&U swimmers will compete during the

PM session. Warm-up times will be posted here in next week's newsletter.

Drive safe, swim fast, have fun!

Upcoming Meet Entry Deadlines

Tri-dual w/LGSC & STAT	1/11
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! Happy New Year and welcome back to my corner of the newsletter! I hope everyone had a great holiday and is ready to get back to work. Speaking of getting back to work, swimmers a few of you mentioned that you haven't felt the best in the water this past week. If your finding it difficult to get back in the swing of things after the holidays the best thing you can do is come to practice as often as you can. The more practices you make will increase your aerobic base and more important-

ly better your form. Finally I'd like to welcome our new Golds to the Gold group, Helena, MacKenzie, Brianna, Arev, Zoe, Kameryn, Janavi, and Norah!

Stroke Development

This week were going back to basics since our form is looking a bit rusty after the long break.

We're breaking down every stroke this week as well as getting back into some longer aerobic training tonight. We also have a mix of bad/good news. The bad news is the case on my

waterproof phone has broken and is no longer waterproof. The good news is that I've acquired a GoPro camera to use instead! Our underwater videos will be shot in even higher quality now!

Swimmer Shoutout

This weeks swimmer shoutout goes out to Hannah Kehl! Hannah stepped up this week to help the new Gold groupers with lane lines after practice and has been a great leader and role model for them to follow. Thank you and nice job Hannah!

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 and the coaching staff are attending.

Middle Distance Time Trials Highlights & Recap

Middle Distance Time Trials gave our swimmers an opportunity to swim 39 new events and many of them ended up dropping tons of time compared to their previous best efforts.

Thank you to the handful of parents who stepped forward to assist in conducting the meet and to Coach Alyssa for the great job she did at filling in as our Starter!

Here's a list of major time im-

provements achieved by our athletes ... Joey Abel -81.72 4IM, Josh Abel -63.68 4IM, Paige Betthausen -37.19 4IM, Isabelle Buhler -18.71 2Bf, Erin Cain -20.11 4IM, Maritxell Chavez-Alvarado -34.93 500Fr, Rachel Christensen -21.99 4IM, Carter Johnson -18.61 1Br, Cole Johnson -48.82 1Ba, Hannah Kehl -17.92 4IM, Taylor Knaus -46 4IM, Amanda Lopez -36.14 2Ba, Nathan Mudry -91.06

4IM, Janavi Munagavalasa -5.57 1Fr, Samyukta Munagavalasa -29.93 500Fr, Srikar Munagavalasa -47.94 1Fr, Madi Peterson -91.49 4IM, Macie Ritter -62.16 2Ba, Sammie Spanske -20.06 2Fr, Stephanie Strange -52.20 500Fr, Elise Wember -13.49 2Bf, Jordan Willing -26.96 1Fr, Neil Wright III -22.13 1Bf, and Quinn Wright -65.17 1Ba.

Great job swimmers!

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: CERNEY.



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!



SOUTH EASTERN AQUATICS

Racine Family YMCA
725 Lake Avenue
Racine, Wisconsin 53403

Phone: 262.898.4766
Fax: 262.634.0401
Email: south.eastern.aquatics@gmail.com

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

16-17, SEA Penguin Challenge

18, No practice - no pools available

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

