



Neil's Kickboard

I have a hodgepodge of information to report this week ... please excuse the randomness of this section of the email. :)

Swimmers at Horlick are reminded to wait inside the building for their rides after practice. Please refrain from waiting outside.

There's been some changes at the parent board level with Kim Wergin stepping down as president to give more time to her new position at Froedtert and to pursue her Master's of Nursing degree. In addition, Bernadette Strickland has agreed to step into the Secretary position on the parent board. Over the next months, the parent board will work on positing a new president and then reaching out to the membership for whatever opening at the board level

remains after the president position is filled.

Don't forget your Elegend Farmer orders are due Monday, October 26.

Here's a tip of the swim cap to Molly Buhler and Robin Betthausser for all the front end work they did for this season's SEA apparel. All the items turned out really cool!

Our annual Halloween Swim Practice and Swim-a-Thon kickoff is next week already! Please read about this fun event on page three ... we need parents to donate some items for the swimmers to munch and drink on (SEA will provide pizza).

The next mass tryout for this season will be held on Monday, October 26 at Park High School beginning at

6:00 p.m. Tell all your friends about this opportunity to join one of southeastern Wisconsin's hidden gems.

Don't forget, we will NOT be attending the Green Bay Titledown Freeze this season, but instead will be attending the BAC Holiday Open on the campus of UW-Madison the weekend of December 4-6. Hotel information is posted on the homepage of our website under the NEWS section. Travel meets are a lot fun and if you are free, please considering joining your fellow teammates and families.

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

Spooktakular Meet Information

This Sunday 31 student-athletes will head to the YMCA at Pabst Farms for their annual Spooktakular event.

Warm-ups begin at 9:00 a.m. and the meet gets underway at 10:00 a.m. Please be on deck not later than 8:50 a.m.

The meet will finish no later than 2:00 p.m.

The address for the venue is 1750 Valley Road, Oconomowoc, WI 53066. (It takes roughly one hour for the drive.)

Awards for this event are usually bagged for coach

pick-up at the conclusion of the meet. Swimmers will be able to pick up their awards Monday evening during practice.

Please remember this is a single session meet and all age-groups will compete at the same time.

On the Agenda

Deadline to sign-up for KENO Invite	10/25
Deadline to sign-up for PX3 Invite	10/31
Deadline to sign-up for SSTY Invite	11/2
Deadline to sign-up for Y-Finalist	11/14
Deadline to sign-up for BAC Open	11/15
Deadline to sign-up for Middle Distance Time Trials	12/12
Deadline to sign-up for our Penguin Challenge	1/1

Special points of interest:

- The age-group program is heading back to Case beginning Monday.
- SEA swim caps are required at swim meets and are available from coaches for \$12
- Our next mass tryout will be held at Park High School on Monday, October 26 beginning at 6:00 p.m. Tell all your friends!

Coach Mike's Corner

Hi SEA fans! Welcome back to my corner! Who's ready for the first meet of the season this upcoming Sunday? The coaches are very excited to see the progress our athletes have made so far this season!

Stroke development

Over the course of the last two weeks we've covered breast-stroke and butterfly pretty extensively. Without sounding like a broken record, breast and fly both rely heavily on the swimmers body line in the water. So in effect our swimmers are getting sick of all the drills that keep their bodies flat with their heads down staring at the bottom of the pool hahaha. Sorry guys that's what makes us fast! Now that we've covered the four strokes we'll begin moving into higher volume training to

increase our endurance.

Season Plan

Parents and swimmers, the Gold Group season plan is now up on the website under the Gold

Group section on the website. The season plan highlights what stroke will be covered each night as well as the difficulty of the practice. To make it easy I've color coded each practice, yellow for recovery, orange for moderate, and red for difficult. Now swimmers, that doesn't mean you should not come on the difficult days, each practice is designed to make us better!

Underwater Taping

Starting this past week our gold group

swimmers are now getting taped underwater every other week. Taping will occur every other Tuesday at the end of practice. If a swimmer cannot make it Tuesday nights I will set aside some time later in the week to tape them. The videos will be able to be viewed on our SEA YouTube account which is linked on the top of the SEAY website.

Swimmer Shout Out

The shout out this week goes out to a quiet, very hard working young lady. When the coaches

got together this week to discuss who was our swimmer of the week we all had the same swimmer in mind. Madi Peterson! The coaches are loving your work ethic in practice, thank you for being a good role model in the Gold Group!

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 ad-

vantage!

Current list of swimmers includes the Kinzie and Marlee Reischl, Paige Betthausen, Jacob Trask, Emily and Erin Cain, Isabelle and William 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.

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!

Halloween Glow Stick Party Planned

One of the highlights on the Fall & Winter Season is our Halloween Glow Stick Party and Swim-a-Thon Kickoff.

This year's event will be held at Park High School on Thursday, October 29 from 5:30 p.m. to 7:30 p.m.

The night begins with the announcement of this year's Swim-a-Thon and then moves to a light practice prior to some fun relays. The highlight of the night is the glow stick swim.

In the past, families have supplied treats and drinks. Here's a list of items needed to feed the athletes (please call or email Neil if you can donate - 262.898.4766 or

south.eastern.aquatics@gmail.com):
Case of water
12-pack of Gatorade (Thomas)
12-pack of Gatorade

12-pack of juice
12-pack of juice
Napkins (Wright)
Paper plates
Plate of veggies x 3
Plate of fruit x 4
Rice crispy treats x 2 (Peterson and Commodore)
Plate of cookies x 3
If you are interested in donating something not listed here, please let Neil know.
SEA will provide pizza!

You don't want to miss out on this



Officials are needed ... Can you help?

The first stage of becoming an official is to sign-up to take the Stroke & Turn class. If you are interested in becoming an official, please read on and then contact our Officials Chair, Liz Christensen.

NO EXPERIENCE REQUIRED ... so please don't be shy about stepping forward to fill this ever increasing important role within the ranks of parent volunteers.

Becoming an official gives you the best

seat in the house at the meets we host (and at the meets we travel too) and is a great way to give back to the sport.

SEA reimburses parents for any costs associated with becoming an official once you become an "official" official so the only cost is time.

"The best seats in the house at the meets we host and attend can always be found where Officials volunteer."

We currently have a solid roster of officials, but with each passing year, the roster shrinks when our officials children graduate.

Please reach out to our Liz Christensen if you need more information or would like to sign-up. She can be reached at 262.994.4088 or via email at ejchrist@wi.rr.com.

Competition ... it's one of the ways to improve your swimming

For all our new families, one of the first questions you have pertaining to SEA is, "How do I sign-up my child for meets?"

The answer is real simple ... simply email Coach Neil the meet (please include the days you want to attend) at south.eastern.aquatics@gmail.com. He in turn will sign-up your child for the meet and you can double-check his work by visiting our website and clicking on

the MEMBERS drop down menu and then clicking on the MEET INFORMATION tab.

Now, if you are on the team, your son or daughter is ready for meets. First year swimmers tend to swim the freestyle and backstroke events and coaches will slot swimmers in events they are prepared to swim.

Many deadlines to sign-up for meets in

October and November are right around the corner.

Please take a moment and check your calendars against the meet schedule and sign-up your swimmer(s) today!



Sign-up your swimmers for meets ... it's the best measuring stick we have.



SOUTH EASTERN AQUATICS

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On Twitter @SEAWisconsin
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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

October 2015

- 25, Spooktakular
- 26, Age-Group parents meeting, 6:00 p.m. @ Case
- 27, WI LSC Meeting
- 29, Halloween Party & Swim-a-Thon kickoff

November 2015

- 1, SEA Pentathlon
- 8, KENO Invite
- 13-15, PX3 Invite
- 26-27, No practice

December 2015

- 4-6, BAC Open
- 11-13, Y-Finalist
- 18, Middle Distance Time Trials at Park
- 24-25, No practice

January 2016

- 16-17, SEA Penguin Challenge
- 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
- 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

