

October 29, 2015



SOUTH EASTERN AQUATICS

# Serpent Times

## Neil's Kickboard

Please don't forget to set your clocks back one hour prior to heading off to sleep Saturday night.

Our annual Halloween Swim Practice and Swim-a-Thon kickoff is tonight. Please read about this fun event on page three and get ready to have some fun!

Great swims last weekend in Oconomowoc! I have included a recap of the meet on page three.

I will take entries for the KENO meet and the PX3 Invite through October 31. Please begin planning ahead for the meets you would like to attend as the holidays are right around the corner and we all know how busy we get.

As a reminder, all parents and visitors should be viewing practice from balconies at Park and Case. Also, now that we are back at Case, please refrain from parking next to the building. All SEA members must park in the south lot next to the tennis courts. Thanks for your help

We have a nice sized group of swimmers already planning on attending this June's 13&O Training Trip. If you plan on sending your swimmer, please let me know by November 18 so I can begin making arrangements. Thanks. (Also need one more chaperone to step forward.)

At the board level we are

discussing the possibility of putting together a golf outing/fundraiser next summer. If you think you would attend an event like this, please let me know.

Don't forget, we will NOT be attending the Green Bay Tiletown 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.

## Our Pentathlon Meet Information

This Sunday, November 1 we will host our first meet of the season at the RecPlex in Pleasant Prairie.

Warm-ups begin at 8:00 a.m. (all swimmers should be on deck by 7:50 a.m.), the meet begins at 9:05 a.m. and is schedule to finish at 12:36

p.m.

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

The address for the RecPlex is 9900 Terwall Terrace, Pleasant Prairie, Wisconsin 53158.

Swimmers are responsible for picking up their awards at this meet. There will be a visible awards station at the meet.

Good luck Serpents and don't forget to set your clocks back one hour Saturday night!

### Upcoming Entry Deadlines

PX3 Invite	10/31
SSTY Invite (Y-Nat level athletes only)	11/2
Y-Finalist (some light time standards)	11/14
BAC Open (team travel meet .. Fun!)	11/15
Middle Distance Time Trials	12/12
SEA Penguin Challenge	1/1
Distance Time Trials	1/16

### Special points of interest:

- Remember to set your clocks back one hour prior to heading to bed Saturday evening.
- SEA swim caps are required at swim meets and are available from coaches for \$12
- June 2016 will be our next 13&O Training Trip to Panama City. If you would like to attend, please let Coach Neil know.

## Coach Mike's Corner

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Hi there SEA fans! Welcome back to my corner! The first topic I'd like to touch on today was the Spook-takular meet this past Sunday. I thought we did great job overall on the key things we've been working on in practice. Our streamlines, turns, and stroke mechanics all looked top notch, good work everyone!

### Stroke Development

This week we are trying something new with our upper body breast-stroke recovery, and so far it looks great on our swimmers. With a typical arm recovery we ask the kids to

touch their thumbs together as they shoot their hands forward. This new recovery we ask the kids to turn their palms out and touch the back of the hands together. I bet your thinking well why? The short answer is, due to the extra amount of effort used to turn the hands out and extend the arms out farther it allows the swimmer to cut through the water more efficiently. With this new change we should see our swimmers both increasing their speed in the water while lowering their stroke counts.

### Swimmer Shout Out

Coaches talk a lot about swimming through discomfort with swimmers. The discomfort I'm talking about comes in the form of lots of fast swimming with limited breathing, and I'm proud to say the Gold group shines when it comes to beating out discomfort during our hard sets. My shout out this week goes out to a girl who not only swam through discomfort, but has also been swimming with a sprained wrist. Macie Ritter has really impressed the coaches with her ability to handle tough swim sets while dealing her sprained wrist. Good job Macie, keep up the good work!

## 13&O Training Trip is scheduled

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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 Jason Lewis, Ali Schraff, Tiffany Steffes, Kinzie and Marlee Reischl, Paige Betthausser, 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

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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 x3 (Ritter, Palliyath, Christensen)

12-pack of Gatorade (Thomas)

12-pack of Gatorade (Booker)

12-pack of juice x3 (D'Alessandro, Willing, Knaus)

Napkins (Wright)

Paper plates (Badillo)

Plate of veggies x 3 (Flynn, Schultz)

Plate of fruit x 4 (Arteaga, Mudry, Alvarado, Christensen)

Rice crispy treats x 2 (Peterson and Commodore)

Plate of cookies x 3 (Palermo, Stouffer)

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 fun event ... SEA you there!



## Spooktakular Highlights and Recap

Our first meet of the season turned out pretty good. As a team, we finished second overall with 2,200 points (the host team took the team title with 3,703 points). We went on to post 49% best times and only four DQs. We also won nine of the ten relays we entered in the meet.

Achieving new State qualifying

times were Sofia Badillo (1Fr and 2Fr) and Jacob Trask (1Fr).

Posting some of the quickest times in our team history included Sofia Badillo (9th 50Fr, 7th 1Fr, 4th 2Fr), Natalia Badillo (4th 2Ba), Emily Cain (10th

*The relays dominated the meet last weekend in Oconomowoc.*

*Great job swimmers!*

1K), Jacob Trask (7th 1Ba, 6th 1Bf), and Bailey Bleser (9th 1K, 8th Mile).

Notching all best times for their events were

Josh Abel, Ricardo Carrillo, Rylan Patino, Madilynn Peterson, and Hopking Uyenbat.

## Spooktakular Highlights and Recap ... continued

Dropping more than five seconds in a single event during the meet were Joey Abel -8.06 1Ba, Josh Abel -5.80 2Fr, Hugo Arteaga -15.90 1Ba, Sofia Badillo -19.91 2Fr, Kyla Booker -11.26 50Fr, Arev Buchaklian -9.70 1Fr, William Buhler -5.11 1Bf, Emily Cain -15.10 Mile, Carter Johnson -11.36 1Fr, Cole Johnson -11.07 50Ba, Scott Palmer -14.22 2Br, Rylan Patino -5.75 50Fr, Madi Peterson -24.33 2Fr, Cooper Scar-

mardo -7.22 2IM, Stephanie Strange -11.42 1Br, and Hopking Uyenbat -5.58 50Br.

Reflecting on what we can improve moving forward ... please speak with your swimmers about chatting with coaches directly after their swims (this is the perfect time to learn how we can improve our efforts during our next swims, meets, and practices).

Great effort Serpents! Let's work hard this week as we prepare for our Pentathlon meet this Sunday. Don't forget about Daylight Savings Day starting at 2:00 AM this Sunday morning.



Stephanie, Matrixell and Ana finishing up warm-ups last Sunday in Oconomowoc.



## **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**

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### **October 2015**

29, Halloween Party & Swim-a-Thon kickoff

### **November 2015**

1, SEA Pentathlon

8, KENO Invite

9, New family registration and orientation, 6:00 p.m. at Case

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

### **April 2016**

4-8, YMCA Nationals

9, GTAC LC Time Trials

