

November 13, 2015



SOUTH EASTERN AQUATICS

Serpent Times

Neil's Kickboard

Boy is there A LOT of swimming happening this weekend in our State. We will be participating in the PX3 Invite today through Sunday, our high school girls will be racing in Madison during the WIAA State meet and we'll finish off the weekend (missing the Packer game ... again - although I didn't mind missing last weekend's one single bit) racing in Brown Deer at the SSTY Invite. Good luck EVERYBODY ... drive safe, swim fast, have fun!

THIS IS IMPORTANT ...

It seems our age-group boys are enjoying their time in the locker room at Case. Some of the reports I have received are playing video games, hitting one another with a swim noodle, using the ADA shower and not turning off the shower. I have received an email from the head of Buildings and Grounds at RUSD about showers being left on. In so many words, there was a mild reminder that we could lose use of the Case

pool if our athletes don't take care of the facility as if it were their own homes. Coaches are now walking through pre- and post-practice to ensure everything is in order, but parents can help too! Please speak with your swimmers about locker room behavior (they should only use the locker room for bathroom breaks, quick showers and changing ... otherwise they do not belong in there). Please help the coaching staff maintain order in the locker rooms by speaking with your swimmers.

New Parent Meeting

I would like to meet with all new parents on Tuesday, December 8 beginning at 6:00 p.m. at Horlick High School. This is a great opportunity to learn more about SEA and to meet other parents. The meeting will not last more than 15-minutes. Save the date!

To date, 15 swimmers and one chaperone have expressed inter-

est in attending this June's 13&O Training Trip. At this point, a \$100 non-refundable deposit is now due on December 1 (please make checks payable to SEA). After all deposit checks have been submitted, final details for the team trip will be formed and forwarded to families attending. For those not aware, we offer a 13&O Training Trip every two year's here at SEA. We drive to the Panama City Beach, Florida area and run 11 pool practices and three dry-land practices along with some downtime on the Emerald Coast beaches and Pier Park (an outdoor mall). Those swimmers who have attended in the past look back on their experiences with fond memories and speak positively of their trip at our annual banquet when they graduate high school. Take advantage of this opportunity!

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

PX3 and SSTY Meet Information

Here are the details for the PX3 (taking place at RecPlec in Pleasant Prairie) event:

Friday warm-ups (all swimmers) = 4:30 p.m., meet begins at 5:35 p.m.

Saturday & Sunday AM warm-ups (8&U and 13&O swimmers) = 7:30 a.m., meet begins at 8:35 a.m.

Saturday & Sunday PM warm-ups (10&U, 11-12) = Noon, meet begins

at 1:00 p.m.

Heat sheets for the PX3 meet are available via the link on the homepage of our website.

Here are the details for the SSTY (taking place at WSAC in Brown Deer) event:

Sunday warm-ups (all swimmers) = 9:00 a.m., meet begins at 10:00 a.m.

The heat sheet for the SSTY meet is

available via the link on the homepage of our website.

Coaching assignments for this weekend:

Friday = Neil, Saturday AM = Neil and Alyssa, Saturday PM = Mike and Katie, Sunday AM at PX3 = Mike, Sunday PM at PX3 = Mike and Katie, Sunday at SSTY = Neil.

Drive safe, swim fast, have fun!

Upcoming Entry Deadlines

Y-Finalist (some light time standards)	11/14
BAC Open (team travel meet = FUN)	11/15
33rd Annual Circle City Classic (qualifying times)	11/30
SSTY A+ (qualifying times)	12/1
Middle Distance Time Trials	12/12
SEA Penguin Challenge	1/1
Distance Time Trials	1/16

Special points of interest:

- January 24 is our annual team bowling event. 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! Welcome back to my corner of the news letter! I'm looking forward to seeing some fast swims at the PX3 invite this weekend, it should be a great meet. Hopefully not as cold for our athletes as the Seahorse invite!

Stroke Development

Parents and swimmers the Youtube account for our Gold group swim videos is now live! I'd like everyone to take a few minutes out of their

busy day and take a look at what the swimmers look like underwater. If you type in "South Eastern Aquatics video review" into Google it will bring you to hope page where you can find your video. I had a lot of fun reviewing the tapes, and I hope you all will learn from what I talk about as I cover your freestyle technique. Next week we'll be taping backstroke on Tuesday and I should have those vide-

os out by Thursday for your review!

Swimmer Shoutout

The swimmer shoutout this week goes to Hopking Uyenbat! Hopking has been impressing the coaches at meets with the ferocity he brings to his races. We love that he puts his whole heart into every race and gives it his max effort. Keep up the good work Hopking.

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 Hannah Kehl, Scott Palmer, Jason Lewis, Ali Schraff, Tiffany Steffes, 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!

To date, Rachel Christensen and the coaching staff are attending.

Age-group team building experience scheduled

Hi SEA fans, swimmers in our age group program are invited to the Helium jump park in Milwaukee on Saturday, November 21st from 10 AM to 12 AM. The address for the park is 16235 W. Beloit Road New Berlin, Wisconsin 53151, parking is somewhat limited so carpooling will be a good idea. We will be doing team building activities during the first hour and the second hour will be all about jumping around and having a blast!

Practice for the age groupers on Saturday will be canceled since we're sending all of our available

age group coaches to the event. The cost will be \$25 per swimmer, this will include the 2 hours of jump time and special jump socks. Please forward payment to Coach Mike or

Coach Katie.

Parents please note that your swimmer must be at least 36 inches tall to jump at the park. To make sure things run smoothly parents we encourage you to sign an e-waiver in advance to save time, this can be

found on the Helium website - www.heliumtrampolinepark.com.

We hope to SEA you all there for a few hours of fun!



Seahorse Invite Highlights and Recap

When the waves settled at the Kenosha YMCA pool, wouldn't you know it, SEA had amassed 1,754 points and took home the team championship? Great job swimmers!

As a team, we finished with 44% best times and only one DQ!

Winning high point awards were Sofia Badillo (she also posted the 9th fastest

time in our history for 9-10 IIM), Natalia Badillo, Sara Bollendorf, Kinzie Reischl, and Jacob Trask.

Posting 100% best times were Josh Abel, Tony Commadore, Anish Palliyath, Scott Palmer, and Emily Stouffer.

Congratulations swimmers, parents and coaches on our team championship over the weekend!

Swimmers cutting more than five seconds from a single event were Joey Able -36.19 in the 2Ba, Josh Abel -16.53 in the 2IM, Anisha Jain -28.84 in the 2Fr, Hannah Kehl -22.05 in the 500Fr, Anish Palliyath -13.23 in the 25Fr, Scott Palmer -14.50 in the 2Fr,

Seahorse Invite Highlights and Recap ... continued

Macie Ritter -7.79 in the 2IM, Sammie Spanske -7.76 in the IIM, and Jordan Willing -6.74 in the IIM.

Another highlight from the meet is that we entered relays in ten different events and won eight of them!

Some takeaways from the meet this past weekend ...

1) Be prepared for varying temperatures. The gym was very cold while the pool

area was very warm. If you didn't bring your warm-ups (or for that matter, a thick warm blanket), your body was working hard to keep you warm - usually by shivering (and that wastes energy).

2) Since there was not warm down pool available, swimmers should have been "walking their races off" after speaking with their coach - make sure this happens.

3) Maintain your focus during practices and try to do everything perfect so when we get to a meet, we can swim "clean" races.



Keep up the great work Serpents!

Congratulations swimmers, parents and coaches on winning the meet!



SOUTH EASTERN AQUATICS

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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

November 2015

13-15, PX3 Invite
15, SSTY 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

