



Neil's Kickboard

Great results last weekend in Pleasant Prairie and Brown Deer. Also, we had a couple of high school girls swimming in the WIAA State meet in Madison too ... congratulations to Emily Bollendorf on her sixth place finish in the 1Bf and Maren Hoferitza-Palermo on her 9th place finish in the 400FR.

We have hired another coach for the age-group pool and she'll begin Monday! Melissa Groen is a SEA alumnus and recent graduate of UW-Stevens Point where she took a business degree. She swam for Point and when in high school represented Horlick. She'll be assisting Stephanie with the Bronze level swimmers. Welcome to the team Melissa!

What follows is a bullet point list of important reminders:

- 1) Our age-group swimmers are heading to Helium Saturday (read all about it on page three of this newsletter - your swimmers should have also received

a handout at practice this week too); because the age-group coaches are attending this team building event, there is no Silver or Gold practice this Saturday - diving practice will be held though).

- 2) I was notify earlier this week that RUSD is closing their buildings afterschool this Wednesday. Additionally, Carthage College is closed too. Practice November 25 has been canceled. Take advantage of Monday and Tuesday this coming week!
- 3) Deadlines are fast approaching for the Indy travel meet and the SSTY A+ event. If you are planning on attending these meets, please let me know sooner rather than later ... thanks!
- 4) Swimmers planning on attending this June's 13&O Training Trip should forward a \$100

deposit by December 1.

- 5) If you are planning on attending the diving certification practice at the Lakefront YMCA on Saturdays from 8:00 to 9:30 a.m. please email me so I can ensure Coach Alyssa is there to work with your child. She will only be there if you email me. :)

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!

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

BAC Holiday Splash Meet Information

We will be heading to the campus of UW-Madison the first full weekend of December. Watch this section for the most up-to-date information. Our entries have been finalized and are posted on our website under the MEMBERS / MEET INFORMATION links.

The meet will take place at the UW Natatorium, 2000 Observa-

tory Drive, Madison, WI 53707.

Friday PM warm-ups for all swimmers begin at 5:00 p.m. and the meet begins at 6:05 p.m.

Saturday and Sunday AM warm-ups for 10&U and 11-12 swimmers will begin at 7:30 a.m. and the meet begins at 8:35 a.m.

Saturday and Sunday PM warm-

ups for 8&U and 13&O swimmers will be determined when the host team receives the attending teams final entries.

Swimmers are responsible for picking up their awards during the meet at the awards table.

Drive safe, swim fast, have fun!

Upcoming Meet Entry Deadlines

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
Tri-dual w/LGSC & BAT	1/15
Distance Time Trials	1/16
SEA vs. OZ	2/2

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 to my corner. I've got a few quick reminders before we get started, first off our team building activity will happen this Saturday the 21st at the Helium jump park in Milwaukee. Second, the days I will be filming stroke mechanics underwater are on the season plan which is posted on the website, additionally I will film the Thursday after to catch the Gold group swimmers that missed practice on the film day. Finally the videos will be posted the following week on Wednesday, swimmers please be sure to check out your video! There is a ton of information for you to check out and learn from!

Stroke Development

This week we taped backstroke, and I'm very glad we did. Overall, as a group our active mechanics, ie. our pulling and kicking are working as planned. What I did catch however, and almost the entire Gold group is a culprit here, is we are dragging our butts as we are swimming backstroke. This increased drag can be easily eliminated with the correct head, neck, and core positioning in the water. I will be highlighting how to fix these issues and more during your video reviews swimmers, so please watch them!

Swimmer Shoutout

This week we completed a difficult

distance freestyle set, it basically boiled down to this: 3x500 fast with the last one for time from a push. Each 500 had its own set of concepts that the swimmer was supposed to think over while staying at an aggressive swim pace. Beyond this I challenged the swimmers to hold every streamline tight, hit every wall fast, and to keep the breathing quick and controlled. Not exactly an easy thing to do. Isabelle Buhler did this and more, she posted a 500 time from a push faster than the last time she swam it in a meet. Anytime were swimming faster at practice then in a previous meet it makes me a very happy coach! Keep up the tough work ethic Isabelle.

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 Joey Abel, 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!



PX3 & SSTY Invite Highlights and Recap

We had a great weekend of swimming posting 67% best times during the PX3 event and 56% best times during the SSTY meet ... oh, and not a single DQ!

Here are the highlights from PX3:

New State qualifying times were achieved by Natalia Badillo - 50Ba and her sister Sofia - 1Bf.

Posting some of the fastest times in our

team history were Sofia Badillo 3rd 50Fr, 3rd 1Fr, 2nd 1Ba, 3rd 50Bf, 10th 1Bf, Natalia Badillo 10th 50Ba, 10th 1Ba, 6th 50Br, 5th 1Br, and Kinzie Reischl 9th 1Ba.

Notching all best times were Rachel Christensen (10 for 10!), Ella Pier, and Amanda Rhee.

Zero DQs were recorded during the three days worth of meets we competed in last weekend!

Improving five or more seconds in a single event included Sofia Badillo - 11.20 1Br, Isabelle Buhler - 61.92 1K, Emily Cain - 24.17 2Br, Erin Cain - 13.36 2Br, Ana Carrillo - 9.39 1Fr, Maritxell Chavez-Alvarado - 18.96 2Fr, Rachel Christensen - 25.14 500Fr, Payton Church - 23.73 1Bf, Halina Collins - 23.32 50Ba,

PX3 & SSTY Invite Highlights and Recap ... continued

Nathan Mudry - 24.34 500Fr, Madi Peterson - 58.03 500Fr, Ella Pier - 29.53 2Fr, Jordan Pier - 9.49 2Fr, Kinzie Reischl - 9.59 4IM, Megan Schultz - 7.28 1Br, and Alyssa Stetler - 11.16 2Fr.

Highlights from SSTY:

Achieving some of the fastest times in our history were Jacob Trask 10th 1Fr, 4th 1Bf, Bailey Bleser 10th 500Fr, 8th 4IM, and Josh Abel 10th 1Bf.

100% best times posted by Joey Abel, Josh Abel, Isabelle Buhler, Scott Palmer, and Jacob Trask.

Taking five or more seconds off in a single event were Josh Abel - 37.23 2Ba, Maya Frodl - 7.84 2Ba, and Scott Palmer - 6.83 50Ba.

The SSTY event marked the last meet for our high school boys as they head into their high school season (it also marked the re-

turn of our high school girls as their season ended last Saturday).

Great results all around last weekend. Keep up the great work and practice as we prepare for our team travel meet to Madison!



Halina and Tony getting ready to swim during last weekend's PX3 event.



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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

25-27, No practice

30, Parent board meeting, Park, 6:00 p.m. - all welcome!

December 2015

1, 13&O Training Trip deposit due

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

