

November 25, 2015



SOUTH EASTERN AQUATICS

Serpent Times

Neil's Kickboard

From the entire coaching staff, Happy Thanksgiving and safe travels to all SEA families who may be hitting the highways/airways this weekend. Our next practice is Saturday! (There are no pools available Wednesday-Friday this week.)

Diving practice is canceled this Saturday.

I have a check from Aiello Family Dental for a heat sheet advertisement ... but no SEA member name attached to it. If you submitted the Aiello Family Dental ad, please contact me ... thanks!

A couple of important reminders:

- 1) Please remember there are no pools available tonight (Wednesday, November 25) and that practice has been canceled.
- 2) 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!

- 3) Swimmers planning on attending this June's 13&O Training Trip should forward a \$100 deposit by December 1.
- 4) 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. (Don't forget this Saturday's practice has been canceled.)

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!

Finally, I would like to recognize

the Senior team for their dedication to the training process and all the hard work we have been covering both in and out of the pool.

Our team continues to grow and at this time last year the entire program was training in one pool because the Senior team was so small ... not this year! We are running about three swimmers per lane most nights and the competition during practice has been great to watch and coach. Part of the reason for that is the definition we applied to competition (from Latin = strive together). We are striving together during some grueling sets. And, in addition, the handful of developing Senior swimmers new to the team are learning the finer details quickly and applying the new knowledge to their training. Keep it up!

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	1/11
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! Who's ready for a long weekend of stuffing ourselves to the brim with turkey? I know I am! Remember that practice is canceled tonight so swimmers if you can get in the water over break that'd be great idea! Also there is practice Saturday morning, its a good chance to work off that Thanksgiving dinner!

Stroke Development

This week we introduced a new training "toy" into our breaststroke regiment. What we've done is take a large rubber band placed it right

above our swimmers knees and asked them to kick with it on. Now what this does besides pull out leg hair is it constricts how far apart a swimmers knees can move during the breaststroke kick. Why are we doing this? We want to widen out the kick not with the knees, but with the ankles and feet. The further the swimmers can widen out their kick without moving the knees apart means the inside of the shins are pushing more water back with each kick and effectively making the swimmer kick more water. When I tape

breaststroke next week you'll be able to see what I'm talking about on the SEA youtube channel.

Swimmer Shoutout

This weeks swimmer shoutout goes to CJ Trask! The coaches love how hard this young man works, and also the focus he brings to practice. I've never seen a nine year old so serious about his stroke mechanics and training. Take last night for example. CJ dueled Coach Jake in a plank set during drylands and beat him! Keep up the hard work CJ.

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 Betthouser, 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.

Giving Many Thanks, by Mike Watkins

We all have many things for which we are thankful.

Family. Friends. Our jobs. Our health and the health of those close to us. This list goes on and on depending on who and what is important to us.

At this special time when being grateful is at the forefronts of our minds and actions, here are some things top swimmers and coaches (past and present) are most thankful for this year.

Michael Chadwick

“I’m thankful to always have a home to come back to and a loving family to share this time with.”

Claire Donahue

“There are two in particular things I’m thankful for this year. First, my new teammates. I think I had forgotten what swimming was really all about until I got to know these people. I feel so lucky to have such great people beside me every day. I don’t think I’ve smiled and laughed this much in a long time. My second thing is my awesome puppy. I got her this year and she has been so much fun. I’d been wanting so long to get one, and she is the cutest thing ever! Her name is Remy.”

Eugene Godsoe

“A few things I’m thankful for this holiday season are having good lane mates, the perfect song in your head during a hard set and being in a sport where hard work always pays off in one way or another.”

Peter Marshall

“I’m thankful for an incredible family that loves piling into a crowded house to share a meal together followed by the inevitable turkey nap while watching football. And I’m thankful for the ocean. It’s the all-time best playground for a swimmer and water person! There are few places I feel more like a kid than when I’m in the waves or under the.”

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.



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 these 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

