



## SOUTHEASTERN AQUATICS

### Newsletter

December 16, 2016



#### **Very Important ... Please Share with your Swimmers**

I had the pleasure to speak with the Superintendent of Building and Grounds at RUSD last week. The conversation was informative and productive. One of the important topics of discussion was the feasibility of keeping at least one high school pool open during the summer.

The catalyst for the meeting was dialog he had with the Case High School Activities Director. If I can be frank, if the Case AD had his way, we would not be allowed to practice at Case anymore. The three topics of discussion were 1) swimmers unsupervised in the locker room, 2) swimmers running around the hallways and cafeteria, and 3) swimmers vandalizing the locker rooms.

As renters of the RUSD pools we must respect the fact that we are guests and must treat all facilities we use with kid gloves. Please help police our swimmers from running in the hallways and cafeteria. All swimmers should remain on the pool deck or in the balcony when attending practice.

Parents, please remind your swimmers to quickly shower, change and exit the locker rooms. Coaching staff will spot check the lockers before and after practice.

Thank you for your assistance in this matter.

#### **Neil's Kickboard**

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This is the final newsletter for 2016. On behalf of the coaching staff and parent board, here's wishing you a safe and Merry Christmas and a Happy New Year!

There are a handful of families who still have not secured a hotel room for our upcoming INDY meet (even I haven't secured a room yet for that matter). I used the link from our website under the Meet Information link and noticed rooms were available at the Holiday Inn Express for a rate of \$133 per night (hotel is 1.6 miles from the pool). In addition, other rooms are not available via the link on our website for the Staybridge, rooms are available at IHG.com website (you will be unable to receive the group rate though – last night the rate at Staybridge was \$199 per night). If you have secured rooms and received a good rate (not at the Staybridge or the Holiday Inn, please let me know and I'll share with the team). The host team is not able to secure additional rooms at the group rate.

Tonight, we'll run Middle Distance Time Trials at Park High School beginning with 5:30 p.m. warm-ups (meet gets underway at 6:15 p.m.). This is a great opportunity for new parents to experience timing at a meet in a lowkey environment. Parents interested in timing are encouraged to meet on deck at 6:05 p.m. We struggled to pull six volunteer timers during Sprint Time Trials ... please help if you can! The original plan was to head over to BW3's again for team bonding and dinner, but with the weather forecast calling for snow it may be prudent to cancel. I'll leave

it up to everyone attending the time trial tonight. If the roads look okay, let's head over there, but if the roads appear treacherous, maybe we'll head home for the evening.

This brings up to tomorrow's Tri-dual meet. As of right now, the meet is not canceled and honestly, I'd be surprised if it does cancel. Please make the best decision for you family as to whether to attend the meet. The forecast calls for 7-9 inches of snow and the roads could be a mess or if the DPW's keeps up on the roads, they could be fine. If you decide not to attend the Tri-dual, please email me. Thanks.

**This Saturday we travel to Lake Geneva (Badger High School) for the annual Tri-dual w/LGSC and STAT. Here are the warm-up times ...**

Warm-ups begin at 8:00 AM and the meet begins at 9:00 AM. This is all the information available now. Give yourself some extra time for the drive and be safe on the roads.

Does your swimmer need a swim cap? I have them for purchase as does Katie. \$12 for silicone and \$5 for latex. Represent!

### **Senior Pool Update**

Practices have been well attended and swimmers are working hard. I'm looking forward to pumping up the volume as we head into our Christmas practice schedule. We have also completed goal sheets for our high school girls and gave our other senior swimmers an opportunity to look over their goals sheets they filled out earlier in the season ... giving them a chance to update it and/or add to it. We'll still need to carve some time out and establish team coaches and answer the question, "What makes a great team?"

### **Katie's Kickboard**

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Hello families,

I hope everyone has been able to dig themselves out and are staying warm. The pool sure is a great place to be on these frigid days. Drive safe this weekend to anyone traveling to the Lake Geneva meet.

Bronze have been working hard on learning and mastering the IM order. Butterfly, Backstroke, Breaststroke, and Freestyle. As this is a goal for progression into Silvers. Keep it up!

Working with the Silvers on longer yards focusing on executing our turns. As well as going back to the basics of Streamline drills, that work on our bodyline. We definitely have a lot of energy in this bunch and have adapted to the longer yards flawlessly. Great job!

Gold's have great ambition and I am so proud of their hard work in practice and their achievements at meets. We will keep training harder as we move closer to winter break. Incorporating longer distances as well as preparing for longer events, especially those eyeing the Iron Serpent award.

This week's shoutout is a little different. Normally I write a workout with big ideas, unfortunately we don't always get absolutely everything in. Tuesday at Horlick this crew blew my mind. I had decided to do the pre-main set once instead of twice. At the end of the main set we still had 15 minutes left of practice. These guys said "Coach Katie! We have time to finish the pre-main set!", and we did! Very impressed by this bunch, keep it up.

### **Y-Finalist Splash Recap & Highlights**

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Nice swimming last weekend in Brown Deer! As a team, we finished 12<sup>th</sup> of 20 teams with 110 points and posted a healthy best time percentage of 52.

Nathan Mudry established a new team record in the 11-12 400 IM when he finished the race in 5:06.23 breaking Bailey Bleser's 2013 mark of 5:10.49.

New State qualifying times were achieved by Josh Abel in the 100 Butterfly, Hugo Arteaga in the 100 Backstroke, Ali Scharff in the 100 Freestyle, Megan Schultz in the 100 Breaststroke, Emily Stouffer in the 50 Freestyle, and CJ Trask in the 100 Butterfly and 200 IM.

Swimmers notching a Top Ten time included Megan Schultz 7<sup>th</sup> in the 100 Breaststroke, CJ Trask 8<sup>th</sup> in the 100 Freestyle 5<sup>th</sup> in the 50 Backstroke, 2<sup>nd</sup> in the 100 Backstroke, 8<sup>th</sup> in the 50 Butterfly, 6<sup>th</sup> in the 100 Butterfly, 8<sup>th</sup> in the 200 IM, Hugo Arteaga 9<sup>th</sup> in the 100 Backstroke, Nathan Mudry 8<sup>th</sup> in the 50 Backstroke, 2<sup>nd</sup> in the 100 Butterfly, 4<sup>th</sup> in the 200 IM, 3<sup>rd</sup> in the 500 Freestyle, Hopking Uyenbat 10<sup>th</sup> in the 200 Freestyle, and Josh Abel 6<sup>th</sup> in the 200 Butterfly.

Dropping more than five seconds in a single event were Isabelle Buhler -13.40 in the 500 Freestyle, Emily Cain -20.32 in the 500 Freestyle, Hannah Kehl -5.71 in the 500 Freestyle, Nathan Mudry -5.30 in the 500 Freestyle, Grace Neumann -14.89 in the 100 Freestyle, Megan Schultz -13.46 in the 200 Freestyle, CJ Trask -5.40 in the 100 Butterfly, and Hopking Uyenbat -7.10 in the 200 Freestyle.

With Christmas Break around the corner and our final meet of 2016 taking place this Saturday, it's now time to firmly place our noses on the grindstone and prepare for our first action of 2017!

### **Penguin Challenge Heat Sheet Cover Needed**

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Swimmers interested in designing this season's Penguin Challenge heat sheet cover have until January 9, 2017 to submit their artwork. Please leave a two-inch (height) by eight-inch (width) box at the bottom of the page for adding meet information (dates/sessions/etc.). Please forward to Katie or Neil.

### **Personalized Retro Swim Caps**

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Orders are now being taken for personalized retro style swim caps (silicone). The cost is \$30 per order and each order contains two caps (must be personalized with the same name). The order deadline is December 27, 2016. When placing an order please include the name you would like on the cap and payment (please put personalized caps in the memo line of your check). Forward orders to Neil.



### **SHARE THE WAMTH**

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The 4<sup>th</sup> Annual Coat Drive is underway and with the drop-in temperatures it's time to purge some of those gently used coats and other winter items that don't fit your growing swimmer anymore.

Help keep needy area kids and adults warm this winter! Donate your new or gently used coats, hats, gloves, and scarves!

Coach Neil is accepting coats through December 16. Please forward to him or if at the age-group pool, hand them off to Coach Katie and she'll make sure the items get passed along. Thanks!

### **Swim-a-Thon**

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Our Swim-a-Thon will take place at Case High School on Wednesday, December 21 at 5:30 p.m. This is an easy fundraiser and if you did not receive a Swim-a-Thon handout, please visit our website under the FUNDRASIING link and print one. There are a lot of great prizes available for swimmers to achieve if they are one of the athletes who raise the most pledges. Take advantage of this opportunity!

### **Upcoming Deadlines to Attend Meets**

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If you need to enter your swimmers in a meet, please just email Neil at [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com). Be sure to open a Meet Escrow Account if you attend meets that charge for events. If you need help, email or call Neil at 262.898.4766. Please note these deadlines are firm ... if you are planning on attending, let Neil know prior to the posted deadline.

<i>Meet Date</i>	<i>Meet</i>	<i>Deadline</i>
1/6	Distance Time Trials	1/1
1/7	EBSC	12/20
1/21-22	SEA Penguin Challenge	1/7
1/27-29	34 <sup>th</sup> Annual Circle City Classic	Entries closed
2/3-5	SSTY A+	1/24
2/10	SEA and OZ Dual	2/1

### **SCRIP Fundraising Information**

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The SCRIP program is one of the easiest ways to meet your \$150 fundraising minimum.

Basically, families purchase gift cards for stores and receive a percentage of each gift card purchase back in the form of fundraising dollars. There are a few families currently receiving over \$100 and more from this program.

In addition, one families have met their \$150 fundraising minimum, all dollar raised using the SCRIP program are deposited into their family fund account and can be used for swim tuition and meet fees.

Take advantage of this easy opportunity and try SCRIP today! Detailed information can be found on our website. Here are the upcoming order and delivery dates ...

Order by	Delivery on
1/2	1/5
1/16	1/19
2/6	2/9
2/20	2/23
3/6	3/9
3/20	3/23
4/3	4/6

### **12&U State Hotel Information**

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Hotel rooms for 12&U State have been blocked at the Fairfield Inn & Suites (Madison East). The address is 2702 Crossroads Drive, Madison and rooms will be held until Noon on January 25, 2017.

Please call 608.661.2700 and mention Southeastern Aquatics to reserve a room or you can reserve online via the link on the MEET INFORMATION page of our website (accessed through the MEMBERS dropdown menu).

This year's meet will take place at the UW-Madison natatorium on February 24-26, 2017.

### **YMCA Nationals Hotel Information**

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Families intending on traveling to Greensboro, NC for YMCA Nationals can reserve rooms by calling 888.939.5945. The YMCA Sports Housing Office hours are 9:00 a.m. to 5:00 p.m. EST.

Ten king rooms (you can request a double queen room when calling) have been reserved at the Drury Inn & Suites located two miles from the competition pool – hotel address is 3220 Gate City Blvd.

Rooms are reserved April 2-8 and the meet will take place April 3-7.

When you call to reserve your room, the team block is under Neil Wright and our YMCA name is Racine Family YMCA. You should be able to change your arrival and departure date when you call and you'll need a credit card to hold the room.

The deadline to secure a room is February 17, 2017.

### Next Parent Board Meeting

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The next meeting will take place January 18, Park High School, beginning 6:00 p.m. Location: walk through the pool office hallway and up the stairs; once in the main school hallway, take a left and the next right; the room is the third door on the right (just past the girls' bathroom). All welcome!

### Happy December Birthday

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Alessandra Arteaga, Ethan Bergman, Sara Bollendorf, Mike Cerny, Rachel Christensen, Nathaniel Foster, Cole Johnson, Brianna Jones, Eleanor Mason, Janavi Munagavalasa, Riley Palermo, Alex Pudzisz, Chris Pudzisz, Amanda Rhee, Sammie Spanske, Mac Thomas

