



Neil's Kickboard

Thanks to the Reischl sisters for taking the time to produce the heat sheet cover for our upcoming January event.



This is the final newsletter of 2015. On behalf of the coaching staff and the parent board, Merry Christmas and Happy New Year!

A couple of important reminders:

- 1) Swimmers planning on attending this June's 13&O Training Trip should forward a \$100 deposit by **December 1**. I currently have the following deposits: Abel, Bollendorfs, Betthausen, Steffes, Cains, Reischls, Trask, Buhler, and Lewis. Please forward ASAP so I can begin firming up details.
- 2) Don't forget to RSVP for the bowling outing! Let me know if you plan to go - read more about this event on page two.
- 3) Don't forget to email

me you intentions to enter your swimmers in our upcoming January hosted meet (Penguin Challenge).

- 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. Alyssa will be there December 26 (nothing planed for this Saturday as of yet).

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

Middle Distance & NBSC Open Meet Information

Tonight we will conduct Middle Distance Time Trials at Park High School.

Warm-ups begin at 5:30 p.m., meet begins at 6:15 p.m. and will finish up around 8:00 p.m.

Parent help is needed in the form of timers and a starter.

Sunday, three of our 10&U swimmers will be heading to New Berlin to swim in the NBSC Open. Warm-

ups begin at 8:00 a.m., the meet kicks-off at 9:00 a.m. and is scheduled to finish at 11:04 a.m.

Drive safe, swim fast, have fun!

Upcoming Meet Entry Deadlines

SEA Penguin Challenge	1/1
Tri-dual w/LGSC & STAT	1/11
Distance Time Trials	1/16
SSTY A+ (time standards for this event)	1/26
LAKE February Freeze	1/27
SEA vs. OZ	2/2
YMCA Nationals	3/20

Special points of interest:

- January 24 is our annual team bowling event at Castle Lanes in Racine. 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! I want to start by saying thank you to everyone for wishing me good luck with my surgeries. I'll be back at the hospital hopefully for the last time Thursday afternoon. Second I want to touch on the past two meets, we've seen a ton of time drops do to all the hard work of our swimmers in the pool! I want to keep this focus going over break so its important that all of our student athletes continue coming to practice over the

holidays. Finally for those going out of town, I'll be sending out several workouts that will focus on stroke up-keep that can be done on your own.

Stroke Development

We've been doing quite a bit of IM these past two weeks with the Gold group, and due to this we've spent much of our time on turns. The back to breast exchange has a few different ways it can be done quickly, we've been concentrating on the bucket turn. Essentially the swimmer will swim backstroke to the wall and dives down with one hand to touch the wall. As soon as the

hand touches the wall, the swimmer pulls his or her knees towards their face and rotates backwards until their feet hit the wall. At this point the swimmer is facing the bottom and pushes off in streamline. With enough practice this turn can help the swimmer

drop time in the 100, 200, and 400 IM races. Parents make sure you pay close attention the next time your Gold group swimmer is in and IM race, you'll be seeing them perform this turn!

Swimmer Shoutout

I'm going all the way back to last weeks LTS for this one. We ran our first IM LTS of the season at Horlick and of course everyone was swimming fast. One girl in particular really stood out, Taylor Knaus showed everyone what she was made of that night! Taylor a 52.28 and dropped four seconds off her best time in the 75 free. Very impressive night of racing Taylor!

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 advantage!

Current list of swimmers includes the Joey Abel, Hannah Kehl, Scott Palmer, Jason Lewis, Ali Schraff, Tiffany Steffes, Kinzie and Marlee Reischl, Paige Betthausser, Jacob Trask, Emily and Erin Cain, Isabelle 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. at Castle Lanes.

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, Tony Commodore, Rachel Christensen and the coaching staff are attending.

Christmas Break Practice Schedule

Practice times and location have been finalized for December 23-January 3.

We will be at Park High School for the following practices:

December 23, 28, 29, and 30 ...

Bronze, 11-11:45 a.m.

Silver, 11-Noon

Senior, 11-1:30 p.m.

Gold, 11:45-1:30 p.m.

December 26 and January 2 are Saturdays and practice will be

offered at the Sealed Air YMCA (as we normally do).

Yoga will be offered for Seniors 10:15-11:00 a.m. on December 23, 28, and 30 at Park ... note that December 30th Yoga will begin at 10:30 a.m.

Gold and Senior swimmers will be offered practice on December 24 and December 31 at Sealed Air YMCA from 12:30 p.m. to 2:30 p.m. (no enough lane space to offer practice for Bronze and Silver).

All swimmers will be offered practice on January 1 at Sealed Air YMCA:

Bronze, 9-9:45 a.m.

Silver, 9-10 a.m

Senior, 9-11:30 a.m.

Gold, 9:45-11:30 a.m

For those swimmers with aspirations of best times, state cuts, or national cuts it's important to train through the holiday season ... take advantage of all the practices you can!

Swim-a-Thon is Underway ... this year we reset the date

The timeframe for our Swim-a-Thon has been reset in order to align with USA Swimming's calendar. Because of this, our next Swim-a-Thon will not take place until December of 2016.

Donations collected and turned in this season will still be credited to your fundraising obligations for this season. It's probably best to solicit flat pledges versus a pledge covering the number of

lengths covered during the event (especially if you need the Swim-a-Thon pledges to cover your fundraising obligation).

One of the benefits of moving the Swim-a-Thon to the end of the year will be the added time to solicit pledges and it also gives our Spring &

Flat pledges can be forwarded by the end of this season for inclusion to a families \$150 fundraising minimum.

Summer swimmers an opportunity to participate too.

Great prizes are available once again and you can read all about them at our website under the MEM-

BERS dropdown menu by clicking on the SWIM-A-THON link under the Fundraising section. Take advantage!

YMCA National Hotel Information

This year Y-Nats will be held April 4-8 in Greensboro, NC. Swimmers should plan on arriving on April 2. We will stick around for the GTAC Long Course Time Trial event on April 9.

There are ten king rooms with pullout sleeper sofa reserved at the Drury Inn (about two miles from the pool).

The deadline to secure a room is February 19, 2016.

Please call the YMCA Sports Housing Office 850.224.7167, Monday-Friday 9:00 a.m.-5:00 p.m. EST to reserve room.

When you call you will need the following information:

- 1) Name of the coordinator the team block is under - Neil Wright
- 2) YMCA Name - Racine Family YMCA

3) Your dates of check-in and check-out

4) Your credit card information to hold the room



The Drury Inn offers free breakfast and a pub-style dinner.

We have ten king rooms with a pullout sleep sofa reserved at the Drury Inn.

YMCA Finalist Highlights and Recap

Our small contingent of swimmers finished 11th of 18 teams last weekend in Brown Deer scoring 115.50 points.

We continue to post a healthy team wide best time percentage with few DQs ... 57% and two respectively.

Congratulations to Sofia Badillo who tied the 9-10 Girls 200 Freestyle team record with her swim of 2:20.73 (Anna Brooks posted the same time in 2005).

New State Qualifying times were turned in by Nathan Mudry 2Fr,

50Bf and CJ Trask 50Fr.

Notching some of the fastest times in our history included Sofia Badillo 2nd 50Fr, 2nd 50Ba, 8th 50Br, Natalia Badillo 5th 50Br, 8th 1Bf, 9th 2IM, Sara Bollendorf 10th 2Br, Emily Bollendorf 9th 2Br, CJ Trask 7th 1Bf, Nathan Mudry 10th 1Ba, 6th 2Fr, Jacob Trask 6th 1Ba, 3rd 2Bf.

Posting 100% best times included Sofia Badillo, Maya Frodl, Taylor Knaus, and Grady Trask.

Dropping more than five seconds in a single event were Joey Abel

-6.11 1Br, Sofia Badillo -7.11 2Fr, Maritxell Chavez-Alvarado -6.23 2IM, Maya Frodl -7.58 1Bf, Hannah Kehl -7.76 1Bf, Ava Knaus -7.33 50Br, Nathan Mudry -9.48 2Fr, Kinzie Reischl -8.87 500Fr, Jordan Stouffer -5.78 50Br, CJ Trask -8.40 1Bf, and Eden Wember -5.51 2IM.

It's now time to plug into some regular practice attendance as our next "official" meet is not until our Penguin Challenge ... a month away. Prepare yourself to do great things!

XL Personalized Swim Caps to be ordered

Neil will be placing an order for XL personalized swim caps in the new year.

These caps will look just like our team swim caps, will have your swimmers last name on both sides, and be larger than the normal swim caps (for those

swimmers who have long hair).

Families interested in placing an order should forward \$35 (includes two caps) and the name they would like on the swim caps by January 18.



Annual Banquet Information

Our annual Awards Banquet will be held on Thursday, May 12, 2016 at Infusino's Banquet Hall beginning at 6:00 p.m.

Our Annual Banquet celebrates a year of hard work and dedication of our student-athletes.

It's an opportunity for our swim

family to get together and recognize and honor all their successes in the pool.

The Banquet also gives us an opportunity to say goodbye to our graduating senior athletes and for them to share their



Save the date ... Annual Banquet will be held Thursday, May 12.

memories of SEA and what they remember most.

Registration form is available on our website under the MEMBERS dropdown menu by clicking the ANNUAL RECOGNITION BANQUET link. We hope you can join us!



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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

December 2015

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

