



SOUTHEASTERN AQUATICS

Newsletter

December 2, 2016



Neil's Kickboard

I hope all SEA families had an enjoyable Thanksgiving and were able to get their fill of turkey, ham and all the fixings. It's great to get a full week of practice under our expending waistlines. :)

There is practice tonight ... we will be combined at Case High School. Also, Coach Jacob will be on deck at Lakefront YMCA tomorrow morning from 8:00 a.m. to 9:00 a.m. to assist our swimmers with diving practice while Coach Alyssa and Sierra will conduct Saturday swim practice at Sealed Air from 8:00 a.m. to 9:30 a.m.

This weekend we travel to Madison for BAC's annual Holiday Splash event. Heads-up, all relays for this meet have been removed by the meet host. Here are the warm-up times and protected timeline for each session of the meet ...

Friday warm-ups (events 1-8) begin at 5:00 p.m., meet begins at 6:05 p.m. and is scheduled to end at 9:33 p.m.

Saturday early AM warm-ups (10&U swimmers, events 13-28) begin at 7:30 a.m., meet begins at 8:20 a.m. and is scheduled to end at 11:07 a.m.

Saturday late AM warm-ups (11-12 swimmers, events 31-42) begin at 11:00 a.m., meet begins at 12:05 p.m. and is scheduled to end at 2:31 p.m.

Saturday PM warm-ups (Senior swimmers, events 45-54) begin at 2:20 p.m., meet begins at 3:20 p.m. and is scheduled to end at 5:49 p.m.

Sunday early AM warm-ups (10&U swimmers, events 59-76) begin at 7:30 a.m., meet begins at 8:20 a.m. and is scheduled to end at 10:56 a.m.

Sunday late AM warm-ups (11-12 swimmers, events 79-92) begin at 10:45 a.m., meet begins at 11:50 a.m. and is scheduled to end at 2:22 p.m.

Sunday PM warm-ups (Senior swimmers, events 95-104) begin at 2:15 p.m., meet begins at 3:20 p.m. and is scheduled to end at 5:18 p.m.

We are lodging at the Hampton Inn & Suites located at 440 West Johnson Street in Madison. Looking forward to seeing everyone there! Drive safe, swim fast, and what's never been difficult for our team ... have fun!

I hired a new coach Wednesday who will join our staff beginning this Monday. Zach Hovan will float between the Bronze and Silver training groups and spent his age-group swimming years in New England before moving to Racine and joining SEA as a 14-year-old. He's currently in the hiring pool for Racine County (dispatch). He'll be on deck Monday-Thursday and we are happy to have him join our staff.

With Zach's hire, Tracy Stouffer will be stepping off the pool deck. Tracy was kind enough to help coach on Monday's and Wednesday's the past three months while I attempted to hire additional coaches. She'll continue to serve the team on the parent board as Secretary. Thank you for all your help Tracy!

I will still like to hire one more coach (Monday-Thursday, 5:30-6:30 p.m.). If you know of a quality individual, please chat me up.

A reminder for any of our high school girls not back in training mode since the high school season ended ... you should return to practice Monday, December 5. Come join the fun!

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

For those families who placed orders for SEA towels they should be here soon! They were to ship on November 28.

Senior Pool Update

We have been working on swimming in a sprint fashion when the workout calls for a sprint effort. There have been times during practice when swimmers don't perform up to their potential ... they swim fast enough to keep me off their backs, but not at a true sprint level. Lately through, their efforts have been true. I preach to swim faster in a meet, they must swim faster in practice than their best prior efforts. Last night during our stand-up set, I had swimmers achieving best times off the blocks! Those efforts lead to success in meets ... no doubt about it.

If there's an area of improvement for senior swimmers, it's continuing to work on being inclusive rather than exclusive. We do this in life ... hang out with friends and people who make us feel safe and wanted. I'm building team bonding experiences to facilitate a more open and inviting team environment. For example, earlier this week we perform a trust walk. I paired each swimmer up and one had close his/her eyes while the teammate walked them around the pool deck and upstairs using only their voices. In this manner, we worked on trusting one another and I can tell you from personal experience, it's scary closing your eyes and allowing your teammate "steer" you around the pool deck and stairs!

The other area of improvement I need to see take place is attendance. I know not all my swimmers are going to attend every practice, but at minimum, they should be making 4-5 practices per week, regularly. We are land based creatures and don't spend enough time in the water honing our skills. Regular practice attendance is the only way to accomplish our goals!

That's it for now. If you have questions, concerns or comments please contact me. I can be reached at 262.898.4766 or south.eastern.aquatics@gmail.com.

Katie's Kickboard

Hello again,

I have finally brought my winter jackets out from storage in anticipation for our first snowfall. If you are heading up to Madison this weekend I wish you safe travels and will see you on deck Saturday morning.

The PX3 invite at the RecPlex was a very impressive meet. I am so proud to say that every swimmer achieved a best time in at least one of their events. Keep up the hard work!

Bronze have been doing very well mastering butterfly this last week and learning more diving techniques. Coach Sierra, Jake and Tracy will continue to work diving every practice. With the hopes of making them more confident on the blocks at meets. As well as moving out of the diving well to the lanes, building up their stamina and testing their race skills.

Warming-up every day with our kick set has made the Silvers stronger and faster. We will also start increasing our yardage from 25s to 50s. This will allow them to practice turns as well as build endurance for longer races. Along with the Bronze group, Silvers will be incorporating diving every practice.

Gold's have been really training hard the last week and will continue to build on this great work ethic. I am still working on going over goal sheets with them and i am learning a lot about these guys. This week we are working on turns, flip-turns, open-turns, IM turns, and starts. Keep up the hard work Golds!

This week's swimmer of the week is Macie Ritter! This girl is a joy to have in the pool, she is very determined and proved it this past weekend. I have told them some of my times so they can try to beat me in practice or in a meet, they love it Before her 100 IM at the PX3 meet she said "Coach Katie, I'm gonna beat you!" and she did!!! It was so awesome to see her achieve her goal no matter how big or small it is! Keep it up Macie!

Swim-a-Thon

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

If you need to enter your swimmers in a meet, please just email Neil at 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>
12/16	Middle Distance Time Trials	12/12
12/17	Tri-dual w/LGSC and STAT	12/5
1/6	Distance Time Trials	1/1
1/7	EBSC	12/20
1/21-22	SEA Penguin Challenge	1/7
1/27-29	34 th Annual Circle City Classic	12/10

SCRIP Fundraising Information

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
12/5	12/8
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

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

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.

Happy December Birthday

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

