



Neil's Kickboard

Safe travels and fast swims this weekend in Madison!

Please share with your swimmers ... I'm looking for an athlete to design the heat sheet cover for our upcoming Penguin Challenge. If your swimmer is interested, please forward the finished product to me by January 4.

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: Betthausser, Steffes, Cains, Reischls,

Trask, 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) There are a handful of meet entry deadlines this month and in early January. Please take a moment before the Christmas busyness blinds you to enter your swimmers in any meets you need/want them to attend.
- 4) If you are planning on attending the diving certification prac-

tice 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 are heading to the campus of UW-Madison this weekend! Our entries have been finalized and are posted on our website under the MEMBERS / MEET INFORMATION links (be advised the Saturday PM relays have been removed from the meet for all teams).

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.

We have assigned warm-ups - please be on time.

Saturday and Sunday AM warm-ups for 10&U and 11-12 swimmers will begin at 7:55a.m. and

the meet begins at 8:35 a.m.

Saturday and Sunday PM warm-ups for 8&U and 13&O swimmers will begin at 12:55 p.m. and the meet begins at 1:35 p.m.

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

Middle Distance Time Trials	12/12
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

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

Hey SEA fans, are you ready for our winter travel meet this weekend? I am PUMPED! Even after the long Thanksgiving break our athletes are still looking top notch this week. Before we get into the stroke development session I've got something I'd like to cover first. Last Tuesday's LTS was insanely fast, we had a best time from every single swimmer that stepped up to the block! As a reward on Monday our swimmers got out of practice 30 minutes early to play waterpolo and eat dillybars!



Stroke Development

Swimmers your backstroke videos are uploading to youtube today! The easiest way to find our Youtube account is to look at the SEA Facebook page, I added a post with the link to get to the account. Or you can go to Youtube and type in South Eastern Aquatics video review and that will take you to all the videos. Swimmers make sure you watch your videos and if you have any questions be sure to ask me at practice.

Swimmer Shoutout

The swimmer shout out this week goes to Megan Schultz. I could talk for days about how hard she tries and how well she's doing in practice but what I want highlight is her ability to listen. Megan does an excellent job of making sure that when I start to speak about stroke mechanics or a set, she turns to face me, listens to what I'm explaining, and then internalizes the information. I call this the difference between hearing me and listening to me. I know all my swimmers hear me, trust me I make sure I'm loud at practice, but it takes extra effort to listen to me and absorb everything I'm explaining. Swimmers take a note out of Megan's book, make sure you not only hear me but listen as well. Thanks for being a great example we can all follow Megan!

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 Betthausen, 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 are still attempting to offer practice on December 24, 31, and January 1 at the Sealed Air YMCA (details will be finalized and added to this section when available).

In the meantime, 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).

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.



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 this traits and your time here at SEA will be amazing!

Extended Calendar

December 2015

- 4-6, BAC Open
- 8, New parent meeting with Neil
- 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

