



SOUTHEASTERN AQUATICS

Newsletter

December 8, 2016



Neil's Kickboard

What a drop-in temperature this morning! It was eight degrees when I took the inmates to school. Quinn tried to tell me he wasn't cold which worked out well until the wind picked up. He's going to grow up being one of those kids who won't wear hat and gloves as a teenager ... I just know it. Haha.

Head-ups Sunday AM swimmers attending the Y-Finalist event this weekend ... warm-ups begin an hour earlier! Be on deck at 7:00 a.m.

I have the Christmas practice schedule just about pinned down. The new AD at Park has been a pleasure to work with and he's very accommodating. I have attached the practice schedule to this week's communication email blast and it's posted on the home page of our website as well. The only date in question is Monday, January 2. (We may or may not have practice that day.) Plan on attending as many Christmas Break practices as you can!

Towels have arrived ... sort of. Most the towels have arrived, but one box ended up in California. Renee has been delivering what she received and will finish handing them out when the final box makes it to Wisconsin. Thanks for your patience and understanding.

We are fast approaching the final deadline to sign-up for the INDY travel meet. I will take additional entries through December 10. An eligibility report was attached to this week's email blast. Take advantage of this opportunity ... it's a fun meet and a great pool!

Our VP (Jeff Peterson) is working on finalizing the personalized cap costs with the vendor and when that happens you'll be able to order retro logoed SEA personalized swim caps! Sure to be a must have!

This weekend we travel to Brown Deer for SSTY's annual Y-Finalist event. Here are the warm-up times and projected timeline for each session of the meet ...

Friday warm-ups begin at 4:30 p.m., meet begins at 5:30 p.m. and is scheduled to end at 8:23 p.m.

Saturday AM warm-ups (Senior, 13-14, 8&U) begin at 8:00 a.m., meet begins at 9:00 a.m. and is scheduled to end at 1:20 a.m.

Saturday PM warm-ups (11-12, 9-10 swimmers) begin at 1:00 a.m., meet begins at 2:00 p.m. and is scheduled to end at 5:32 p.m.

Sunday AM warm-ups (Senior, 13-14, 8&U swimmers) begin at 7:00 a.m., meet begins at 8:00 a.m. and is scheduled to end at 12:39 p.m.

Sunday PM warm-ups (11-12, 10&U swimmers) begins at 12:15 p.m., meet begins at 1:15 p.m. and is scheduled to end at 4:56 p.m.

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

We continue to add to our numbers at the Senior pool and with each new swimmer our depth continues to grow. The competition during practices is beginning to heat up!

This week we took a break from dry-land to allow our muscles some recovery time. This gives us an additional 45 minutes of water time on Tuesday and Thursday which is always appreciated from my view point.

Backstroke was the stroke we worked on Tuesday and I keep an unofficial team record for the 100 w/fins. On the girls' side, Dana Iverson held the record at :54, but Kinzie Reischl destroyed it covering the distance in :52. Additional, well over half the squad broke the minute barrier. So fun to watch!

Next week we'll carve out some time for goal sheets and team goals. I did this already when the high school boys were with us and it's time to see what our high school girls feel are important traits related to the question, "What makes a great time?" Looking forward to this!

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

Katie's Kickboard

Hello again!

This past week we have been blessed with another rockin coach, Zach Hovan! He will be helping with the Bronze and Silver group. He is an alumnus and we are very excited to have him on deck.

The Bronze have been doing so well at building up their endurance swimming 25s and 50s. Continuing to fine tune their dives every day! Keep it up!

With temperatures dropping it is important that your athlete is dressed for that bitter cold. Especially after practice with wet hair. Either a hat or even a towel will protect their locks from the freezing temperatures.

I am happy to say that I am seeing more and more water bottles on the Gold's end. I go through a bottle myself at practice! Sports drinks are great as well.

Last weekend we went to Madison and swam at my favorite pool! Yes, it is incredibly difficult to get out of but man does this pool have some history. I swam my first 200 IM in that pool ... bittersweet.

Athletes posted some great times and learned a lot along the way. My favorite thing about going to meets is watching them cheer for each other. This team has some great spirit.

This week's swimmer shout-out goes to CJ Trask for his performance and attitude this past weekend. CJ won the 100 Backstroke and placed extremely well in all of his races. He is a great sport, congratulating his competitors, then turning around to cheer for his teammates. Great job CJ!

BAC Holiday Splash Recap & Highlights

What an enjoyable meet this turned out to be. Thanks to Rebecca Scharff for booking our accommodations ... a great location. The hotel was contemporary, clean, and the complimentary breakfast was tasty and well stocked.

We finished with 549 points (good enough for ninth place overall (out of 12 teams) and three points out of eighth place – DFAC) and posted 62 new personal records out of 144 efforts (43%).

Congratulations to the following athletes on their new State qualifying times! Josh Abel – 400 IM, Nathan Mudry – 1000 Freestyle, 200 Backstroke, Megan Schultz – 50 Breaststroke, 200 Breaststroke, CJ Trask – 50 Breaststroke, and Hopking Uyenbat – 500 Freestyle.

We keep a Top Ten list here at SEA (it's posted online if you're bored and would like to view it) and a few swimmers posted times fast enough to make the list. CJ Trask is now our 5th (50 Backstroke) and 3rd (100 Backstroke) fastest 9-10 boy while Nathan Mudry is our 3rd (200 Backstroke), 3rd (200 Breaststroke), 10th (100 Butterfly), 5th (200 Butterfly), and 3rd (1000 Freestyle) fastest 13-14 boy. The list tracks swim results from 1984 though today!

Many swimmers dropped huge amounts of times in a single event over the course of the meet. Here's a list of swimmers who dropped five or more seconds in a single event! Josh Abel -9.55 200 Butterfly, Sofia Badillo -43.58 200 Breaststroke, Isabelle Buhler -49.07 1000 Freestyle, Emily Cain -7.16 200 IM, Maddie Cerny -11.76 100 Freestyle, Maritxell Chavez-Alvarado -21.91 200 Breaststroke, Nathan Mudry -10.59 200 Backstroke, Macie Ritter -28.91 400 IM, Ali Scharff -6.34 200 IM, Megan Schultz -9.50 500 Freestyle, Emily Stouffer -8.20 200 Backstroke, and Hopking Uyenbat -6.48 500 Freestyle.

Great job to all swimmers who tested the waters in Madison last weekend! Our next travel meet will take place in January as we head to Indianapolis. The entry deadline is December 10. Join us if you can!

SHARE THE WAMTH

The 4th 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

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 FUNDRASING 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
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.

Next Parent Board Meeting

The next meeting will take place December 14. Location TBD.

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

