



SOUTHEASTERN AQUATICS

Newsletter

February 10, 2017



SEA and OZ Dual Information and Warm-up Time

Tonight, we'll host OZ in a friendly dual at Case High School. Warm-ups begin at 5:30 p.m., meet begins at 6:15 p.m., and if you're not entered in the 500 Freestyle, will finish up at 8:07 p.m. (500's end at 8:21 p.m.).

We will need assistant in the form of timers, a runner, scorer, and Colorado operator. If you are willing to help, please meet on deck by the pool office at 6:00 p.m. Josh Johnson (your awesome Meet Director) will be soliciting help from the stands.

LAKE Open Information and Warm-up Times

Saturday and Sunday, we'll be back in Brown Deer for the LAKE Open.

Saturday and Sunday warm-up times for 13&O athletes: 7:30 a.m., meet begins at 8:35 a.m. and is scheduled to finish at 12:45 p.m. and 1:28 p.m. respectively.

Saturday warm-up time for 12&U athletes: Noon, meet begins at 1:05 p.m., and is scheduled to finish at 3:58 p.m.

Sunday's warm-up time for 12&U athletes: 12:45 p.m., meet begins at 1:45 p.m., and is scheduled to end at 4:10 p.m.

Drive safe, swim fast, have fun!

Neil's Kickboard

The personalized retro swim caps are in and will be available for pick-up tonight during the dual meet at Case.

Monday, February 20th we will practice at Carthage College with the following augmented practice times: Bronze 6-6:45 p.m., Silver 6-7 p.m., Gold 6:45-8:30 p.m., and Senior 6-8:30 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!

Questions, concerns, comments? Please contact me at 262.898.4766 or via email at south.eastern.aquatics@gmail.com.

At the Senior pool ... We have entered the weird part of the season. We now have swimmers attempting to achieve additional 13&O State cuts, swimmers shooting for their first 13&O State cut, and swimmers who are working towards YMCA Sectionals, State, and Nationals. It's weird, because we can't totally taper anyone for Regionals and 13&O State because of the meets we will still attend weeks after those meets. So ... we continue to work hard in and out of the pool and will plan on taking some days of rest prior to Regionals and 13&O State.

We also have been listening to Dr. Alan Goldberg's Swimming Out of Your Mind series. We work so hard on the physical side of the sport and sometimes we neglect the mental side. Goldberg's series teaches our swimmers how to stay calm and composed before big meets, and how rebound quickly from setbacks and losses, how to develop a positive winning attitude, how to get more out of practices, how to believe in themselves, and many more traits that keep the mental side of the sport in check. We have ten more sessions to listen to!

Katie's Kickboard

This Friday we will be hosting a duel against OZ. We have acquired enough officials and the meet will be sanctioned. Looking forward to seeing some great times.

There are eight days exactly until Regionals! If you haven't signed up for this yet I would encourage every athlete to do so. We are hosting this meet at the RecPlex which is just a short drive away!

Thank you athletes and families for being flexible as they patch the hole at Case. In the meantime, we will condense down into five lanes and will be using the well more often.

Bronze have been working on perfecting their freestyle breathing, along with tight streamline off their walls. Don't forget Coach Alyssa is still offering diving certification on Saturday morning at the Lakefront Y!

Silvers have been working on their Backstroke this week focusing on a clean turn and remembering our stroke count. We will continue to work on starts, turns, and refresh ourselves on relay starts. Preparing for regionals!

Gold's have been working great with coach Jake on some new dryland techniques, with the goal of strength and prevention. We are starting to have achy shoulders, knees, etc. Stretching at the close of practice will also help loosen up those tight muscles.

The last two weeks I have been using video review to show the swimmers a different perspective. So far we have done freestyle and butterfly. I will be videotaping on Mondays and reviewing throughout the week. Technology is a great tool!

Lastly, this week's swimmer of the week is Helena Pudzisz! This girl was blessed with height and we are using it to her advantage. Not only is she dropping time she is also an awesome teammate. Always willing to help new athletes become comfortable with the nerves of the sport. Keep it up Helena!

Spring & Summer Season Dates and Registration Information

Registration for the Spring & Summer Season will be held at Case High School, Monday, March 20 from 6:00 p.m. to 7:30 p.m. The Spring & Summer Season will begin April 3! Registration will take place the same evening we are conducting this year's team picture.

SSTY A+ Recap and Highlights

It was tough swimming back-to-back competitive Prelim/Final events, but we stood our ground last weekend in Brown Deer finishing 39th of 66 teams (the meet included teams from nine states and 1,100 swimmers) while notching 39% best times team wide with no DQs.

Congratulations to Kinzie Reischl (USA 15-16 200 Backstroke) and Eden Wember (YMCA Open 100 Butterfly) on their new State qualifying times.

Posting some of the fastest times in our yesterday included Sofia Badillo 7th 50 Backstroke, 8th 100 Backstroke, Kinzie Reischl 4th 100 Backstroke, 4th 200 Backstroke, Natalia Badillo 3rd 200 Breaststroke, Sara Bollendorf 6th 100 Breaststroke, Eden Wember 7th 100 Butterfly, Emily Bollendorf 2nd 200 Butterfly, Hugo Arteaga 6th 50 Freestyle, CJ Trask 2nd 50 Backstroke, 9th 50 Butterfly, and Nathan Mudry 3rd 200 Freestyle, 4th 100 Backstroke, 8th 100 Breaststroke, 6th 100 Butterfly, 2nd 200 IM.

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>
2/10	SEA and OZ Dual	Entries closed
2/11-12	LAKE	Entries closed
2/17-19	Regionals	Extended to 2/11, 4:00 p.m.
2/24-26	12&U State	2/19
3/2-5	13&O State	2/22
3/11-12	YMCA Sectionals	3/4
3/17-19	YMCA State	3/12
3/21	End of SEASON Time Trials	3/20
4/3-7	YMCA Nationals	3/26

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
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.

Team Picture Schedule for March 20

Our annual team picture will be held Monday, March 20th at Case High School. Individual and sibling pictures will be taken from 5:30 p.m. to 6:15 p.m. The team picture will begin at 6:15 p.m. Order forms will be handed out two weeks prior to the event. Save the date!

End of SEAsOn Time Trials Scheduled ... Don't Miss the FUN!

Once again, we will be conducting an End of SEAsOn Time Trial event. This season's meet will take place at Park High School on Tuesday, March 21 (5:30 p.m. warm-ups). ALL parents and siblings and ALL alumni are encouraged to participate. Contact Coach Neil if you plan on swimming! ALL events are offered (25s to Mile). This event is always a fun time!

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 February 22, Case High School, beginning 6:00 p.m. Location: the meeting is usually held in a classroom just off the cafeteria. As you walk into Case, walk pass the hallway and take the first right. Walk pass the cafeteria. The first door on your left is where the meeting is usually held. All welcome!

Happy February Birthday

Ethan Brannen, Ana Carrillo, Maddie Cerny, Cole Elcano, Drew Esson, Bryce Helland, Jacob Hendricks, Zarah Herron, Ava Knaus, Jason Lewis, Sophia Marini, Caleb Mulnix, Lola Prpa, Mila Prpa, Cooper Scarmardo, Megan Schultz, Alyssa Stetler, AJ Wampole

