



SOUTHEASTERN AQUATICS

Newsletter

February 16, 2017



Regional Information and Warm-up Times

Friday warm-ups begin at 5:35 p.m., meet begins at 5:35 p.m. and is scheduled to end at 8:18 p.m.

Saturday & Sunday warm-ups for 12&U swimmers begin at 7:00 a.m., meet begins at 8:05 a.m. and is scheduled to end at 11:11 a.m. and 11:16 a.m. respectively.

Saturday & Sunday warm-ups for 13&O swimmers begin at 11:00 a.m., meet begins at 12:15 p.m. and 12:20 p.m. respectively and is scheduled to end at 4:24 p.m. and 5:11 p.m. respectively.

Time Trials will be offered at the conclusion of Sunday's PM events. Athletes who plan to participate can sign-up during the Sunday AM or PM session – only sign-up for one event!

Drive safe, swim fast, have fun!

Neil's Kickboard

Please remember practice will not be offered this Friday or Saturday because we will be running Regionals at the RecPlex.

A couple of dates to pencil in your planners as we begin to look toward the end of this season and the beginning of our next one ...

Team Picture – March 20 @ Case, beginning at 5:30 p.m.

End of SEASON Time Trials – March 21 @ Park, beginning at 5:30 p.m.

Tryouts – March 27 @ Park, beginning at 6:00 p.m.

First day of practice – April 3

SEA Early Bird meet – April 29-30

SEA Pirate Plunge – June 2-4

Noah's Ark team trip – June 20

SEA Summer Sizzler – June 23-24

Noah's Ark team trip rain date – June 27

Check the website for the championship portion of the summer season and the meets that will take place during that time.

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.

Katie's Kickboard

Hello again, I hope everyone was out soaking up some vitamin D this week, and enjoying the "heat wave". My dog and I sure loved the weather!

This weekend we are heading to the RecPlex, hosting our regional meet. Thanks to all the help from families to get this thing running. We've been focusing on starts, turns and finishes all week so I'm excited to see some time drops this weekend.

In three weeks, we head up to Oconomowoc for the YMCA Sectional meet. This is a great meet for any swimmer and I encourage all to sign up. There's even a water slide for families to enjoy after the meet!

The Bronze group have been focusing on Backstroke and Freestyle. Remembering to remain on their back until they touch the wall. Keep up the great work.

Silvers are working on starts, turns and finishes. Ending the week here with relay starts, as we prepare them for this weekend's meet.

Lastly the Gold's have been focusing on the same ... starts, turns, finishes, and will also be doing relay exchanges to close out the week. Let's take what we learn this week and put it into play while we swim this weekend. Good luck!

This week's swimmer of the week is Mac Thomas! This girl kicked butt last weekend up in Brown Deer. Not only breaking :30 sec in the 50 Free but also dropping time in every race. Nice job Mac!

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.

SEA & OZ Dual Recap and Highlights

Great swimming during last week's dual meet. When the waves settled, we scored 1482 to OZ's 875. As a team, we finished with 61% best times (90 of 148).

Congratulations to Nathaniel Foster on his Y-State qualifying time in the 50 Butterfly.

Posting the 3rd fastest time in our history was Shaelyn Jensen 3rd in the 200 Breaststroke.

Swimmers notching 100% best times included Maddie Cerny, Nathaniel Foster, Srushti Ingle, Callie Klepp, Cassie Klepp, Fiona Marini, Nolan Mrotek, Grace Neumann, Madura Patil, Elise Piper, Marlee Reischl, Adam Ries, Nathan Smith, Alyssa Stetler, Laurel Sutherland, Jordyn Tran, and Quinn Wright.

Dropping more than five seconds in a single event were Zoe D'Alessandro -5.87 in the 200 IM, Srushti Ingle -6.33 in the 25 Backstroke, Sharlyn Jensen -16.96 in the 200 Breaststroke, Callie Klepp -9.01 in the 100 IM, Grace Neumann -17.94 in the 100 Backstroke, Adam Ries -12.74 in the 50 Backstroke, Alyssa Stetler -12.92 in the 100 Freestyle, Laurel Sutherland -10.68 in the 100 IM, and Jordyn Tran -12.05 in the 100 Freestyle.

Thanks to all the parents who stepped forward to volunteer during the meet!

LAKE Recap and Highlights

We continued swimming strong following Friday night's dual meet during last weekend's LAKE event in Brown Deer. As a team we posted 59% best times (86 of 146).

Nathan Mudry broke our 11-12 400 IM team record when he touched in 4:54.20 (old mark was held by Jake Trask from 2015, 4:54.60). Mudry also posted some of the quickest times in our history ... 2nd 200 Backstroke, 6th 100 Butterfly, and 2nd 200 Butterfly.

Hugo Arteaga achieved a new USA State qualifying time in the 100 IM.

Posting new YMCA State qualifying times were Josh Abel in the 200 Backstroke, Zoe D'Alessandro in the 100 Breaststroke, Maya Frodl in the 100 Butterfly, Alex Pudzisz in the 200 Backstroke and 100 Breaststroke, and Chris Pudzisz in the 200 Breaststroke.

Notching 100% best times were Josh Abel, Maddie Cerny, Zoe D'Alessandro, Maya Frodl, Shelby Gain, Shaelyn Jensen, Alex Pudzisz, Chris Pudzisz, and Mac Thomas.

Cutting more than five seconds in a single event included Josh Abel -25.54 in the 200 Breaststroke, Sofia Badillo -6.27 in the 200 Backstroke, Rylie Bergemann -13.12 in the 100 Breaststroke, Zoe D'Alessandro -6.51 in the 200 IM, Maya Frodl -38.93 in the 400 IM, Shelby Gain -37.11 in the 500 Freestyle, Ava Knaus -16.17 in the 200 IM, Taylor Knaus -6.53 in the 400 IM, Nathan Mudry -10.07 in the 200 Butterfly, Chris Pudzisz -5.35 in the 200 Breaststroke, Macie Ritter -6.27 in the 200 Breaststroke, Megan Schultz -10.00 in the 200 Backstroke, Jordan Stouffer -10.06 in the 50 Butterfly, and Mac Thomas -5.58 in the 200 IM.

Keep up the excellent swimming this weekend in Pleasant Prairie!

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>
2/17-19	Regionals	Entries closed
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 remaining rooms are now being held by Neil. There is no need to call and reserve your room until after YMCA State when individual and relay events will be finalized.

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

