

February 18, 2016



SOUTH EASTERN AQUATICS

Serpent Times

Neil's Kickboard

We are hosting Regionals Friday-Sunday at the RecPlex in Pleasant Prairie this weekend. Since we are hosting this event, practice will not be held Friday and Saturday.

For those swimmers planning on time trailing Sunday after the PM session ends, please do so before 1:00 p.m. and only enter one event since the time trial session will be roughly 20-30 minutes long.

Vickie Bleser (our awesome Treasurer) has sent out updated meet escrow reports for those families currently carrying a negative balance - check your inboxes. The only problem was the Regional fees were wrong. The correct report was emailed out

with this newsletter and Vickie will have correct reports available for pick-up at the meet this weekend.

High school seniors attending college in the Fall are encouraged to apply for the Jon Brenner scholarship ... information is posted on the homepage of our website under the NEWS section (it was also emailed out this week).

Don't forget to sign your swimmers up for YMCA Sectionals (25 swimmers entered to date)! This event is open to all swimmers and everyone is encouraged to attend.

Our final practice for the Fall & Winter Season for those swimmers not swimming YMCA Nationals

will be Friday, March 18. The first day of practice for the Spring & Summer Season is April 5. For planning purposes, here's a list of SEA hosted meets for the Spring & Summer:

April 30-May 1 = 8th Annual Early Bird in Brown Deer

June 3-5 = Pirate Plunge II in Brown Deer

June 24-25 = 6th Annual Summer Sizzler

This summer's team travel meet will be held July 8-10 in Appleton (Bird Bath event)

If you need anything at all, please contact me at 262.898.4766 or via email at south.eastern.aquatics@gmail.com.

Regional Meet Information

Good luck this weekend!! Drive safe, swim fast, have fun!

Friday warm-ups begin at 4:30 p.m., meet begins at 5:35 p.m. and is scheduled to end at 8:36 p.m.

Saturday & Sunday AM

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 11:22 a.m. and 11:14 a.m. respectively.

Saturday PM warm-ups for 13&O swimmers begin

at 11:15 a.m., meet begins at 12:27 p.m. and is scheduled to end at 4:13 p.m.

Sunday PM warm-ups for 13&O swimmers begin at 11:00 a.m., meet begins at 12:09 p.m. and is scheduled to end at 4:44 p.m.

Upcoming Deadlines

12&U State	2/21
13&O State	2/23
YMCA Sectionals	2/26
YMCA State	3/13
End of SEASON Time Trials	3/15
YMCA Nationals	3/20
YOTA LC Single Day Splash	4/1

Special points of interest:

- YMCA Sectionals is for ALL swimmers ... please email Neil to enter your swimmer in the meet - ALL swimmers should attend!!!
- 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

Hi SEA fans! Who's ready for another meet?! (Anyone sensing my sarcasm here?) But in all seriousness we were coming down to the last couple of meets in the season. Swimmers remember its very important to make sure were eating right and getting enough sleep as we come into our taper

and last stretch of the season. Speaking of taper, even though we cut back on yards towards the end of the season its still essential to go to as many practices as possible. Good luck this weekend to all the SEA swimmers going for state cuts!

Swimmer Shoutout

The swimmer shout out this week is going out to Emily Stouffer. Emily had a great breakout meet this last weekend with huge time drops in her 50 and 100 free. It just goes to show swimmers how working hard during the season pays off towards the end of the season. Great job Emily!

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 Betthausser, 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.

12&U State Hotel Information

Rooms have been blocked for the 12&U State event Madison Marriott West, 1313 John Q Hammons Drive, Middleton, Wisconsin 53562 under South Eastern Aquatics. The phone number is 608.831.2000.

The room rate is \$109 per night and come with two double beds.

The drop date is Feb. 23. Please call

early if you plan on securing a room.



SEA vs. OZ Dual Highlights & Recap

Thank you to all the parents who stepped forward to assist with running the meet - it was well run and efficiently.

We won the meet 1,135 to 841 achieving 46% times and nine DQs.

New State qualifying times were achieved by Natalia Badillo 2Br, Nathan Mudry 1IM, and Josephine Redig 25Fr, 25Ba, 25Br, 25Bf.

Notching some of the quickest times in our history included

DeeDee Jones 10th 50Fr, 10th 1Fr, Natalia Badillo 9th 2Br, and Carter Johnson 10th 2Br.

Posting best times in all of their events were Kate Brown, Allison Gifford, Amanda Lopez, Josephine Redig, Macie Ritter, Nathan Smith, and Emily Stouffer.

Dropping more than five seconds in an event included Natalia Badillo -10.34 2Br, Paige Betthausen -6.47 1IM, Kate Brown -11.10 1IM, Madeline

Brown -10.31, Arev Buchaklian -30.72 1IM, Emily Cain -24.01 500Fr, Madeline Cerny -19.44 1IM, Tony Commodore -9.53 1Fr, Zoe E' Alessandro -5.23 1Fr, Katelyn Gifford -23.67 1Ba, Brianna Jones -12.60 1Ba, Amanda Lopez -11.46 1IM, Oliver Redig -9.98 1IM, Macie Ritter -7.82 1Bf, Nathan Smith -6.42 1Fr, Nathan Strickland -6.33 1Fr, and Laurel Sutherland -9.21 1Ba.

Great job swimmers!

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. (Neil will have rooms available

after that date however.)

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.

February Freeze Highlights & Recap

We had a nice showing in Brown Deer last weekend. As a team we finished in fourth place with 240 points, posted 52% best times and only eight DQs.

New State qualifying times were achieved by Kinzie Reischl 500Fr, Nathan Mudry 50Fr, 50Br, Maya Frodl 50Fr, and Sofia Badillo 50Bf.

Some of the fastest times in

our history were recorded by DeeDee Jones 8th 1Fr and Sara Bollendorf 9th 2Bf.

Notching 100% best times were Paige Betthausser, Nathan Mudry, Janavi Munagavalasa, Emily Stouffer, and Alice Stratman.

Dropping more than five seconds in a single event were Joey Abel -14.18 500Fr, Josh Abel -8.64 2IM, Hugo Arteaga -6.61 50Bf, Halina

Collins -12.03 1Fr, Zoe D'Alessandro -15.75 1IM, Maya Frodl -6.99 2IM, Hannah Kehl -6.12 500Fr, Taylor Knaus -11.42 4IM, Samyukta Munagavalasa -10.33 500Fr, Srikar Munagavalasa -7.07 1Br, Macie Ritter -12.11 2IM, Megan Schultz -6.56 2Fr, Alice Stratman -10.85 1Ba, Mac Thomas -6.15 1Br, and Hopking Uyenbat -8.46 2IM.

Good luck this weekend!

Team Picture scheduled for Monday, March 14

Our annual team picture will be held on the pool deck at Case High School on Monday, March 14.

The evening begins with individual and sibling pictures at 5:30 p.m. followed by the team picture around 6:00 p.m.

At the conclusion of the team picture, all swimmers are welcome to stay for practice.

We will offer practice for the entire team through 8:00 p.m. This evening tends to be a little crazy, but the swimmers have a fun time.

Families are welcome to depart after the team picture although athletes swimming YMCA State should plan on staying until 8:00 p.m.

Wear your team suit if you have one ... otherwise any swimsuit will do!

Annual Banquet Information

Our annual Awards Banquet will be held on Thursday, May 12, 2016 at Infusino's Banquet Hall beginning at 6:00 p.m.

Our Annual Banquet celebrates a year of hard work and dedication of our student-athletes.

It's an opportunity for our swim

family to get together and recognize and honor all their successes in the pool.

The Banquet also gives us an opportunity to say goodbye to our graduating senior athletes and for them to share their



Save the date ... Annual Banquet will be held Thursday, May 12.

memories of SEA and what they remember most.

Registration form is available on our website under the MEMBERS dropdown menu by clicking the ANNUAL RECOGNITION BANQUET link. We hope you can join us!



SOUTH EASTERN AQUATICS

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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

February 2016

19-21, Regionals
26-28, 12&U State

March 2016

3-6, 13&O State
7, Board Meeting, Park HS, 6:00 p.m. - all welcome
11, Speedo Sectionals
12-13, YMCA Sectionals
14, Team Picture
14, Spring & Summer Registration for returning families and swimmers
17, End of SEAsOn Time Trials at Park

18-20, YMCA State

April 2016

4, Tryouts at Lakefront Y, 6:00 p.m.

4-8, YMCA Nationals

9, YOTA Single Day Splash
5, First day of practice for Spring & Summer!



9, GTAC LC Time Trials
16, Annual LSC Meeting in Madison
18, New Family Registration, 6:00 at TBD
28, Sprint Time Trials
30-1, 8th Annual SEA Early Bird