



# Neil's Kickboard

Thank you to our meet director Josh Johnson for leading us through a successful Regional event last weekend at the RecPlex. Thanks to all the families and friends who volunteered their time during the 2.5-day meet. As a team we finished 3rd of 14 teams posting a healthy 58% best time total ... that's really high considering the number of swimmers we had entered in the meet. Congratulations swimmers and parents!

With 12&U State happening this weekend, we will be short-staffed for Saturday practices. In light of this, diving practice has been canceled. Practice for Silver, Gold and Senior swimmers will take place at Sealed Air YMCA as scheduled. Hope to SEA you there!

Coach Mike has been working on building a sponsorship package to present local businesses and business owners. I'm happy to say he has se-

cured SEA's first team sponsorship! Image Management has stepped forward as a platinum level sponsor and has forward \$1,000 check for this recognition. Additionally, Tom Knaus has forwarded a \$2,500 donation from the football pool that took place during the final months of the NFL season. Great news for SEA!

As a reminder, please do not park next to the building at Case High School. All families should be parking in the south lot next to the tennis courts.

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 Sec-

tionals (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.

## 12&U State Meet Information

This weekend our 12&U swimmers head to Madison for this year's 12&U State event.

All warm-ups are assigned ... Friday PM warm-ups (events 1-14) will be held in lane 2, 2:25-2:50 p.m.

Saturday AM warm-ups

(events 15-26) will be held in lane 3, 7:45-8:10 a.m.

Saturday PM warm-ups (events 27-42) will be held in lane 3, 12:25-12:50 p.m.

Sunday AM warm-ups (events 43-56) will be held in lane 3, 7:20-7:45 a.m.

Sunday PM warm-ups (events 57-70) will be held in lane 3, 12:25-12:50 p.m.

If you have questions or concerns during the meet, please contact Mike at 262.902.3599.

Drive safe, swim fast, and have fun!

### Upcoming Deadlines

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
SSTY Open	4/15
8th Annual SEA Early Bird	4/20

### 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! Great meet last weekend! I loved how many of our swimmers exemplified what it means to be a good team mate. We had so many kids up and cheering for their friends that officials had to ask me to tell them to stop crowding the deck. That in my opinion is a good problem to have. As we move into our state meets I want to see all our swimmers up on their feet anytime we have a SEA swimmer in the water, team spirit is essential to swimming fast!

### Strokework

Towards the end of every season I like to have the kids take a look at Olympic races, we watch every stroke and we watch relays at the end. What's most interesting when we do this is the comments from the swimmers as we watch the videos. You get a lot of "Wow that's so fast!" and always a few "He's so cool/She's so cool.". But what I like to hear most is a few of the kids say,

"Hey I know how to do that." It lets the kids know that even though they're watching their superstars on a screen that were all

swimmers and were all striving towards the same goal.

### Swimmer Shoutout

The swimmer shout out this week is going out to Mac Thomas! Mac always brings a smile to practice, always listens to the coaches well, and always tries hard. Even though she's been with the club a relatively short time the determination and work ethic of this young girl nabbed her a State cut at Regionals last week. Congratulations Mac!

## 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.*

## 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.



## Regional Highlights & Recap

Right to it ... Kinzie Reischl, Sara Bollendorf, Eden Wember, and Maya Frodl broke the 13-14 200 Medley Relay team record touching in 1:56.87 (old mark = Emilia Selky, Caitlin Mertins, Emily Bollendorf, Marlee Reischl, 1:56.89, 2012) and Jacob Trask took down the 13-14 200 Backstroke team record with an effort of 2:05.52 (old mark = Ivar Iverson, 2:06.29, 2012).

New State qualifying times (and there were a lot of them) were achieved by Hugo Arteaga 50Fr, 1Fr, Natalia Badillo 4IM, Sara Bollendorf 2Br, William Buhler 50Fr, Nathan Mudry 50Fr, 1Br, 1Ba, 1Bf, Madi Peterson 50Fr, Josephine Redig 50Bf, 50Br, 1Fr, 1IM, Marlee Reischl 2Fr, Sinclair Richards 2Fr, Mac Thomas 1Br, CJ Trask 2IM, Jacob Trask 2Br, 500Fr, Eden Wember 1Bf, 1Ba, 2IM, and Jordan Willings 50Bf.

Some of the quickest times in our team history were recorded by Eden Wember 7th 1Ba, 4th 1Bf, 9th 2Ba, Sara Bollendorf 2Br, 5th 1Bf, Sinclair Richards 6th 2Fr, DeeDee Jones 10th 2Fr, 10th 1Bf, 10th 2IM, and Jacob Trask 6th 500Fr, 6th 1Fr.

Posting 100% best times were James Akakpo, William Buhler, Meg Cerny, Mike Cerny, Maritxell Chavez-Alvarado, Tony Commodore, Drew Esson, Shelby Gain, Allison Gifford, David Gray, Justin Hendricks, Keegan Jacobs, Shaelyn Jensen, DeeDee Jones, Amanda Lopez, Ella Million, Parker Palermo, Scott Palmer, Madi Peterson, Alex Pudzisz, Chris Pudzisz, Sinclair Richards, Ali Scharff, Laurel Sutherland, CJ Trask, and Eden Wember.

Dropping more than five seconds in a single event included Joey Able -11.17 500Fr, James Akakpo -15.23 50Fr, Hugo Arteaga -7.01 2Fr, Paige Betthausen -8.45 2Ba, Kate Brown -15.91 1Ba, Arev Buchaklian -6.90 50Bf, Isabelle Buhler -6.87 4IM, Emily Cain -8.65 2Ba, Maritxell Chavez-Alvarado -13.66 2Fr, Rachel Christensen -13.61 4IM, Payton Church -56.40 500Fr, Tony Commodore -10.25 50Br, Drew Esson -32.88 2Ba, Shelby Gain -6.61 2Fr, Allison Gifford -8.26 1Fr, Jacob Hendricks -12.72 50Ba, Justin Hendricks -10.92 1Ba, Carter Johnson -10.50 1IM, DeeDee Jones -5.02 2IM, Han-

nah Kehl -16.39 4IM, Ava Knaus -5.29 2Fr, Taylor Knaus -9.14 2Fr, Amanda Lopez -10.33 2Ba, Nathan Mudry -8.50 1Bf, Grace Neumann -25.55 1Ba, Parker Palermo -26.74 2Ba, Scott Palmer -23.31 2IM, Madi Peterson -22.11 500Fr, Alex Pudzisz -12.82 2IM, Chris Pudzisz -11.47 2IM, Helena Pudzisz -10.24 1Fr, Josephine Redig -32.83 1IM, Oliver Redig -24.90 1Ba, Macie Ritter -28.74 500Fr, Ali Scharff -6.58 500Fr, Alyssa Stetler -7.42 2Fr, Stephanie Strange -5.27 2IM, Elizabeth Stratman -12.82 1Br, Laurel Sutherland -7.82 1Ba, CJ Trask -38.74 2IM, Grady Trask -14.65 1Bf, Jacob Trask -18.19 500Fr, and Eden Wember -7.23 4IM.

Overall this was an excellent meet for team SEA. We finished 3rd of 14 teams, posted 58% best times, and only 17 DQs. I'm very proud our swimmers' efforts and especially the age-group coaching staff for all the development that has happened this year! Keep it up swimmers and coaches!

Good luck this weekend in Madison!

## 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.**

## Spring & Summer Registration Information

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It's hard to believe, but the Spring & Summer Season is right around the corner.

Dates pan out like this:

Spring & Summer dates

April 5-August 5

Spring Only dates

April 5-June 25

Summer Only dates

May 16-August 4

The first opportunity to register will be Monday, March 14 at

Case High School from 6:00 p.m. to 7:30 p.m. (reminder, this is also the team picture date).

Tentatively, another date for returning registration will be Tuesday, April 5 from 6:00 p.m. to 7:30 p.m. at Case High School.

This year we have added another two weeks to the over length of each season (by beginning two weeks earlier). Because of the added weeks, there will be no off-season training between

the current season (Fall & Winter) and the next one (Spring & Summer).

Off-season training will be held during the month of August at Meadowbrook as we have offered for many years now.

The 2015-2016 Fall & Winter Season was a banner year for SEA in terms of numbers (currently 128 .. about 15 more swimmers than previous years). We hope to SEA you swimming this summer!

## Team Picture scheduled for Monday, March 14

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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

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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**

Racine Family YMCA  
725 Lake Avenue  
Racine, Wisconsin 53403

Phone: 262.898.4766  
Fax: 262.634.0401  
Email: south.eastern.aquatics@gmail.com

**On Twitter @SEAWisconsin**  
**On Facebook too SEA SWIM TEAM**

**On the web at**  
**www.sea-y.org**

**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**

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 Reg-  
istration for returning fami-  
lies and swimmers

17, End of SEASon Time  
Trials at Park

18-20, YMCA State

22, Bring a Buddy to SEA day,  
6:00-7:00 p.m.

**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 Registra-  
tion, 6:00 at TBD

28, Sprint Time Trials

30-1, 8th Annual SEA Early  
Bird

