



SOUTHEASTERN AQUATICS

Newsletter

March 1, 2017



13&O State Information and Warm-up Times

After a great weekend in Madison last weekend during 12&U State we now turn our attention to Brown Deer for 13&O State which runs tomorrow through Sunday this week.

The warm-up schedule below has athletes on deck 90 minutes prior to their event starting. Those athletes who feel they need more time, please plan accordingly.

Thursday warm-ups (800 Free Relay) be in the water at 5:15 p.m., relays begin at 6:42 p.m. Warm-ups for 200 Medley Relay – 6:30 p.m., relays begin at 7:59 p.m. for 13-14 and 8:09 for Senior.

Friday warm-ups: Kinzie and Jake, 7:30 a.m. Natalia, 8:30 a.m. Sara, 9:00 a.m. William, 9:30 a.m. Maya and Nadya, 9:45 a.m. Emily, 10:00 a.m.

Friday Final warm-ups (200 Freestyle Relay): 4:00 p.m.

Saturday warm-ups: Maya and Kinzie, 7:30 a.m. Emily, 8:30 a.m. Natalia, 8:45 a.m. Sara, 9:00 a.m. William, 9:30 a.m. Jake, 10:00 a.m. Nadya, 11:00 a.m.

Sunday warm-ups: Nadya, Kinzie, and Jake, 7:30 a.m. Emily, Natalia, and Sara, 8:15 a.m. Maya, 9:40 a.m.

Athletes moving forward to Finals should check with Neil on what time to return for warm-ups.

Drive safe, swim fast, have fun!

Neil's Kickboard

Congratulations to our 12&U swimmers on their great efforts last weekend in Madison. We scored the most points in the meet since 2006 finishing 17th of 58 teams with 233 points.

Be sure to sign your swimmers up to attend YMCA Sectionals ... this event is open to ALL swimmers and ALL swimmers are encouraged to compete.

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.

Returning Registration – March 20 @ Case, 6:00-7:30 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

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

What a weekend! We had some amazing swims in Madison this past weekend. Sunday was filled with podium appearances by CJ Trask and Hugo Arteaga! Some other Rockstar swims came from Emily Stouffer, who successfully broke a minute in the 100 freestyle going a 59.99! While Sofia Badillo broke another barrier, going under :30 seconds in her 50 butterfly, in a 29.55. I'm so very excited to see what's in store for Y-Sectionals. Great job to every athlete that competed, like I told them last weekend ... they earned their lane, no matter how they swam in that lane they should proud of their achievements.

Bronze group will continue to work on their Backstroke finishes, making sure to stay on their backs until they touch the wall. The rest of the week and into next week they will work on turns, finishes, and both starts and relay exchanges in preparation for YMCA Sectionals.

Silvers started off the week working on freestyle and breaststroke, and will finish the week with butterfly and IM! Going into next week Silvers will prepare for Sectionals focusing on starts, turns and finishes along with Bronze.

Gold's will finish off the week working butterfly and breaststroke. These two strokes have much more in common than meets the eye. We will practice pressing our "T" for Breast as well as butterfly. Continuing to take advantage of Steve Waite and his vast knowledge of the sport. He will be selecting athletes as needed for little technique work.

Parents and family members! Don't forget you can sign up for the end of season time trials! All the coaches will be swimming alongside you and your athletes. Come join in the embarrassment, luckily, we have an on-stage paramedic, Coach Zach Hovan!

Keep up the focus and tight streamline, as we prepare for YMCA Sectionals next weekend. Good luck to all 13&Over athletes competing this weekend at state!

12&U State Championships Recap and Highlights

We had an excellent meet last weekend in Madison during 12&U State. After scoring 44 points and placing 35th last year we scored the most points at the 12&U State meet since 2006! We

finished 17th of 58 teams scoring 233 points and posted a healthy 69% best time percentage individually, 70% best time percentage for our relays and no DQs.

Congratulations to Nathan Mudry on his two State Championships, 11-12 200 and 1000 Freestyles. He also placed 2nd in the 500 Freestyle, 200 IM, 400 IM and 3rd in the 100 Freestyle. With his finishes, Nathan took home the 3rd place High Point Award.

Teammates making the podium with top eight finishes included Hugo Arteaga in 9-10 (2nd 50 Freestyle, 3rd 200 Freestyle, 5th 100 Freestyle, and 8th 50 Backstroke) and CJ Trask in 9-10 (3rd 50 Backstroke, 5th 100 Backstroke, 6th 50 Freestyle, 8th 100 Freestyle).

New team records set during the meet ... Hugo Arteaga, 9-10 50 Freestyle, 27.85 (old record Micah Eberle, 28.32, 1992), Nathan Mudry, 11-12 200 Freestyle, 1:58.78 (old record Jake Trask, 2:00.61, 2015), Nathan Mudry, 11-12 500 Freestyle, 5:18.01 (old record, Nathan, 5:23.12, 2017), Nathan Mudry 11-12 200 IM, 2:15.66 (old record, Jake Trask, 2:17.65, 2014), and Nathan Mudry, 11-12 400 IM, 4:49.45 (old record, Nathan, 5:54.20, 2017).

Many swimmers posted some of the fastest times in our team's history ... Sofia Badillo 3rd 100 Backstroke, 4th 50 Butterfly, 5th 100 Butterfly, CJ Trask 9th 50 Freestyle, 2nd 50 Backstroke, 2nd 100 Backstroke, 8th 50 Butterfly, Hugo Arteaga 2nd 100 Freestyle, 5th 200 Freestyle, 3rd 50 Backstroke, 7th 100 Backstroke, and Nathan Mudry 2nd 100 Freestyle.

Hugo Arteaga slashed 10.69 seconds from this previous best effort in the 200 Freestyle while Nathan Mudry cut 5.11 seconds in the 500 Freestyle.

Hugo Arteaga and Emily Stouffer posted 100% best times in their events.

New USA State qualifying times were achieved by Hugo Arteaga 11-12 50 Freestyle, Zoe D'Alessandro 50 Breaststroke, Nathan Mudry 13-14 500 Freestyle, 400 IM, and CJ Trask 11-12 50 Backstroke.

Good luck this weekend during 13&O State!

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.

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.

| <u>Meet Date</u> | <u>Meet</u> | <u>Deadline</u> |
|------------------|-------------|-----------------|
| 3/2-5 | 13&O State | Entries closed |

| | | |
|---------|---------------------------|------|
| 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 |
|----------|-------------|
| 3/6 | 3/9 |
| 3/20 | 3/23 |
| 4/3 | 4/6 |

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 March 13, Park High School, beginning 6:00 p.m. Location: walk across the pool deck, through the hallway by the pool office, up the stairs, once you're in the hallway, turn left and then take the next right; the meeting room will be the third door on your right (science classroom). All welcome!

Happy March Birthday

Olivia Antreassian, Isabelle Buhler, Ian Chien, Carter Johnson, Zack Kopsea, Amanda Lopez, Graham Mendola, Nathan Mudry, Srikar Munagavalasa, Emily Stouffer, Laurel Sutherland, Jake Trask, Sam Waite, Austin Wallace, Elise Wember

