

March 10, 2016



SOUTH EASTERN AQUATICS

# Serpent Times

## Neil's Kickboard

Please don't forget to "Spring Ahead" prior to heading to bed Saturday evening! (Set your clocks ahead one hour that is.)

Saturday practice will not be offered this week or next (includes both Sealed Air and Lakefront). Good luck at YMCA Sectionals & State!

Weight Training is now on break. Weight practices will pick-up again beginning June 8 and will run Monday/Wednesday/Friday, 10-11:30 a.m. and Saturday, 9:45-11:15 a.m. at Sealed Air. Those swimmers interested in lifting with Coach Mike during the Spring Season should contact him.

Bring a Buddy to practice is scheduled for Tuesday, March 22 at Case High School from 6:00 p.m. to 7:00 p.m. Coaches will be handing out flyers tonight!

Have your swimmers invite their friends who might be interested in joining SEA this Spring & Summer.

The End of SEASON Time Trials is going to be a real fun experience for all participants ... rumor has it most of the coaching staff will be racing during this event. I want to extend an opportunity for all retired swimmers (parents and past coaches/swimmers) to swim too! If you would like to swim a race or two, email me (all events are offered). The more the merrier.

There's been a few changes in the 13&O Training Trip, specifically, I will not be attending and Coach Alyssa will be attending instead. I have updated the information on page two of this newsletter. Please take a moment and look over that section if you are attending this fun

event.

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.

## Speedo & YMCA Sectionals Meet Information

Two events taking place this weekend: Friday we'll be attending Speedo Sectionals at the RecPlex and Saturday and Sunday we'll be attending YMCA Sectionals at the YMCA at Pabst Farms in Oconomowoc (address is 1750 Valley Road).

Warm-ups for Speedo Sectionals on Friday will begin at 8:00 a.m. (that's the in water time), meet

begins at 9:00 a.m. and is scheduled to end at 11:25 a.m. Athletes moving on to Finals can check with Neil for what time to return.

We have assigned warm-ups for this weekend's YMCA Sectional event in Oconomowoc.

Saturday & Sunday warm-ups for 10&U and 11-12 swimmers will begin at 8:00 a.m. in lane 7 (lane

8 on Sunday). The meet gets underway at 9:00 a.m. and is scheduled to end by 1:00 p.m.

Saturday and Sunday warm-ups for 13&O and 8&U swimmers will begin at 12:45 p.m. in lane 7. The meet gets underway at 2:10 p.m. and is scheduled to end by 5:30 p.m.

Drive safe, swim fast, have fun!

### Upcoming Deadlines

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
Sprint Time Trials	4/24

### Special points of interest:

- *Returning Registration for the Spring & Summer Season will take place this Monday, March 14 at Case HS, 6-7:30 PM*
- *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

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Hi SEA fans! I want to give a shout out to all the 13 and over swimmers that swam state this past weekend! I know I was glued to my phone all weekend watching meet mobile as I'm sure many of you are. Next swimmers and parents remember were coming up on the last few meets of the

season. I know I sound like a broken record but remember fast swimming starts in the amount of rest you get and what you eat, make sure you doing everything off deck to help you swim fast in the pool!

### Swimmer Shoutout

The swimmer shout out this week goes to Ali

Sharff. This young lady has worked very hard all season long and her performance at state is a great indication of how fast she'll swim when she's fully tapered. She had very impressive performances in her relays at 13 and over state and I'm very excited to see her swim this weekend!

## 13&O Training Trip is scheduled

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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 11-18 or June 12-19. Departure to and from Florida will be 3:00 a.m. - the early bird catches the worm!

The trip will cost between \$750-\$1000 and this cost will cover most expenses.

Swimmers attending and who have forwarded their \$100 deposit include: Scott Palmer,

Joey Abel, Sara Bollendorf, Paige BETHAUSER, Tiffany Steffes, Erin Cain, Emily Cain, Kinzie Reischl, Marlee Reischl, Jake Trask, Jason Lewis, and Isabelle Buhler.

Swimmers expressing interest in attending include: Ali Scharff, Hannah Kehl. (Please forward your deposit). Thanks!

Our chaperones include Lydia Bollendorf and Missy Reischl.

Coaches attending this year include Mike

Annis and Alyssa Gustin.

A meeting will be scheduled sometime in May to fill out paperwork and collect final payments. Please watch this area of the newsletter to updated information (should have finalized costs in the next month).

**In addition, please "double confirm" that you are still planning on attending the training by March 17 by emailing Coach Neil at south.eastern.aquatics@gmail.com.**

## Officials Training Available at Sealed Air YMCA ... 4/16

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Liz Christensen, your parent board member serving in the capacity of our officials chair, has scheduled an officials training opportunity here in Racine.

The training will be held on Saturday, April 16 at the Sealed Air YMCA.

The 8:00 a.m. to Noon training will cover Stroke and Turn training and is

open any parents (no experience necessary). The 12:30 p.m. to 4:30 p.m. Training will cover starter referee certification.

There will be spots for up to 15 parents to attend.

This is an easy way to volunteer during SEA hosted meets.

If you need more information or are

interested in attending, please reach out to Liz at [ejchrist@wi.rr.com](mailto:ejchrist@wi.rr.com) or 262.994.4088.



## 13&O State Highlights & Recap

We had a solid showing at this year's meet finishing 13th of 60 teams with 327 points, 57% best times and no DQs.

Ivar Iverson won the Senior 1Ba in a team record and Junior National qualifying time of 49.72.

Thirteen other team records were broken ... Kinzie Reischl, Sara Bollendorf, Eden Wember 13-14 200 and 400 Medley Relays, Emily Bollendorf 15-16 1Bf, Emily Bollendorf, DeeDee Jones, Sinny Richards, Caitlin Mertins Senior 200 Free Relay, Maren Hoferitza-Palermo, Caitlin Mertins, Emily Bollendorf, DeeDee Jones Senior 200 Medley Relay, Jacob Trask 13-14 2Ba, James Weslaski Senior 50Fr, Ivar Iverson 1Br, 1Bf, 2IM, and James Weslaski, Ivar Iverson, William Buhler, Cooper Scarmardo Senior 200 Free Relay and 200 and 400 Medley Relays.

New YMCA National qualifying times were turned in by William Buhler 2Br along with the Senior girls sprint relays (2Fr, 2Me) and the Senior boys relays (2Fr, 2Me, 4Me).

Jacob Trask notched 14&U Cental Zone qualifying times in five events.

New YMCA State qualifying times were achieved by Cooper Scarmardo 1Bf and Eden Wember 2Fr.

Cracking into our Top Ten all time were Kinzie Reischl 5th 1Ba, 8th 2Ba, Eden Wember 6th 1Ba, 2nd 1Bf, Caitlin Mertins 4th 2Br, Emily Bollendorf 2nd 2Bf, 3rd 50Fr, 4th 2Fr, Maren Hoferitza-Palermo 7th 4IM, 5th 1Ba, 6th 1Bf, DeeDee Jones 3rd 50Fr, 4rd 1Fr, Sinny Richards 5th 50Fr, 4th 1Fr, Jacob Trask 2nd 1Ba, 2nd 1Bf, 2nd 2Bf, 3rd 2IM, 4th 50Fr, 5th 1Fr, 5th 2Fr,

Bailey Bleser 8th 2Fr, 3rd 500Fr, 3rd 1K, 4th Mile, 8th 2IM, 7th 4IM, William Buhler 3rd 1Br, 3rd 2Br, James Weslaski 3rd 1Fr, Cooper Scarmardo 8th 1Bf, and Ivar Iverson 2nd 2Fr.

Posting 100% best times included Jacob Trask.

Cutting more than five seconds in a single event was Bailey Bleser -17.22 1K.

The relays were excellent throughout the meet. Continue this trend!

Thank you to all the families who supported their swimmers during this grueling 4-day event.

Although the air quality was sub-par, our swimmers persevered and put together a great meet. Continued success as we head into the "real" season ... YMCA Sectionals, State, and Nationals. Good luck!

## 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**

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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

**March 2016**

- 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, Last practice of the Fall & Winter Season
- 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
- 5, First day of practice for Spring & Summer!

9, YOTA Single Day Splash

- 16, Annual LSC Meeting in Madison
- 18, New Family Registration, 6:00 at TBD
- 25, Parent board meeting, 6:00 p.m., Park - all welcome!
- 28, Sprint Time Trials
- 30-1, 8th Annual SEA Early Bird

**May 2016**

- 14, LAKE Swim Your Own Age
- 21-22, SSTY Open

