

March 2, 2016



SOUTH EASTERN AQUATICS

Serpent Times

Neil's Kickboard

Congratulations to our 12&U athletes on all their great performances in Madison last weekend and good luck to our 13&O athletes this weekend in Brown Deer.

I heard from the meet host that I can send an updated entry file for YMCA Sectionals this Monday. If you would like to attend, please notify me by Sunday evening.

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.

How about an open swim experience for your swimmer and their best friend? Well,

back again this year is Bring a Buddy to practice night except this year, it will not happen during practice and instead will be a supervised open swim event. Flyers will be handed out and emailed soon. Save the date though - Tuesday, March 22 at Case, 6-7 PM.

Did you know? ... SCRIP is a great way to fundraise. If you have met your \$150 minimum for fundraising, 100% of the funds raised via SCRIP will be deposited into your family swim account to be used to offset swim fees. Take advantage of this program all year long (after all, we all fill our gas tanks and go grocery shopping). Talk about easy!

Diving practice will not be offered at the Lakefront YMCA this weekend. Alyssa will be coaching the Senior level swimmers at Sealed Air YMCA instead. Remember,

email me if you plan on attending diving practice.

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.

13&O State Meet Information

Good luck! Drive safe, swim fast, and have fun! New this year, most Prelim events will be conducted in one pool only (North). Some events will be split into two pools - 500Fr, 1K, Mile, and 8FrRe.

Thursday Mile warm-up begins at 2:45 p.m., meet begins at 4:00 p.m.

Thursday 800 Free Relay and 200 Medley Relay warm-up begins at

5:15 p.m., meet begins at 6:30 p.m.

Friday, Saturday, and Sunday Prelim warm-ups begin at 7:30 a.m., meet begins at 9:00 a.m.

All 200 Free Relays and the Senior Boys 400 Medley Relay will compete in Finals. Warm-ups for the 200 Free Relays will begin at 4:15 p.m. and the meet will begin at 5:30 p.m. Warm-ups for the

Senior Boys 400 Medley Relay will be announced at the meet.

Athletes moving on to Finals can check with Neil for return times for that particular evening. His mobile number is 262.994.3157 if you need anything during the meet.

Final competition begins at 5:30 p.m. on Friday and Saturday and 5:00 p.m. on Sunday.

Upcoming Deadlines

YMCA Sectionals	3/6
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! What an outstanding 12 and under State meet! We had a ton of great swims and more importantly we had a ton of fun! Even though the days were long the kids stayed motivated the entire time. They even got me to lose my voice! An impressive feat in itself. As we move into the final two meets of the season for

age groupers, were going to spend time preparing for our races like we did for the 12 and under's for State. Were going to have the most focused best looking group out there!

Swimmer Shoutout

The swimmer shout out this week is going out to Natalia Badillo for an outstanding meet! She had

almost all best times and reset the USA 11-12 50 breast record! What impressed me the most though was her focus throughout the meet. She never seemed nervous behind the block, she just was ready for every race. I can't wait to see her race at Y state!

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.



12&U State Highlights & Recap

We had a successful meet last weekend during 12&U State finishing 36th of 50 teams with 44 points and 58% best times.

Congratulations to Natalia Badillo on breaking the 11-12 50 Breaststroke team record with her effort of 33.28 - Sara Bollen-dorf held the previous record from 2012 at 33.80.

New YMCA State qualifying times were achieved by Mac Thomas in the 50Ba and Natalia Badillo in the 1Fr.

Notching some of the quickest times in our history included Natalia Badillo 5th 50Ba, 4th 1Ba, 2nd 1Br, 2nd 2Br, Sofia Badillo 10th 50Bf, Hopking Uyenbat 10th 500Fr, Nathan Mudry 10th 500Fr, 10th 2IM, and Josh Abel 10th 4IM.

Achieving best times in all of their events were Sofia Badillo and Nathan Mudry.

Dropping more than five seconds in a single event included Josh Abel -14.77 4IM, Natalia Badillo -14.86 2Br, and Madi

Peterson -8.73.

Thank you to all our parents who supported their children during this three day event!

Thanks also to our age-group coaching staff who do a great job developing our 12&U swimmers year in, year out!

Don't forget to sign-up for YMCA Sectionals ... 68 Southeastern swimmers entered to date. Take advantage of this season ending experience and join the fun! SEA you there!!

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

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

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

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

- 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



May 2016

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

April 2016