



## SOUTHEASTERN AQUATICS

Newsletter

April 6, 2017



### Neil's Kickboard

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Welcome back!

I will be heading to Y-Nationals tomorrow morning and will be back on deck Thursday. I will be checking email so if you have any questions or concerns, please reach out to me.

Please note, if your athlete has not registered with Missy Reischl, he/she is not allowed to attend practice. Please submit the necessary paperwork and payment to Coach Katie or myself. You may also reach out to Missy at 262.989.9065 or via email at [mjreischl@wi.rr.com](mailto:mjreischl@wi.rr.com).

Our End of SEASON Time Trial event saw over 70 competitors take to the blocks at Park High School last season. As usual, it was great to see so many current swimmers racing, but also most of the coaching staff and many parents too. Our next one will be held August 8 ... save the date!

Katie and I conducted Tryouts March 27 at Park High School. It was small in size (which is a good thing at this time since our pools tend to be on the crowded size as of late). There were some quality swimmers though ... two of them good enough to train in the Gold group. They will be extended a two-week tryout period and "test the waters" here at SEA. Please welcome them if you get the chance.

Speaking of Coach Katie, if you didn't see on any of our social media sights, she has been selected to be a 14&U Central Zone Coach for Team Wisconsin this summer. Voting took place during 12&U State last season and the ballot contained 12 WI LSC Coaches ... only five coaches were selected from the list and I believe she is only the second coach in SEA's history to be a Zone Coach (I have coached for Team Wisconsin as well). Congratulations Katie!

Practice times will vary when we train at Carthage College during Spring Break. In addition, we will only have access to four or five lanes. Please use the following practice times on the specified dates below:

April 14 – regular practice times

April 17-20 – Bronze: 6-6:45 p.m.; Silver: 6-7 p.m.; Gold: 6:45-8:30 p.m.; Senior: 6-8:30 p.m.

We have welcomed back Mike Annis and James Weslaski to the coaching ranks for the Spring & Summer Season. James will be helping at the age-group level and Mike will be assisting with the senior level. It's great to have them back in the fold.

As we begin our new season, it's important to remind everyone about the importance of communication. Coaches are available 15 minutes before and after practice if you need to speak directly with them. In addition, Coach Katie can be reached via email at [katiepalmiter@gmail.com](mailto:katiepalmiter@gmail.com)

if you have any questions regarding the age-group program. This newsletter is sent out each week and contains all the current information you need to know about the swim team. If you have questions or concerns, it is your job to reach out to a coach so that we can assist you. Complaining in the balcony to other parents does not solve any issues and in fact, tends to make matters worse. There are no “dumb” questions ... please reach out to the coaching staff anytime via email or as stated above, 15 minutes before or after practice.

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](mailto:south.eastern.aquatics@gmail.com).

### **Katie's Kickboard**

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Welcome back!

We have a lot to look forward to this season. The first meet to prepare for is our very own SEA Early Bird at the end of April. This whole month will be dedicated to refining their technique in each stroke and building a solid base to train from in the coming months – focusing on one stroke each week, starting off with freestyle. Each day will also have either turns, starts, finishes, etc. There will be calendars linked under every training group showing their focus for each day of the season.

This season Bronze and Silvers will start doing some dry-land before each practice lasting no more than 10min. This will consist of simple balancing and weight bearing exercises. For instance, hopping, squats, jumping jacks, push-ups etc. I will tell you from personal experience coordination matters! If we can teach athletes how to control their bodies on land better, they will be able to coordinate them in the water just as well.

Gold's will continue to train with the same schedule as this past season. Dryland will be run Tuesdays and Thursdays, with LTS, and Video Taping every other Wednesday. These are a very determined, hardworking, and talented group of athletes. They are always asking questions and are ready to learn something new. I cannot wait to see what's in store for this season.

Parents are the rock stars of this whole operation. Supporting their child(ren) with love, transportation, food, equipment, and more food. If you have any comments, questions, or concerns I'd be humbled to discuss them. The best way to contact me is over email, or in person 15 minutes before or after practice.

Can't wait to SEA everyone on April 3<sup>rd</sup>!

-Coach Katie

### **Your Job as a Swim Team Parent**

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A parent's job here at SEA is very easy ... Love, Support, Transport. It's really that simple.

Love your swimmers regardless of their performance. It is impossible for swimmers to achieve best times at every meet they attend. Accept this is truth (because it is). Your swimmers will have incredible highs and some bad lows when it comes to this sport. “Lows” happen in the form of plateaus and plateaus can last as short of a month or as long as a year (longer even). Bottom line, just love them no matter what. In addition, never compare your swimmer with another one ... it’s a losing game. All swimmers are different. Some learn faster than others, some are stronger than others, some don’t care about the sport as much as others (it’s true). The best way to compare your swimmers’ development is look at their times from year-to-year. 99% of the time, you’ll see a trend in which their times improve (usually substantially at the age-group level).

Support them by paying tuition and meet fees on time, volunteering, and fundraising. You can also support them by ensuring they have a dry towel after their swims, getting them to practice on time, feeding them quality food, making sure they get a good night’s sleep, only speaking positive about their coaches, showing up on time for meets, packing snacks in their swim bags for after practice and during meets, teaching them to pack their own swim bags, and making sure they have something to drink during practice (sports drink for Gold and Senior swimmers and a minimum of water bottle for Silver ... Bronze – no worries at this level yet). These are just a few ways to support your swimmers.

Transport speaks for itself. If you need help setting up a carpool, please reach out to Coach Neil and he’ll be happy to assist.

### **Annual Recognition Banquet**

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Our Annual Recognition Banquet will be held at Infusino’s Banquet Hall, Thursday, May 11 from 6:00 p.m. to 9:00 p.m. The reservation form is now posted on our website and will be emailed to you in the coming weeks. Registration deadline is May 1 and the cost is \$14 for adults, \$7 for children (5-10), and free for children (4&U). Won’t you join us?

### **YMCA State Recap and Highlights**

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We had a great showing at last season’s YMCA State meet. We finished 8<sup>th</sup> of 23 teams with 1,362 points crowning nine State Champions, 49% best times individually, and 55% best times for our relays.

State Champions included Mac Thomas (9-10 girls 50 and 100 Freestyle, 50 and 100 Backstroke), Jake Trask (13-14 200 Backstroke, 400 IM), Nathan Mudry (11-12 200 IM), Kinzie Reischl, Ali Scharff, Maya Frodl, and Nadya Muzyka (13-14 200 Freestyle Relay), and Kinzie, Natalia Badillo, Nadya, and Maya (13-14 200 Medley Relay).

The relay team of Kinzie Reischl, Caitlin Mertins, Emily Bollendorf, and Marlee Reischl qualified for YMCA Nationals in the 200 Medley Relay.

New Team Records:

- 1) 9-10 girls 50 Freestyle, Mac Thomas, 27.60; old record Sofia Badillo, 28.69, 2016
- 2) 9-10 girls 50 Backstroke, Mac, 31.76; old record Sofia, 32.80, 2016
- 3) 9-10 girls 100 Backstroke, Mac, 1:09.28; old record Kira Capano, 1:15.21, 1998

- 4) 13-14 girls 200 Breaststroke, Natalia Badillo, 2:31.24; old record Amy Bertram, 2:35.62, 1997
- 5) 13-14 girls 200 Freestyle Relay, Kinzie Reischl, Ali Scharff, Maya Frodl, Nadya Muzyka, 1:42.00; old record Julia Meredith, Megan Cotton, Kira Capano, Heather Hall, 1:42.53, 2002
- 6) 13-14 girls 200 Medley Relay, Kinzie, Natalia, Nadya, Maya, 1:54.29; old record Kinzie, Sara Bollendorf, Eden Wember, Marlee Reischl, 1:54.81, 2016
- 7) 13-14 girls 400 Freestyle Relay, Kinzie, Nadya, Maya, Ali, 3:48.42; old record Emily Bollendorf, Marlee, Kayla Rose, Caitlin Mertins, 3:51.47, 2014
- 8) 11-12 boys 200 Freestyle, Nathan Mudry, 1:57.91; old record Jake Trask, 2:02.79, 2015
- 9) 11-12 boys 500 Freestyle, Nathan, 5:17.50; old record Bailey Bleser, 5:36.27, 2013
- 10) 11-12 boys 200 IM, Nathan, 2:13.71; old record Jake, 2:15.43, 2014
- 11) 11-12 boys 1000 Freestyle, Nathan, 10:58.29; old record Ivar Iverson, 11:39.09, 2010
- 12) 13-14 boys 200 Backstroke, Jake Trask, 2:02.10; old record Ivar, 2:03.75, 2012
- 13) 13-14 boys 100 Butterfly, Jake, 54.63, old record J.J. Lipor, 2:01.31, 2002
- 14) 13-14 boys 400 IM, Jake, 4:22.60, old record his own, 4:33.13, 2016

#### New State Qualifying Times:

- 1) Hugo Arteaga, 11-12 50 Backstroke for USA
- 2) Isabelle Buhler, Open 400 IM and 500 Freestyle for YMCA
- 3) Nathan Mudry, 13-14 200 Freestyle and 200 IM for USA
- 4) Kinzie Reischl, 15-16 100 Backstroke for USA
- 5) Marlee Reischl, Open 200 Freestyle for YMCA
- 6) Hopking Uyenbat, 11-12 500 Freestyle for USA

#### Swimmers cracking into our Top Ten All-time included:

- 1) Mac Thomas, 2<sup>nd</sup> 100 Freestyle, 4<sup>th</sup> 50 Breaststroke
- 2) Sofia Badillo, 4<sup>th</sup> 100 Backstroke, 7<sup>th</sup> 50 Backstroke
- 3) Zoe D'Alessandro, 8<sup>th</sup> 100 Breaststroke
- 4) Nadya Muzyka, 10<sup>th</sup> 50 Freestyle, 7<sup>th</sup> 100 Butterfly
- 5) Kinzie Reischl, 7<sup>th</sup> 100 Freestyle, 8<sup>th</sup> 200 Freestyle, 3<sup>rd</sup> 100 Backstroke, 4<sup>th</sup> 200 Backstroke
- 6) Maya Frodl, 10<sup>th</sup> 100 Freestyle, 7<sup>th</sup> 200 Backstroke
- 7) Isabelle Buhler, 6<sup>th</sup> 500 Freestyle, 9<sup>th</sup> 400 IM, 3<sup>rd</sup> 1000 Freestyle, 3<sup>rd</sup> 1650 Freestyle
- 8) Sara Bollendorf, 8<sup>th</sup> 400 IM
- 9) Emily Bollendorf, 6<sup>th</sup> 50 Freestyle, 2<sup>nd</sup> 200 Butterfly
- 10) Caitlin Mertins, 9<sup>th</sup> 100 Freestyle, 4<sup>th</sup> 200 Breaststroke, 4<sup>th</sup> 100 Butterfly, 6<sup>th</sup> 200 IM
- 11) Eden Wember, 6<sup>th</sup> 200 Backstroke
- 12) Nathaniel Foster, 9<sup>th</sup> 50 Backstroke, 7<sup>th</sup> 25 Butterfly, 3<sup>rd</sup> 50 Butterfly
- 13) Hugo Arteaga, 2<sup>nd</sup> 50 Freestyle, 3<sup>rd</sup> 100 Freestyle, 3<sup>rd</sup> 200 Freestyle, 6<sup>th</sup> 50 Butterfly, 2<sup>nd</sup> 50 Backstroke
- 14) CJ Trask, 9<sup>th</sup> 50 Freestyle, 6<sup>th</sup> 100 Freestyle, 3<sup>rd</sup> 50 Backstroke, 2<sup>nd</sup> 100 Backstroke
- 15) Nathan Mudry, 3<sup>rd</sup> 100 Freestyle
- 16) Zack Kopsea, 10<sup>th</sup> 200 Freestyle, 10<sup>th</sup> 100 Backstroke

- 17) Hopking Uyenbat, 8<sup>th</sup> 500 Freestyle
- 18) Jake Trask, 2<sup>nd</sup> 100 Backstroke, 2<sup>nd</sup> 200 Butterfly, 6<sup>th</sup> 50 Freestyle, 4<sup>th</sup> 200 Freestyle
- 19) Josh Abel, 8<sup>th</sup> 200 Backstroke, 6<sup>th</sup> 200 Butterfly, 10<sup>th</sup> 400 IM
- 20) Chris Pudzisz, 9<sup>th</sup> 200 Breaststroke
- 21) Joey Abel, 9<sup>th</sup> 200 Butterfly
- 22) William Buhler, 4<sup>th</sup> 100 Breaststroke, 5<sup>th</sup> 200 Breaststroke

Athletes posting 100% best times were:

- 1) Natalia Badillo
- 2) Nathan Mudry
- 3) Mac Thomas

Swimmers dropping five or more seconds in a single event included:

- 1) Joey Abel, -62.91 400 IM
- 2) Josh Abel, -5.35 500 Freestyle
- 3) Isabelle Buhler, -10.89 400 IM
- 4) Jake Trask, -9.62 400 IM

Congratulations to all our swimmers and coaches on another successful YMCA State experience.

### **Upcoming Deadlines to Attend Meets**

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If you need to enter your swimmers in a meet, please just email Neil at [south.eastern.aquatics@gmail.com](mailto: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.

<i>Meet Date</i>	<i>Meet</i>	<i>Deadline</i>
4/3-7	YMCA Nationals	Entries closed

### **Important Parent Reminders**

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Here are a couple of reminders for parents as we begin our new season ...

- 1) Parents are not allowed on deck. Please watch practice for the balconies.
- 2) Do not interrupt coaches during practice, please speak with them 15 minutes before or after practice
- 3) Do not park next to the building at Case. All parents should park next to the tennis courts.
- 4) Do not coach your swimmer ... leave that to the coaches.
- 5) Please pick-up your swimmers no later than 15 minutes from when their practice ends.
- 6) When you drop off your swimmers for practice, make sure there is a SEA coach on deck before you depart.
- 7) If you are not receiving weekly email updates, please send a request to [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com)

- 8) SEA has two social media pages. Facebook = SEA SWIM TEAM and Twitter = @SEAWisconsin. This is another way to stay in the loop in regards to last minute changes to our practice schedule and to hear about all the great things going on here at SEA.

### **SCRIP Fundraising Information**

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The SCRIP program is one of the easiest ways to meet your \$150 fundraising minimum for the Fall & Winter Season (\$60 for Spring & Summer).

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 (or \$60 during the Spring & Summer), all dollars raised using the SCRIP program are deposited into their family fund account and can be used for swim tuition and meet fees.

If you have questions, please reach out to Halina Pudzisz at 262.497.1272 or via email at [hbp0691@gmail.com](mailto:hbp0691@gmail.com).

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
April 9	April 12
April 23	April 26
May 7	May 10
May 21	May 24
June 11	June 14
June 25	June 28
July 9	July 12
July 23	July 26

### **Noah's Ark Trip**

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We'll be heading to Noah's Ark this summer! Our event date is June 20 (June 27 will be our rain date).

The plan is to meet in the Sealed Air parking lot at 7:00 a.m. on the day of the event. We'll depart by 7:15 a.m. and caravan to the park. We spend the day splashing and sliding and caravan back to Sealed Air beginning at 5:00 p.m.

All families and swimmers are invited. More information about cost will be available when Noah's Ark updates their website.

### **Next Parent Board Meeting**

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The next meeting will take place May 1, beginning at 6:00 p.m., location TBD. All welcome!

### **Happy April Birthday**

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Emily Boffendorf, Tony Commodore, Naliyah Daley, Maev Harbour, Cayla Julius, Kinzie Reischl, Alice Stratman, Kylie Thomas, Grady Trask, Alex Waite, Eastern Wember, Eden Wember, Norah Wynstra, Alyssa Hyland, DeAnn Jones

