



## SOUTHEASTERN AQUATICS

### Newsletter

April 28, 2017



#### **Early Bird Meet Information**

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Saturday warm-ups (for all swimmers): 10:00 a.m., meet begins at 11:05 a.m., and is scheduled to end at 1:38 p.m. for all events except the 400 Freestyle. The 400 Freestyle is scheduled to begin at 1:55 p.m. and scheduled to finish up at 2:50 p.m. Please don't forget, if you are entered in the 400 Freestyle you must provide your own timer.

Sunday warm-ups (for all swimmers): 8:00 a.m., meet begins at 9:05 a.m., and is scheduled to end at 11:56 a.m.

Heat sheets and session reports are available on the meet landing page from our website (hover over SEA HOSTED MEETS and then click EARLY BIRD).

Drive safe, swim fast, but most of all, HAVE FUN!

#### **Neil's Kickboard**

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It's hard to believe we are already knocking at the door of our first long course meet of the season ... especially since we just finished our short course season less than a month ago!

For those new to the team, the Fall & Winter season is considered our short course season (meets are held in 25-yard pools) and the Spring & Summer season is considered our long course season (most meets are held in 50-meter pools). This weekend, we will host our Early Bird event in a 50-meter pool. So, if your swimmer is competing in a 50-meter event, he or she will only swim one length (no turns). Although swimming in a 50-meter pool for the first time can be a little scary, the distance is not much longer (less than five yards per 50 compared to a 50-yard race). Bottom line, it's just a pool with less turns!

My office phone is "broken" for lack of a better word. The powers that be at the Lakefront YMCA are looking into it, but for the time being, please email me if you have any questions or concerns. I'll update you here when the issue is resolved.

Thanks to Coach Katie and Jeff Petterson (dad of Senior swimmer Madi) for attending last weekend's annual WI LSC meeting while I was away on vacation. LSC stands for Local Swim Committee and is USA Swimming's political arm here in the state of Wisconsin. One of the highlights that came out of the YMCA Coaches Meeting Katie attended is for 2018's YMCA State meet, relay only swimmers will be allowed to swim two events! The 2018 YMCA State qualifying times were ratified and have been posted on our website (set your goals now!). Another highlight is we were awarded the Regional meet again ... we will be hosting in February of 2018 at the new pool (Augustine Prep) since RecPlex is not available next year.

Coach Katie will be attending the Central States Coaches Conference in Chicago, May 18-21. Besides getting to hear Olympic level coaches and athletes speak about the great sport of

swimming, she'll be attending the following classes ... Dryland for Age Group Swimmers, Coaching the Developmental Swimmers, The Physiology School and Creating Team Leadership. This is the 36<sup>th</sup> annual clinic and I've probably attended about a dozen of them over the years and they offer coaches of any level opportunities for growth and development.

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!

**Senior Pool Update** – We have been video-taping 3-4 times per week to establish strong stroke mechanics prior to increasing our work load. In addition, Yoga continues to be a mainstay on Monday's and Wednesday's while most of our training revolves around using the same stroke count for every 25 we perform (it's difficult to do when you step on the gas and attempt to swim fast). We started the final stroke (breaststroke) yesterday and will wrap it up next week.

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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This past month we have built a solid base for future development. While we are preparing for our Early Bird meet this weekend. Taking time to breakdown each stroke, each week. As well as focusing on our turns, starts, and finishes.

Bronze are loving the Dryland routine! They also have been working hard in the water on their endurance. Long course may be intimidating to some but I assure you they are ready for the challenge!

Silver's continue to slowly adapt to our Dryland routine. My favorite part is how fast they jump in the water after working up a sweat on land. Something I am really impressed with is how these athletes adapt to new skills and techniques. Keep it up!

This past week has been focused on butterfly and IM for Gold's. Working on their timing as well as turns, starts, and finishes. We did have a crazy encounter with a mouse this week at practice. But that didn't stop us (for too long!) from our video reviews on Wednesday.

Good Luck this weekend up in Brown Deer! Remember to review your events before the meet so you have time to prepare yourselves for each event. Swim fast and have fun!

## **Official Classes Schedule**

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Any parents interested in becoming officials now have an opportunity to do so.

### **Spring 2017 Officials' Clinics:**

**Stroke/Turn Clinic:**

**Date:** Saturday, April 29

**Location:** Walter Schroeder Aquatic Center

**Check-in:** 12:45 p.m.

**Start:** 1:00 p.m.

**Stroke/Turn Clinic:**

**Date:** Saturday, May 13

**Location:** RecPlex

**Check-in:** 7:45 a.m.

**Start:** 8:00 a.m.

**Stroke/Turn Clinic:**

**Date:** Tuesday, May 23

**Location:** Memorial HS (Madison)

**Check-in:** 5:00 p.m.

**Start:** 5:15 p.m.

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**Starter/Referee Clinic:**

**Date:** Saturday, April 29

**Location:** Walter Schroeder Aquatic Center

**Check-in:** 8:15 a.m.

**Start:** 8:30 a.m.

**Starter/Referee Clinic:**

**Date:** Tuesday, May 16

**Location:** Memorial HS (Madison)

**Check-in:** 5:00 p.m.

**Start:** 5:15 p.m.

Please contact Liz Christensen for more information (she is SEA's Official Chair and serves on the parent board). She can be reached at 262.994.4088 and at [ejchrist@wi.rr.com](mailto:ejchrist@wi.rr.com).

## **Spring & Summer Fundraising Opportunity ... Mileager's Money!**

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We are participating in the "Milaeger's Money" Fundraiser again this Spring and the "money" will be believed just in time for Memorial Day Weekend planting!

How does it work? Simply buy or sell Milaeger Money (gift card) and 17% of your total sales will go towards your Spring & Summer 2017 Fundraising Obligation. Details on this event is posted on our website under the MEMBERS dropdown menu – click on the Milaeger's link.

## **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?

## **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>
4/29-30	SEA Early Bird	entries closed
5/13	LAKE Swim Your Own Age	5/1
5/20-21	SSTY Distance & Sprint	entries closed
6/2-4	SEA Pirate Plunge	5/24

6/9	Tri dual w/LGSC & KENO	tba
6/23-24	SEA Summer Sizzler	6/13
7/6-8	Seahawk Invite	tba
7/7-9	LAKE WGLO	tba
7/13	Dual w/OZ	tba
7/19-22	Speedo Champions Series	tba
7/21-23	Silver State	tba

### **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
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

