



## SOUTHEASTERN AQUATICS

Newsletter

May 5, 2017



### Neil's Kickboard

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At this time, I don't have a firm "drain date" for the three pools here in Racine (Park, Horlick, Case). For the time being, we'll continue to practice at Park and Case and when the time comes, we'll transplant to Carthage College for PM practices. Meadowbrook is all set to receive us when RUSD school ends (weather permitting, June 12). We will also continue the tradition training at RexPlex (Senior and Gold level swimmers) on Tuesdays and Thursdays (beginning June 13).

We had a great meet last weekend in Brown Deer. Thanks to all the parents who were led by our Meet Director Josh Johnson for pulling together and running another quality meet. Thanks also to Liz Christensen for organizing the officials.

We have two team outings planned for June ... June 20 for Noah's Ark Waterpark and June 30 for a Kenosha Kingfish game. Hope you can make it!

My office phone is still "broken" for lack of a better word (although you can leave a message, it will not ring and the phone screen reads "Line in use." 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.

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.

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) or reach out to Katie at [katiepalmiter@gmail.com](mailto:katiepalmiter@gmail.com).

### Katie's Kickboard

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Hello again!

What a great Early Bird meet last weekend. We had so many great swims and best times. Some athletes dropped over ten seconds in an event – very impressive. Thank you to all the parents that helped make everything run smoothly, we couldn't do it without you.

Next on our plate is the LAKE Swim Your Own Age. Heading up to Arrowhead High School for a short course meet. This is a great meet for our young athletes. We will be preparing them by working on starts, turns, or finishes every practice.

Bronze have a lot excitement and interest learning new skills. I was very impressed on Tuesday when they picked up a new backstroke drill super-fast! The next challenge is to master butterfly, I know they are up for the challenge.

Silvers have great motivation and are full of questions, with the occasional funny story. Wednesday, they modified their breaststroke kick to be stronger, they worked so hard that their legs were dead by the end of practice. Very proud of their determination!

Gold's have been slowly building up their volume at practice. This past week they have kicked butt! Dryland has gotten a bit harder as well as our work in the water. We are working on finishing our stroke for freestyle, which makes them use different muscles, it's normal for them to be sore. Nothing stretching and some ice won't fix!

I have been noticing Gold's being dropped off at practice well before 6:15. I have no problem with athletes arriving early, as long as they have something productive to do. They are not allowed to use toys from Case to occupy themselves as this has become disruptive while practice is being run. If you have to drop your athletes off early be sure they have a book, homework, or an I-Pad to occupy themselves please.

As the days dry-up and get sunnier we are closer to summer and our Meadowbrook practices. There's something about waking up to everyone's smiling face and drinking a cup of coffee outside in the sun. I'm counting down the days!

### **Early Bird Recap & Highlights**

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We had a great meet last weekend in Brown Deer while hosting the Early Bird event. It's been nine months since our veteran swimmers have had an opportunity to race in a 50-meter pool so best times were dropping without issue and our new swimmers confidently handled their first 50-meter experience flawlessly. Great job swimmers and great job parents on hosting another quality event!

These swimmers cracked into our Top Ten all-time lists ... Shaelyn Jensen 7<sup>th</sup> 2IM, Zoe D'Alessandro 9<sup>th</sup> 1Br, Nadya Muzyka 8<sup>th</sup> 1Bf, Hugo Arteaga 2<sup>nd</sup> 50Fr, 3<sup>rd</sup> 1Fr, 4<sup>th</sup> 50Ba, 8<sup>th</sup> 50Bf, 3<sup>rd</sup> 1Ba, 4<sup>th</sup> 400Fr, and Jake Trask 8<sup>th</sup> 2Ba.

Posting 100% best times included Josh Abel, Hugo Arteaga, Rylie Bergemann, Ethan Bergman, Jonah Bouy, Maddie Cerny, Zoe D'Alessandro, Nathaniel Foster, Jacob Hendricks, Zarah Harron, Srushti Ingle, Anisha Jain, Callie Klepp, Ana Knaus, Taylor Knaus, Zack Kopsea, Emilie Miller, Nolan Mrotek, Grace Neumann, Anish Pliiyath, Mansha Palliyath, Scott Palmer, Mila Prpa, Tim Riegelmann, Elizabeth Stratman, Laurel Sutherland, Grady Trask, Hopking Uyenbat, AJ Wampole, Norah Wynstra, and Aarya Zore.

Time improvements were crazy good and what follows is a list of swimmers dropping more than ten seconds in a single event ... Josh Able -18.21 2IM, Hugo Arteaga -22.00 400Fr, Zoe

D'Alessandro -10.18 50Bf, Drew Esson -20.59 1Bf, Zarah Herron -13.34 1Fr, Shaelyn Jensen -12.05 50Fr, Ava Knaus -37.72 2Fr, Taylor Knaus -13.38 2Ba, Zack Kopsea -25.07 2Fr, Grace Neumann -18.99 1Fr, Anish Palliyath -28.05 50Ba, Mansha Palliyath -12.14 1Br, Madhura Patil -15.71 50Fr, Alex Pudzisz -13.00 2Br, Helena Pudzisz -13.95 1Ba, Macie Ritter -34.85 4Fr, Elizabeth Stratman -13.03 1Ba, Laurel Sutherland -23.85 1Br, Hopking Uyenbat -16.18 1Br, AJ Wampole -21.67 1Br, and Norah Wynstra -12.82 50Bf.

We pulled 78% best times team wide and only notched seven DQs. Great swimming everyone!

### **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, 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:** 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.

### **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>
5/13	LAKE Swim Your Own Age	entries closed
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	5/20
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

### **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. \$20 per ticket.

Attending: Zarah Herron

### **Next Parent Board Meeting**

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The next meeting will take place June 19, beginning at 6:00 p.m., location TBD. All welcome!

### **Happy May Birthday**

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Josh Abel, Joey Abel, Paige Betthausen, Emily Cain, Payton Church, Justin Hendricks, Natalija Milicevic, Anish Palliyath, CJ Trask, Hopking Uyenbat, James Weslaski

