

May 6, 2016



SOUTH EASTERN AQUATICS

Serpent Times

Neil's Kickboard

Happy Cinco de Mayo! Did you know ... Cinco de Mayo does not celebrate Mexico's Independence Day (that's September 16), but instead recognizes Mexico's Army victory over the French forces during the Battle of Puebla way back in 1862.

Great results from our 8th Annual Early Bird event last weekend (read all about the highlights later in this newsletter).

In terms of length, Saturday's session of our meet was just plain long and the parent board and I will look at implementing changes for 2017. Two ideas we will consider will be to split the Saturday portion of the meet into two sessions and upping the minimum sessions required to work from one to two (this doesn't change the length of the meet if you decide to work both sessions on Saturday, but it does adjust the expectations coming into the meet). The other idea to consider is requiring athletes swimming the 400 Freestyle to supply their own timer. This is

a good idea as it clears the need for timers after the 200 Freestyle, but does not address some of the other worker positions (awards, marshals, computer operators, concessions, etc.). We have a year to get our ducks in a row!

BANQUET!!! I will take additional reservations for our Annual Banquet through Monday morning at 10:00 a.m. To date, over 150 people are attending. I need to call in our numbers Monday after 10:00 a.m. Hope you can make it!

POOL SITUATION!!! Tonight is the final night for Park High School until July 11ish. Our Senior program will move over to Horlick beginning Monday and our age-group program has one more week left at Case before that pool is closed for the summer (so weird that in Racine our high school pools are closed for the summer ... don't think pools would be open for summer?). At this point, we will transplant all practices to Carthage College on Monday, May

16 (although this is a fluid situation (get it, fluid, pool, water?). I'll keep you posted when new information is presented from RUSD. Thanks for all your understanding!

Now is the time to step forward if you are interested in serving on the parent board! We currently have two positions vacant and desire to fill them by September. If you have an interest in serving on the parent board as either the VP or Treasurer please contact me. Nominations will be taken through the end of May. Parents stepping forward to volunteer must bring an even keeled approach to the parent board and must make decisions and judgments for what is best for all swimmers, not just their own. Meetings are held monthly from 6:00 p.m. to 8:00 p.m. If parents need more information or have questions, please don't hesitate to contact me.

If you need anything at all, please contact me at 262.898.4766 or via email at south.eastern.aquatics@gmail.com.

LAKE Swim Your Own Age information

Our next competition will take place on Saturday, May 14 at Arrowhead High School in Hartland.

Warm-up times for our 11&O swimmers will begin at 7:30 a.m. and the meet will get underway at

8:35 a.m.

Warm-up times for our 10&U swimmers will be posted in next week's newsletter.

Please take the time to sign your swimmers up for our two remaining

SEA hosted meets ... Pirate Plunge II and 7th Annual Summer Sizzler!

Good luck swimmers! Drive safe, swim fast, have fun!!!

Upcoming Deadlines

SEA Pirate Plunge II	5/20
Tri-dual w/LGSC & KYST	6/1
7th Annual SEA Summer Sizzler	6/10
LAKE WGLO	TBA
Dual w/OZ	6/29
18th Annual Bird Bath	TBA
Dual w/SHOR	TBA

Special points of interest:

- Did you submit your registration form and payment for this year's banquet? The extended, extended deadline is Monday, 10 a.m.
- SEA swim caps are required at swim meets and are available from coaches for \$12 for silicone and \$5 for latex.
- We are all set to return to Meadowbrook Country Club beginning June 8 ... weather permitting!

Coach Mike's Corner

Hi SEA fans! I want to start this letter out by answering a question I heard 100 times this past weekend. Parents and swimmers, your best short course time converted does not count as an actual best time in long course. The times were converted to help us compare our swimmers to what they go in yards. In all actuality there were many best long course times this weekend, so great job everyone!

This week in.....

Bronze: In the Bronze group last week I thought we did a great job racing! For some of the Bronze

swimmers it was their first meet ever and they had a blast!

Silver: This week in Silver we started moving over from swimming drills most of the practice to swimming sets! This will prepare our silvers for moving up to Golds, as we do multiple swim sets per night.

Gold: This week in Golds we took another look at our butterfly. We spent almost a whole night working a deep chest press into our fly stroke. While we swim the stroke flat, a good chest press or "T press" gives a swimmer the right position to gain the most out of their kick.

We also made up a dance about the T press and hip movement that goes along with it. Parents you'll have to ask your kids to do the dance for you!

Swimmer Shoutout

The swimmer shout out this week goes to Emily Stouffer! Emily has been working so hard since the start of the season, which coaches always love. Even better than that though is her personality and her sense of humor. She is always laughing and it makes practice much more fun for everyone there. Keep up the hard work Emily!

13&O Training Trip is scheduled and details are now finalized

The 13&O Training Trip is now finalized (sorry it took so long). We will depart June 11 and return June 18 (3:00 a.m. for the trip down and the return trip).

Swimmers attending include Scott Palmer, Joey Able, Jake Trask, Parker Palermo, Sara Bollendorf, Paige Betthausen, Tiffany Steffes, Erin Cain, Emily Cain, Kinzie Reischl, Marlee Reischl, Ali Scharff, and Isabelle Buhler. Coaches attending are Mike and Katie. Chaperones are Lydia

Bollendorf and Missy Reischl. Additional chaperones include Missy Abel and Jen Trask.

We will conduct a swimmer/parent meeting (tentative location is Horlick) on Friday, May 13 beginning at 5:30 p.m. All swimmers and at least one parent must attend (contact Neil if you can't). We will be filling out emergency contact forms, code of conduct and other important documents so please bring your insurance information

and doctors/dentists contact information too.

Total cost for this year's trip is \$974 (minus the \$100 deposit). This includes lodging in a beachside home (brand new home in fact), transportation by two 15-passenger vans, pool rent, and all dinners except for Thursday and Saturday on the way home.

This trip is always a highlight for our swimmers and great team bonding experience.

Weight Training Information

Attention Senior athletes and parents, weights is making its return on Monday, May 2nd. Our weight sessions start at 3:30 and end at 4:45 on Mondays, Wednesdays, and Fridays, additionally there is a weight session after Saturday morning practice from 9:45 until

11:00. Any senior athlete that is currently attending High School is allowed to attend. Athletes going into 9th grade may begin attending at the start of the summer season. Our weight program will now have a new set of guidelines in an effort to keep the athletes safe. Swimmers at-

tending weights must attend 3 out of the 4 possible weight sessions each week. This is to make sure our athletes stay safe while lifting, sporadic attendance will not be accepted. If you have any questions please contact either Coach Neil or Coach Mike.

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 & 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 MEMBERS dropdown menu by clicking on the SWIM-A-THON link under the Fundraising section. Take advantage!

Flat pledges can be forwarded by the end of this season for inclusion to a families \$150 fundraising minimum.

Bird Bath Hotel Information

This summer we'll be heading back to the Bird Bath event in Appleton, July 8-10.

This summer we have blocked 30 rooms at the LaQuinta under South Eastern Aquatics. The deadline to pull a room is June 17.

15 rooms are two room suites with two queen beds @ \$122.40; 10 rooms are one rooms suites with one queen bed and pullout sofa @ \$118.15; and five rooms are two room suites with one king bed and a pullout sofa @

\$122.40.

Hotel has free internet and breakfast.

Address if 3800 West College Avenue, Appleton, WI 54914.

Call 866.527.1498 to reserve your room today.

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!

8th Annual Early Bird Highlights and Recap

We finished third of twelve teams scoring 1,557 points and notching 67% best times (200 / 300) and only 12 DQs.

Achieving new LC State qualifying times were Hugo Arteaga 50Fr, Zoe D'Alessandro 1Br, 50Br, Nathan Mudry 1Br, 50Fr, 2IM, and Mac Thomas 1Ba, 50Ba, 50Br.

Posting some the fastest times in our history included Mac Thomas 7th 50Ba, Zoe D'Alessandro 4th 50Br, 6th 1Br, Emily Bollendorf 7th 50Fr, 6th 1Fr, 3rd 1Bf, 9th

2Fr, Hugo Arteaga 10th 50Fr, 10th 1Fr, 5th 2Fr, and Nathan Mudry 9th 1Ba, 9th 2IM.

Grabbing 100% times in all of their events were Joey and Josh Abel, James Akakpo, Hugo Arteaga, Sofia Badillo, Ana Carrillo, Maddie Cerny, Sisy Commodore, Zoe D'Alessandro, Drew Esson, Lauren Flynn, Anisha Jain, Shaelyn Jensen, Carter Johnson, Cayla Julius, Ava Knaus, Amanda Lopez, Ella Million, Nathan Mudry, David Nauman, Grace Neumann, Scott Palmer, Madura Patil, Madi Peterson, Elise Piper,

Alex and Helena Pudzisz, Megan Schultz, Alice Stratman, and Mac Thomas.

Cutting more than five seconds in a single event included Joey Abel -17.88 2Ba, Josh Abel -9.12 1Ba, Hugo Arteaga -12.51 2Fr, Paige Betthausen -47.57 4Fr, Ana Carrillo -14.18 1Ba, Rachel Christensen -8.14 2Ba, Drew Esson -14.85 1Br, Lauren Flynn -34.51 2Fr, Maya Frodl -14.44 2Ba, Anisha Jain -9.73 1Ba, Carter Johnson -20.71 1Ba, Hannah Kehl -12.54 2Ba, Ava Knaus -15.89 1Ba ... continued below

8th Annual Early Bird Highlights and Recap ... continued

Taylor Knaus -20.85 4Fr, Amanda Lopez -40.51 2Fr, Emilie Miller -7.14 1Ba, Nathan Mudry -52.74 4Fr, Srikar Munagavalasa -50.77 50Fr, Scott Palmer -21.36 2Br, Madi Peterson -26.90 2Fr, Elise Piper -30.90 2Fr, Alex Pudzisz -15.98 2IM, Chris

Pudzisz -12.27 2IM, Helena Pudzisz -12.29 50Bf, Macie Ritter -23.64 4Fr, Ali Scharff -8.20 2Ba, Megan Schultz -10.98 1Br, Emily Stouffer -10.56 1Ba, Jordan Stouffer -8.37 1Ba, Stephanie Strange -11.85 1Ba, Alice Stratman -18.96 1Ba, Elizabeth

Stratman -26.88 1Br, continued ...

AJ Wampole -18.83 1Ba, Neil Wright III -12.57 50Br, and Norah Wynstra -13.40 1Br.

Great effort swimmers. Continue to attend practice regularly and keep working hard!

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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!

Calendar of Events & Reminders

May 2016

9, Deadline to sign-up for Annual Recognition Banquet, 10 a.m.

12, Annual Recognition Banquet

13, 13&O Training Trip meeting (all athletes and one of their parents must attend), 6:00 p.m. at TBA

14, LAKE Swim Your Own Age

21-22, SSTY Open

June 2016

3-5, Pirate Plunge II

6, 13&O Training Trip Meeting, 5:30 p.m. @ Carthage

10, Tri-dual w/LGSC & KYST

17-18, Omaha Cup

20, Parent Board meeting, 6:00 p.m. at Carthage - all welcome!

24-25, 6th Annual SEA Summer Sizzler

24-25, WGLO

26-3, US Olympic Trials

July 2016

7, Dual w/OZ

8-10, Birdbath Invite

15, Dual w/SHOR

21-24, Speedo Sectionals

22-24, Silver State

27-31, YMCA Nationals

29-31, 12&U State

August 2016

2-6, US Open

