

# SOUTH EASTERN AQUATICS



June 16, 2017

## NOAH'S ARK TEAM TRIP – NO PRACTICE OFFERED TUESDAY, JUNE 20 (ALL THREE PRACTICES ARE CANCELED)

Don't forget we are heading to Noah's Ark on June 20. Email Neil if you plan on attending. More information can be found in this newsletter ... don't miss out on this fun team trip!

We will meet in the parking lot of Sealed Air at 7:00 a.m. with the goal to depart by 7:15 a.m. Payment is due prior to departure ... \$20 per person. Thanks!



*Attendance at our morning practices have been great. Keep it up!*

## HEAD COACH NOTES

Our summer practice schedule is off to a great start. Although the weather today was a bit on the chilly side ... as was the water temp.

Ivar Iverson is assisting with coaching duties on Monday's. For those that don't know him, he swam here at SEA from 6-years-old to now. He was given a full ride to swim for the University of North Dakota last year and had a great Freshman year (broke the school record in the 200 IM). Unfortunately, the swim team was cut a few months ago and now Ivar is in the land of limbo. He's still deciding what the future holds, but in the meantime, he'll continue to train and coach here at SEA. Welcome back!

Heads-up - Coach James and Mike will be MIA during the next two weeks as they assist former Carthage College head coach Greg Earhart with Carthage's age-group swim camp. In addition, Coach Sierra has taken a full-time job with Kiefer for the summer and will join us again in the Fall.

It was a tough decision to cancel the Senior morning practice a few days ago. So there's no confusion, the decision to cancel morning practice for Seniors will be made at 5:30 a.m. (7:00 a.m. for the age-group swimmers). If it is thundering and lightening at 5:30 a.m. and/or 7:30 a.m. practice will be canceled. We will not play the guessing game regarding whether the storm will clear up in time for practice. Thanks for understanding.

Be sure to pick up your SEA swim caps from Coach Katie or myself. \$12 for the silicone version or \$5 for latex. It's the only required piece of equipment at swim meets (that and a suit).

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 our Head Age Group Coach at [katiepalmiter@gmail.com](mailto:katiepalmiter@gmail.com).

## Get Social w/Your Swim Team Family

Two team outings planned for June! June 20<sup>th</sup> we travel to Noah's Ark Waterpark and June 30<sup>th</sup> we head to Kenosha for a Kingfish game. More information can be found in this newsletter ... take advantage!

**Q: I'm not receiving email updates from Coach Neil. What's the deal?**

A: More than likely, Coach Neil doesn't have your email address. Simply email him and he'll be happy to add your email address to his database. Email him at [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com).

**Q: How do I pay for the meet my swimmer attends?**

A: Easy ... forward payment to Coach Katie or Neil. Prior to each meet we attend, Neil uploads a meet entry fee report on the Meet Information page. There you can view how much it costs for your swimmer to be entered in the meet. Be sure to set-up a Meet Escrow Account too. Information can be found on our website under the MEMBERS dropdown menu / MEET ESCROW ACCOUNT.

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*Did you sign-up for the SEA vs. OZ Dual yet? Email Coach Neil.*

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## **HEAD AGE GROUP COACH NOTES**

Welcome to summer!

We have our first week of Meadowbrook practice under our belts. The water may be chilly but the lanes were full. There are several updates as we transition into two practices a day. Bronze and Silvers will continue to do dryland every Monday, Wednesday, and Friday nights. Whereas, Gold's will be doing dryland in the mornings Monday, Wednesday, and Friday. We will offer dryland at night on Tuesdays and Thursdays.

Bear with me these next three weeks as I prepare for my wedding. But I promise after July 8th it will be smooth sailing! The Gold's got some of my scatter brain when I accidentally brought my grocery list to practice instead of the workout!

Bronze have been working great with our wonderful coaching staff on perfecting their breakouts and finishes. Coach James aka. Jelly Jam, has a knack for getting those Bronze motivated and moving. Next week we will tackle turns and starts.

Silver's have been working very hard with coach Alyssa in the morning on their endurance. We have been working at night on their breakouts with much success, as well as one-on-ones because numbers have been great. We will continue into next week focusing on starts and turns.

This week we amped up the yardage for golds in preparation for our Summer Sizzler next weekend. This coming week will be focused on refining their starts, turns, and finishes as we close in on our Summer Sizzler. With more practices, it is very important that we stretch and recover, naps are great!

Have a great weekend! And Happy Father's Day!

## **TRI-DUAL RECAP & HIGHLIGHTS**

We swam pretty tired during last week's tri-dual after most swimmers worked out real hard the previous evening, but we managed a handful of solid results. Thanks to all the parents who stepped forward and volunteered, to Liz Christensen for organizing our officials, to Pat Lewno for serving as our AO and to Sheila Mrotek for scoring the meet!

Hugo Arteaga posted the 5<sup>th</sup> fastest time in our history in the 200 Backstroke for 9-10 boys and Shaelyn Jensen notched the 3<sup>rd</sup> fastest time in our history in the 200 Breaststroke for 8&U girls.

Posting all best times were Bryce Helland, Cayla Julius, Lilie Larson, Madhura Patil, Gabriela Peterman, Tia Ricchio, and Arya Zore.

Dropping more than five seconds in a single event included Alessandra Arteaga -8.25 25 Breaststroke, Hugo Aretaga -75.11 200 Backstroke, Nicholas Foster -5.45 25 Breaststroke, Cayla Julius -79.35 200 Backstroke, Cyrus Latza -22.31 100

Freestyle, Angela Mrotek -7.58 25 Backstroke, Madhura Patil -7.61 25 Breaststroke, Tia Ricchio -9.32 100 Backstroke, AJ Wampole -5.48 100 Backstroke, and Aarya Zore -5.90 25 Backstroke.

Great job swimmers ... let's get ready for our Summer Sizzler!

## RECPLEX PRACTICE SCHEDULE

Long course practice will be offered for Senoir and Gold swimmers at the RecPlex in Pleasant Prairie on the following days from 10:30 a.m. to 12:30 p.m. – June 13, 15, 22, 27, 29, July 11, 13, 18, 20, 25, and 27. Take advantage!

## OST TO BE OFFERED IN AUGUST

Off Season Training (or OST) will be offered in August on Monday, Wednesday, and Thursday beginning August 9 and ending on August 31. Practices will be held in the mornings at Meadowbrook Country Club.

Senior and Gold swimmers will train from 7:45 a.m. to 9:15 a.m.

Silver and Bronze swimmers will train from 8:15 a.m. to 9:15 a.m.

OST is offered to our swimmers who love the water so much they just don't want to take a break. Besides some light conditioning, turns, finishes, starts, relay exchanges and stroke mechanics are covered.

Cost for Senior and Gold swimmers = \$100, cost for Silver and Bronze = \$75.

Please forward payment to Coach Neil.

## SCRIP FUNDRAISING INFORMATION

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, once families have met their fundraising minimums, all dollars raised through SCRIP are deposited into their family fund accounts and can be used for swim tuition and meets fees.

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

Take advantage of this eas opportunity and try SCRIP today! Detailed information can be found on our website. Here are the upcoming order and delivery dates:

<b>Order by</b>	<b>Delivery on</b>
June 25	June 28
July 9	July 12
July 23	July 26

## NEXT PARENT BOARD MEETING

The next meeting will be held June 19<sup>th</sup>, beginning at 6:00 p.m. at Park High School. All parents are welcome to attend parent board meetings.

## MEET DEADLINES

If you would like to enter your swimmer in meets, please email Coach 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.

Date	Meet	Deadline
June 23-24	Summer Sizzler	June 13
July 6-8	Seahawk Invite	Entries closed
July 13	Dual w/OZ	July 3
July 19-22	Speedo Sectionals	July 19
July 21-23	Silver State	July 7
July 27-30	12&U State	July 21
August 3-6	13&O State	July 21
August 3-6	14&U Zones	Entries open June 12
August 8	End of SEASON Time Trials	August 4

## NOAH'S ARK TRIP AND KENOSHA KINGFISH OUTING

We'll be heading to Noah's Ark on June 20<sup>th</sup>!

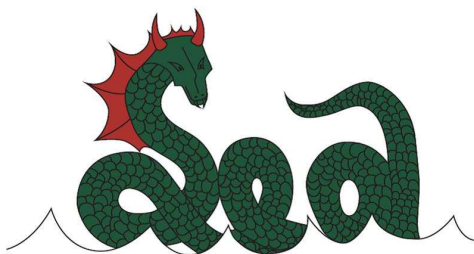
The plan is to meet in the Sealed Air YMCA parking lot at 7:00 a.m. on June 20<sup>th</sup>. We'll depart by 7:15 a.m. and caravan to the park. We will spend the day riding all the cool rides and hanging out in the wavepool and then caravan back to Sealed Air at 5:00 p.m. All families and swimmers are invited. \$20 per ticket.

Attending: Arteaga children, Rachel Christensen, Coach Katie, Coach Neil and Charlotte, Sarah Foster and three children, Miller x2, Bergemann x5, Coach Alyssa, Cerny x3, Scott Palmer, Kinzie Reischl, Hannah Kelh, Isabelle Buhler, Cain sisters, Madi Peterson, David, Strange x2, D'Alessandro x4, David Sokol, Pudzisz twins, Mac, Tia,

The Kenosha Kingfish game is scheduled for Friday, June 30. The order form for tickets can be found on the home page of our website. Deadline to order tickets is June 9<sup>th</sup>!

## HAPPY JUNE BIRTHDAY

Nolan Barrett, Callie Klepp, Tia Ricchio, Tim Riegelman, Jordan Stouffer, and Stephanie Strange.



*Our first team logo designed by Deneen Winchester back in the 80s.*

## Contact Us

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