

June 2, 2016



SOUTH EASTERN AQUATICS

Serpent Times

Neil's Kickboard

We are hosting our second meet of the season this weekend in Brown Deer with the Pirate Plunge II set to begin Friday and run through Sunday.

The UW Badgers reached out to us in early May to attend the meet, but have changed their mind ... too bad. We do have 16 teams and 740 athletes scheduled to swim though and the meet is fast!

Hosting meets is a team wide fundraiser and helps to keep our tuition reasonable. Please remember what we all learned in Kindergarten when dealing with one another and anyone you come in contact with during the meet ... if you don't have anything nice to say, don't say anything at all, be a caring friend, be kind and helpful, treat others the way you want to be treated ... I think you get to the idea.

Finally, in regards to this

weekend's meet, we have a handful of parents who will be working all five sessions of the meet (roughly 28 hours total for the weekend). Please be as understanding and flexible as you can if our Meet Director Josh Johnson asks you to volunteer in a capacity you may have not signed up for. Chances are, we had a shortage or no show and we need to fill that particular position before the one you may have signed up for. Thanks for your help and understand!

With outdoor swimming just around the corner, here's the protocol for canceling practice ... if practice needs to be canceled because of the weather (thunder and lightning are the only reasons we usually cancel practice), the decision to cancel practice will be made at 6:30 a.m. and applies to all practices that morning. Emails will go out

along with postings on our Facebook and Twitter accounts, and a note will be left on the homepage of our website. Swimming outside is great fun, but we also want to keep our swimmers, coaches, and parents safe too.

Morning practices at Meadowbrook Country Club will begin (weather permitting) on June 8.

We will also offer 50-meter training opportunities on Tuesday's and Thursday's beginning June 14 for Gold and Senior athletes. These practice will be held at the RecPlex from 10:00 a.m. to Noon. More information will be posted soon.

Don't forget to sign-up for our 7th Annual Summer Sizzler!

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

Pirate Plunge II Meet Information

We are set to host our second meet of this season as the Pirate Plunge II arrives in Brown Deer!

We have assigned warm-ups for Saturday and Sunday - please be on time!

Friday warm-ups begin at 4:30 p.m., the meet begins at 5:35 p.m. and the meet is scheduled to end at 8:19 p.m. (All events Friday

are positive check-in, if you will be arriving late, please text Neil to check your swimmer in 262.994.3157.)

Saturday & Sunday AM warm-ups for 13&O swimmers will take place in lane 8, 7:30-8:00 a.m., meet begins at 8:35 a.m. and is scheduled to end at 1:05 p.m. Saturday and 12:32 p.m. on Sunday.

Saturday PM warm-ups for 12&U swimmers will begin at 1:00 p.m. (meet begins at 1:55 p.m. and is scheduled to end at 6:05 p.m.)

Sunday PM warm-ups for 12&U swimmers will begin at 12:30 p.m. (meet begins at 1:20 p.m. and is scheduled to end at 5:22 p.m.)

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

Upcoming Deadlines

Tri-dual w/LGSC & KYST	6/7
7th Annual SEA Summer Sizzler	6/10
LAKE WGLO	TBA
Dual w/OZ	6/29
18th Annual Bird Bath	TBA
Dual w/SHOR	TBA
Speedo Champions Series	TBA

Special points of interest:

- Did you reserve your hotel room for this summer's Bird Bath Invite? Don't forget!
- 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'm back from vacation! It was awesome, I highly recommend it if your looking for a place to go in the spring/early summer, Port St. Joe is such a cool place to go visit for a week.

The food is amazing, we had fresh seafood caught every day. We even caught a shark and swam with sea turtles! But I am glad to be back! Doubles start soon and the Pirate Plunge, which is probably the most fun meet this year, starts tomorrow!

This week in.....

Bronze: This week the Bronze group got a little taste of what its like to train with Coach Mike on Monday. We had

fun, but they got worked pretty hard. Here's a quote from Charlotte one of our Bronze swimmers, "Yeah... Mike killed ME yesterday!", when she was asked about how practice went.



Here's the shark we caught!

Silver: This week in Silvers we did a 900 yard kick set, more than half of which was sprint for time. Thats over half a mile parents! I can't tell you enough how cool it is to coach a group

like this that works so hard!

Gold: The past two weeks we've had two new swimmers join us from Silvers, Sammy Spanske and Alice Stratman have both moved up after a lot of hard work and were excited to have them swimming with the Golds!

Swimmer Shoutout

The swimmer shout out this week goes to Natalia Badillo, Natalia surprised me last night, and I think she shocked everyone in the Gold group by kicking a 1:22 100 fly kick on her back. That is FAST! This young lady's work ethic and attention to detail make swims like this achievable for her, nice job niña keep up the hard work!

SSTY Distance/Sprint Highlights & Recap

Although our team wide best time percentage is a bit low at 37%, we did manage only one DQ and raced well throughout the event.

Notching a new LC State qualifying times included Josh Abel 50Ba and Nathan Mudry 4Fr, 4IM, 1Fr, 50Br, 50Bf.

Posting some of the fastest times in

our history were Natalia Badillo 7th 1Br, Emily Bollendorf 5th 4Fr, 6th 2Bf, Eden Wember 9th 1Bf, Hopking Uyenbat 10th 1Fr, Neil Wright III 9th 1Bf, Nathan Mudry 10th 1Fr, 3rd 4IM, Josh Abel 8th 50Ba, and Jake Trask 2nd 1Bf, 2nd 2Bf.

Dropping more than five seconds in a single event included Josh Abel -

27.88 4Fr, Nathan Mudry -8.15 4Fr, Madi Peterson -60.27 4Fr, Alex Pudzisz -14.58 50Ba, Kinzie Reischl -6.27 4Fr, Megan Schultz -6.20 1Fr, and Jake Trask -6.06 2Bf.

Coach James attended a meet last weekend at the RecPlex and broke his team record in the 50Fr posting an effort of 24.43. Nice job!

Weight Training Information

Attention Senior athletes and parents, weights is making its return on Monday, May 2nd (Sealed Air YMCA). 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 attending 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.

PM Practice will be different on June 15 and June 16

Our pool time at Carthage College on June 15 and 16 will be changed because of some scheduling conflicts.

The practice schedule will be as follows for these two days:

Senior - 4:45 p.m. - 7:00 p.m.

Gold - 5:15 p.m. - 7:00 p.m.

Silver - 5:30 p.m. - 6:30 p.m.

Bronze - 5:30 p.m. - 6:15 p.m.

Please make sure you set a remaindered in your smart

phones about this upcoming change.

These times are only for June 15 and June 16. Thanks for your understanding and assistance!



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

June 2016

- 3-5, Pirate Plunge II
- 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

- 4-7, 13&O State
- 4-7, 14&U Zones
- 6-12, Olympic Games
- 8-12, Speedo Junior Nationals
- 9, End of SEASON Time Trials

