

June 9, 2016



SOUTH EASTERN AQUATICS

# Serpent Times

## Neil's Kickboard

The busy Summer Season is upon us! Are you ready?

Great job hosting and swimming during the Pirate Plunge II last weekend. I couldn't be more pleased with everyone's efforts during the 2.5 day event. Are you swimmers scheduled to swim our Summer Sizzler in 15 days? Did you sign-up to work it yet?

This Saturday at 3:00 a.m. our swimmers, parents and coaches head to Panama City Beach for this year's installment of the 13&O Training Trip ... safe travels and train hard!

Next week Friday PM and Saturday morning we will not have enough staff available to conduct practice. Mike and Katie will be in Florida running the training trip, James and I will be in Nebraska attending a swim meet, Alyssa will be on vacation and Melissa is getting ready for her wedding day. That only

leaves one remaining coach to conduct practices (Haley) and that's not a safe decision. Enjoy some family time instead!

In a word, it's been cold at Meadowbrook these past two days. The older kids can't even shake their goose-bumps no matter how hard they train. Hopefully the sun will arrive sooner rather than later and we'll enjoy some balmy practices soon. In terms of crowding, their really hasn't been any problems. I imagine once the weather warms up we might see it, but until then, we'll keep a finger on the pulse of Meadowbrook's practice attendance. If a change needs to be made to accommodate all the athletes attending morning practice, the Senior's practice time will begin an hour earlier (6:00-8:00 a.m.) and all other training groups' practice times will remain the same.

The Top Ten YMCA National rankings were released earlier this week and three of our athletes posted efforts fast enough to make the list. Ivar Iverson finished the short course season with 3rd 1Bf, 5th 2Br, 8th 2Ba, 8th 2Bf, 10th 1Ba fastest times, Jake Trask finished with 5th 1Bf, 5th 2Bf, 10th 2Ba fastest times, and Emily Bollendorf finished with 6th 1Bf fastest time. Way to go swimmers!

We will also offer 50-meter training opportunities on Tuesday's and Thursday's beginning June 14 for Gold and Senior athletes. These practices will be held at the RecPlex from 10:00 a.m. to Noon. Do not attend Meadowbrook practice if you plan on training at the RecPlex. :)

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

## Tri-Dual Meet Information

Tomorrow we will play host to LGSC and KYST at Carthage for our annual tri-dual.

Warm-ups will begin at 5:30 p.m., the meet will get underway at 6:15 p.m. and will finish by 8:00 p.m.

If you would like you swimmers entered in this local

event, please email Neil ASAP.

Heat sheets will be posted on our website tomorrow after morning practice and will not be available at the meet.

Thank you in advance for the handful of parents who stepped forward to officiate

the meet. We will also need parents to step forward to help out with timing. If you are able to assist, please meet with Vickie and Ally on deck at 6:05 p.m.

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

### Upcoming Deadlines

LAKE's WGLO	6/13
7th Annual SEA Summer Sizzler	6/17
Dual w/OZ	6/29
18th Annual Bird Bath	TBA
Dual w/SHOR	7/7
Speedo Champions Series	7/12
Silver State	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 now swimming AM practices at Meadowbrook. Although its been cold, we are happy to be outside again!

## Coach Mike's Corner

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Hi SEA fans! I was very impressed with our swimmers this past weekend! From the longer events Friday night to all the sprint events on Saturday and Sunday we swam tough and had great team spirit all weekend! Remember Coach Katie and I are leaving on the training trip on Saturday and we'll be back by next Monday, make sure we listen to Coach Neil, Coach James, and Coach Alyssa while were gone!

### **This week in.....**

**Bronze:** We saw plenty of Bronze swimming at Carthage this week,

but not a single Bronze out at Meadowbrooke, which is fine because its been freezing out there! While practice there is still offered parents I'd make sure to watch the temperature to make sure our youngest swimmers don't get too cold.

**Silver:** Our Silvers had an amazing meet this past weekend, we were knocking out best times like it was going out of style. Not only that but they made sure that the coaches were entertained the entire meet. (If you catch my drift haha)

**Gold:** Make sure we keep our

minds wrapped around what makes us fast in practice while Coach Katie and I are away on the training trip. The little things like working every flip turn, getting tighter on the streamlines, and adding in that extra fly kick off the wall makes all the difference.

### **Swimmer Shoutout**

The swimmer shout out this week goes to Maritxell for swimming such a killer meet! She attacked every swim with tons of confidence and crushed so many of her old times. Way to go young lady!

## Pirate Plunge II Highlights & Recap

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Great swimming last weekend in Brown Deer. We finished 8th of 18 teams with 644 points notching a team wide best time percentage of 64 with only 14 DQs of 400+ swims.

Congratulations to Nathan Mudry who broke the meet record in the 11-12 4IM posting an effort of 5:58.67 (old record was 6:36.68).

Jake Trask broke our 13-14 team record

in the 2IM with his swim of 2:27.65 (old record was held by Ivar Iverson from 2012, 2:30.20).

New State qualifying times were achieved by Sofia Badillo 50Bf, 50Ba, Nathan Mudry 2Fr, 1Bf, Madi Peterson 1Fr, Mac Thomas 1Br, Jake Trask 2Br, Eden Wember 1Bf, and Neil Wright III 50Bf.

Posting some of the quickest times in our team history were Mac Thomas 6th 4Fr,

8th 1Ba, Sofia Badillo 9th 50bf, 6th 1Bf, Natalia Badillo 8th 4IM, Sara Bollendorf 6th 2Bf, Emily Bollendorf 5th 50Fr, 6th 1Fr, 2nd 1Bf, 4th 2Bf, Eden Wember 3rd 1Bf, Hugo Arteaga 10th 50Fr, Cole Johnson 8th 1Br, Neil Wright III 8th 50Bf, Nathan Mudry 10th 2Fr, 7th 4Fr, 7th 1Br, 8th 1Bf, 7th 2IM, 2nd 4IM, and Jake Trask 9th 2Br.

## Pirate Plunge II Highlights & Recap ... continued

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Swimmers who achieved 100% best times in all of their events included Paige Betthausser, Arev Buchaklian, Maritxell Chavez-Alvarado, Halina Collins, Sissy Commodore, Drew Esson, Maya Frodl, Savanna Gain, Stephanie Garcia, Justin Hendricks, Anisha Jain, Brianna Jones, Hannah Kehl, Ava Knaus, Grace Neumann, Anish Palliyath, Mansha Palliyath, Madi Peterson, Macie Ritter, and Neil Wright III.

Major improvements in times were recorded by Joey Abel -15.52 4Fr, Hugo Arteaga -9.58 50Bf, Natalia Badillo -16.09 4Fr, Sofia Badillo -28.52

4Fr, Paige Betthausser -15.86 2Fr, Arev Buchaklian -9.53 50Ba, Emily Cain -28.69 2IM, Maritxell Chavez-Alvarado -68.47 2IM, Rachel Christensen -12.46 4Fr, Halina Collins -35.44 1Fr, Sissy Commodore -17.28 50Ba, Drew Esson -42.08 2IM, Lauren Flynn -9.66 1Ba, Maya Frodl -13.96 2IM, Anisha Jain -25.38 2IM, Carter Johnson -8.22 1Fr, Cayla Julius -40.34 2Fr, Hannah Kehl -18.25 4IM, Ava Knaus -38.98 1Fr, Taylor Knaus -13.14 2IM, Amanda Lopez -27.80 2Ba, Emilie Miller -8.56 2IM, Nathan Mudry -14.18 4IM, Samyukta Munagalavala -12.09 2Fr, Mansha Palliyath -19.15 1Ba,

Scott Palmer -36.11 2Fr, Madi Peterson -64.40 4IM, Elise Piper -34.15 1Bf, Helena Pudzisz -22.66 1Br, Kinzie Reischl -9.28 4Fr, Marlee Reischl -15.04 2Br, Tia Ricchio -8.42 1Ba, Macie Ritter -13.68 1Ba, Megan Schultz -5.50 50Bf, Emily Stouffer -28.79 2IM, Stephanie Strange -16.47 1Bf, Alice Stratman -57.42 2Fr, Elizabeth Stratman -12.57 2IM, Jake Trask -18.34 2Br, AJ Wampole -48.33 2Ba, Neil Wright III -17.40 1Ba, and Norah Wynstra -6.28 1Fr.

Really impressive Southesatern! Keep on attending practice regularly so this trend continues!

## Swim-a-Thon is Underway ... this year we reset the date

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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

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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

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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**

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 Nation-  
als

9, End of SEASON Time Tri-  
als

