

July 15, 2016



SOUTH EASTERN AQUATICS

Serpent Times

Neil's Kickboard

The Bird Bath Invite continues to be a very fun event for the 36 teams and the over 900 swimmers who attended this summer's meet. Congratulations to all the families who helped out with all the spirit items for team SEA as we were crowned the most spirited team in the meet! Read all about the highlights and recap on page three.

Our long course training practices have been well attended and it's great to see so many swimmers taking advantage of this opportunity. Our final long course practice will be held July 28.

Summer time in Wisconsin is really busy. From our rigorous practice schedule, family vacations, and some

athletes work schedules, it can be difficult to keep on top of our nutritional needs. I recently chatted with one of our senior athletes about what was had for breakfast and lunch, and the items eaten did not meet the caloric intake needed for a day of two swim practices. Sometimes we need to slow down and ensure our diets match our desire to excel in practice (both with the food we decide to eat and when we decide to eat it, along with hydration levels). Parents can assist their swimmers to ensure their practice routines are supported with a diet that meets the energy output. Let's face it, our swimmers know it's not fun attempting to train at a high level without the calories to burn so help them out by throw-

ing a sandwich or piece of fruit in their swim bags. :)

We are at the top of the rollercoaster in terms of entering the championship portion of our season. Silver State and Speedo Sectionals will be held next weekend followed by 12&U State and YMCA Nationals and then finally 13&O State. There will be a lot of swimming in the coming weeks and it's important to stay focused and ensure our diets and sleep patterns remain constant.

Off Season Training will be offered in August. Read about this opportunity at the bottom of page two and take advantage!

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

Dual w/SHOR

We will be hosting SHOR in a friendly dual meet tonight at Carthage College ... first time ever in the history of both teams.

Warm-ups will get underway at 5:30 p.m. and the meet will begin at 6:15

p.m. (scheduled to finish around 7:30 p.m.).

Parent assistance is needed in the form of 13 timers. If you can help time, please meet on deck if Vickie Bleser at 6:05 p.m. (on the starting side of the

pool next to block one).

Heat sheets are posted on our website (and were emailed out today too).

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

Upcoming Deadlines

12&U State	7/25
13&O State	7/28
14&U Mega Zone	TBA
End of SEASON Time Trials	8/5
Sprint Time Trials	9/17
MFSC Open	TBA
OZ Swim Your Own Age	TBA

Special points of interest:

- Save the date ... August 18th from 4:30 p.m. to ? This is going to be a very fun team event!
- You can double-check your swimmers entries on the Meet Information page of our website under the MEMBERS dropdown menu
- SEA swim caps are required at swim meets and are available from coaches for \$12 for silicone and \$5 for latex.

Coach Mike's Corner

Hi SEA fans! We are getting close to the end of the season! We are one week out from Silver State, which means two weeks from 12 and Under State and three weeks from 13 and Over! I'd like to remind all the swimmers that now is one of the most important times not to lose focus, you've put so much effort into this season make sure that you get enough sleep, eat the right foods, and think through your practices. Remember every yard is important. Every yard.

This past week in.....

Bronze: We have been pretty light in our Bronze practices lately, just due to most of our youngsters trying out other things during the summer. Which is a great thing! This also means that when we do

have a Bronze swimmer show up they're basically getting a one on one lesson most of the time, parents take advantage!

Silvers: We've been pretty light here as well, Haley and Katie have been doing a great job with this group this summer! I was watching James last night swim Butterfly and I had a conversation with Katie on how far he has come since he joined less than a year ago. It really goes to show swimmers that if your willing to learn you'll go far in this sport.

Golds: The Golds have been showing a lot of energy this week, it might have something to do with me starting to lighten up their workload a bit. We've done a few practices this week that were either warmup and tape, or warm up and

work starts and turns. That excess energy is a good thing! Especially since were coming into our last few meets. I'd just like to apologize to all the parents out there if their bouncing off the walls at home.

Swimmer Shoutout

The swimmer shoutout this week goes to Macie Ritter! Macie wants to be an Olympian like yesterday, which means she likes to rush drills and sprints about almost everything. But she has brought a ton of focus to practice the last few weeks and has slowed down enough to pick up some skills that she was missing. I'm really proud that she stepped up her focus and put a ton of thought into what she's been doing! Nice job girl!

Fall & Winter SEA Hosted Meet Schedule .. And Team Travel Meets!

We will be hosting three meets in the upcoming Fall & Winter Season.

November 5-6 we will hold a Pentathlon at the RecPlex in the form of a single session. This meet will be similar to our May Early Bird meet where all swim-

mers (regardless of age) swim at the same time.

January 21-22 we will host our Annual Penguin Challenge in Brown Deer.

Our third event will be the Regional Championships at the RecPlex, February 17-19.

In addition, we will attend two travel meets!

December 2-4 we will be back in Madison attending the BAC Open and January 27-29 we will be heading back to Indianapolis for the 34th Annual Circle City Classic. Mark your calendars!

Off Season Training Scheduled for August

Off Season Training will take place at Meadowbrook during the month of August.

This is an opportunity for swimmers to maintain a feel for the water and continue to polish their skill sets prior to the beginning of the Fall season.

Practice will be offered three days a week beginning August 8 and running

through August 31.

Practices will be offered Monday, Wednesday and Thursday.

Practice times for Senior and Gold swimmers will be held 7:45 a.m. to 9:15 a.m.

Practice times for Silver and Bronze swimmers will be held 8:15 a.m. to 9:15 a.m.

The cost for Senior and Gold swimmers is \$75 and the cost for Silver and Bronze is \$50.

Families interested in having their swimmers train the month of August should forward payment to Neil. Take advantage and bridge the gap between Summer Season and the beginning of the Fall Season!

18th Annual Bird Bath Invite Recap & Highlights

A lot of fun was had during last weekend's Bird Bath event in Appleton. So great to SEA so many new families attending this travel meet! Let's not forget we were awarded the team spirit award too!

We finished 14th overall with 663 points (there were 36 teams entered in the meet and overall 900 swimmers). As a team we posted 46% best times and only five DQs.

New State qualifying times were achieved by CJ Trask in the 2Fr,

2IM, and 50Fr and by Neil Wright III in the 2IM and 50Br.

Posting some of the quickest times in our team history included Natalia Badillo 10th 1Fr, 10th 2IM, CJ Trask 4th 50Fr, 5th 1Fr, 6th 2Fr, 7th 50Bf, 9th 1Bf, 7th 2IM, Neil Wright III 6th 50Bf, 4th 1Bf, and Jake Trask 6th 4Fr.

Notching all best times were Bailey Bleser, Shelby Gain, CJ Trask, Jake Trask, and Neil Wright III.

Improving a single event by more than five seconds included Josh Abel -12.08 2Fr, Bailey Bleser -8.46 50Br, Erin Cain -8.73 50Br, Hannah Kehl -11.16 1Bf, Emilie Miller -5.45 1Fr, Scott Palmer -7.47 50Br, Madi Peterson -5.06 2IM, Ali Scharff -7.36 2IM, Stephanie Strange -10.64 50Bf, CJ Trask -29.18 2Fr, Grady Trask -37.30 1Ba, Jake Trask -6.39 4Fr, and Neil Wright III -21.23 1Fr.

Great job team SEA!

Weight Lifting Update

What's up Seniors! Coach James here, just wanting to clarify some things in regards to weight training. Weights are offered Monday, Wednesday, Friday at the Sealed Air YMCA. The starting time will be 1 hour after morning practice ends (this way you guys can run home if you need to and grab some food, I usually hang around with the little ones at Meadowbrook). So when morning practice goes from 6 to 8 weights will begin at 9, and when practice is from 7

to 9 weights will be at 10. With that said, don't be afraid to take advantage of this opportunity! You can get better after just one session and who knows, you might even learn an exercise or two that you can do on your own someday! Those of you who consistently go have been doing great, it's awesome to see our form improving meaning we can up the intensity and really start moving some heavy weight. These swimmers that go to weights AND both

practices MAKE SURE YOU ARE EATING! A balance of carbs, proteins and even FATS! Let's have a hearty breakfast, lunch and dinner with snacks thrown in all day to keep the energy level high, whether it be fruits, veggies, nuts, string cheese, granola, tuna (all my favorites) ANYTHING not heavily processed will really do. Let's get to the strongest and fastest versions of ourselves by being dedicated not only during training but during recovery.

End of SEASON Time Trials Scheduled for August 9th

Come one, come all to this season's End of the SEASON Time Trials.

This summer's meet will be held at Carthage College on Tuesday, August 9 beginning at 5:30 p.m. with warm-ups and getting underway at 6:15 p.m.

ALL current swimmers, Alumni, parents, grandparents, and friends of the team are welcome to attend.

This event was so much fun last March at Park High School. We had around a dozen Alumni and parents attend and the smiles on our current swimmers faces while they watched the "old timers"

swim was priceless.

Most of the coaching staff competed too ... any and all previous SEA coaches are welcome to attend!

Be sure to share this information with people you know out there who used to be associated with SEA and tell them to sign-up!



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

July 2016

- 15, Dual w/SHOR
- 18, Parent board meeting, 6:00 p.m., Carthage College
- 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

September 2016

22, Sprint Time Trials

October 2016

- 1, MFSC Open
- 14-16, OZ Swim Your Own Age
- 18, Save the date for a very fun team event, 4:30 p.m.-?
- 23, J-HK Swim Your Own Age

November 2016

- 5-6 SEA Pentathlon
- 6, KENO Invite (only available for boys attending YMCA Nationals)
- 11-13, PX3 Invite
- 13, SSTY Invite (only available for athletes planning on attending YMCA Nationals)

