

SOUTH EASTERN AQUATICS



July 19, 2017

TIME TO DUST OFF THAT OLD SPEEDO AND TAKE TO THE BLOCKS

End of the SEASON Time Trials is scheduled for Tuesday, August 8 at Park High School. Warm-ups begin at 5:30 p.m. and the event gets underway at 6:15 p.m.

This event is for ALL swimmers, alumni, family, past coaches, and anyone who wants a chance to race again!

Join the fun!



Some of our Senior boys enjoying the spoils of a Get Out Swim.

HEAD COACH NOTES

So much has happened since the last newsletter it's difficult to decide where to begin!

Congratulations to Katie and her husband on their wedding! Coach Katie's last name is now James so I guess you can say we have two Coach James' on staff now.

The team travel trip to Kentucky turned out great. A bit rainy on Thursday, but Friday and Saturday produce perfect weather. We managed not one, but two team dinners along with a team outing to Mega Caverns (plus all the swimming that took place during the three days – read all about the results later in this newsletter – and all the side excursions swim team families were able to fit in during the course of the meet). From the feedback I received, it sounds like everyone wants to head back in 2018!

We drove north last week Thursday for our annual summer dual meet with OZ. Results are posted online and a recap can be found later on in this newsletter.

Silver State is this weekend and the meet is HUGE (over 1000 swimmers entered). I'll send out a separate email tomorrow that will have all the necessary information for this weekend's meet. Drive safe, swim fast, have fun!

We have three long course practices remaining on the schedule (July 20, 25, 27). Take advantage!

Don't forget to sign-up for OST. Coaches Katie, Alyssa and Mike will be on deck to bridge the gap between Summer swimming and the beginning of our Fall & Winter Season (which is Monday, September 18 BTW).

Next week (July 25-28) all PM Senior practices will run 4:00-6:30 p.m.

Monday, July 24 will remain at the normal time of 3:00-5:30 p.m.

Let your friends and family know that Tryouts for the Fall & Winter Season will take place on Monday, September 11 beginning at 6:00 p.m. at Park High School. Don't forget there's a \$25 referral for SEA families steering new families to the team.

Planning for the Fall & Winter Season yet? Here are some dates to pencil in

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First day of practice, Monday, September 18

Team hosted meets include, Pentathlon on November 5, Penguin Challenge on January 13-14, Regional Championships on Feb. 16-18, and YMCA Sectionals on March 10-11

We will be attending two team travel meets in the Fall & Winter: in Beloit on November 18-19 and in Indy on January 26-28

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 or reach out to our Head Age Group Coach at katiepalmiter@gmail.com.

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.

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.

Does your swimmer need to swim in August? Email Coach Neil to sign-up for Off Season Training (OST).

HEAD AGE GROUP COACH NOTES

Well, it's official, I'm married! What a weekend, the weather was perfect, drinks were flowing and joy was in the air. We are so flattered and thankful for the generous gift and picture frame. I will remember every one of you every time I look at it. This weekend was truly one I wish I could relive like Groundhogs Day the movie.

Although I was making amazing new memories, I was still jealous of those who traveled down to Kentucky. That meet looked like a blast! Talk about the ideal spectator situation. Laying on floaties soaking up the sun beats cramped and uncomfortable bleachers any day.

Looking forward, we have a duel against OZ up at Homestead High School. Last year I remember having just 2 athletes, so seeing over 10 makes me happy. Travel safe and swim fast, I will see you there!

Next week we will prepare for Silver State starting Friday night. Our starts have been looking pretty sharp. We will be working on the timing of their breathing for each stroke this week. As well as leaving time for refining their starts and turns for the weekends competition.

We have about 2 weeks before 12 & Under State and 3 more weeks until Zones. I am definitely very excited and nervous to be a coach for this meet. Excited to learn new things. Nervous to step out of my comfort zone. But I look forward to this great experience!

Thank you again for the amazing wedding presents. I am so grateful to coach for such a loving team!

LAKESIDE SEAHAWKS AND DUAL WITH OZ RECAP AND HIGHLIGHTS

The Kentucky team travel meet is a unique facility and a lot of fun was had by all those who attended.

Notching new LC State qualifying times were Nathan Mudry 400 Freestyle and 200 Freestyle and CJ Trask 50 Backstroke.

Posting some of the fastest times in our history included Hugo Arteaga 3rd 200 Freestyle for 9-10, Zoe D'Alessandro 3rd 200 Breaststroke for 11-12, Nathan Mudry 4th 400 IM, 5th 400 Freestyle, 8th 200 Freestyle for 13-14, and Mac Thomas 10th 50 Backstroke 11-12.

Dropping more than five seconds in a single event included Rylie Bergemann -5.69 50 Butterfly, Isabelle Buhler -11.13 400 IM, Shaelyn Jensen -6.08 100 Freestyle, Nathan Mudry -10.95 400 Freestyle, Ali Scharff -5.27 200 IM, and Megan Schultz -8.14 200 Breaststroke.

Last week Thursday we were in Mequon for a dual meet with OZ. Athletes achieving 100% best times were Nathaniel Foster, Shaelyn Jensen, Cole Johnson, Austin Lentz, and Arya Zore.

Dropping more than five seconds in a single event included Nathaniel Foster -9.60 100 Backstroke, Nicholas Foster -5.53 25 Breaststroke, Shaelyn Jensen -18.58 100 Breaststroke, Carter Johnson -6.74 100 Breaststroke, Cole Johnson -5.75 25 Freestyle, Austin Lentz -15.89 500 Freestyle, and Arya Zore -8.00 25 Freestyle.

Additionally, Shaelyn Jensen posted the 8th (100 Butterfly) and 10th (100 Breaststroke) fastest times in our team history for 8&U.

Great swimming athletes! Good luck at Silver State this weekend!

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 6, 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. and will be coached by Alyssa and Mike.

Silver and Bronze swimmers will train from 8:15 a.m. to 9:15 a.m. and will be coached by Katie and Alyssa.

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.

Signed up to date is Scott Palmer.

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 Puszisz at 262.497.1272 or via email at 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:

Order by	Delivery on
July 23	July 26

NEXT PARENT BOARD MEETING

The next meeting will be held August 28th, beginning at 6:00 p.m. at Sealed Air YMCA. All parents are welcome to attend parent board meetings.

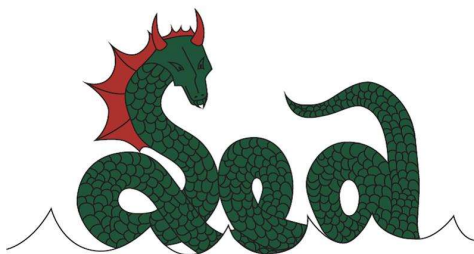
MEET DEADLINES

If you would like to enter your swimmer in meets, please email Coach Neil at south.eastern.aquatics@gmail.com. Be sure to open a Meet Escrow Account if you attend meets that charge for events.

Date	Meet	Deadline
July 19-22	Speedo Sectionals	Entries closed
July 21-23	Silver State	Entries closed
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

HAPPY JULY BIRTHDAY

Hugo Arteaga, Natalia Badillo, Madeline Brown, Arev Buchaklian, Meg Cerny, Novella Delles, Cassie Klepp, Austin Lentz, Drake Ludvigsen, Katija Milicevic, Emilie Miller, Madhura Patil, Dominic Ricchio, Elizabeth Stratman, Jaden Cordelli, Ivar Iverson, and Claire Meiri.



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

Contact Us

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