

July 21, 2016



SOUTH EASTERN AQUATICS

Serpent Times

Neil's Kickboard

Congratulations to Ben Scharff (Treasurer) and Jeff Peterson (VP) who were voted onto the parent board at last Monday's meeting. It was the first time in about seven or eight years that there were more parents interested in serving on the parent board than positions available. It's great to see volunteerism on the rise here at SEA and if you are interested in helping out, please contact me as we are always looking to groom new board members.

Please don't forget practice will not be offered Friday PM and Saturday AM this week. Good luck at Silver State and Speedo Sectionals!

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.

Silver State will be using chase starts during the PM sessions. In a nutshell, odd events will begin on one end of the pool and even events will begin on the other. Once a race has started and performs the final turn, the next heat will start (on the same side the heat in the water performed its final turn) 25-meters later. It sounds more difficult than it really is and using chase starts will save a lot of time this weekend.

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

We have a great party planned on Thursday, August 18. Come spend an evening with your SEA family as we celebrate Coach Mike's new position as Graduate Assistant Swim Coach at Carthage College. There will be a lot of fun things to do for the whole family ... don't miss out!

The first day of practice for the upcoming Fall & Winter Season is 9/13/16.

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

Silver State Meet Information

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

Friday warm-ups begin at 3:00 p.m., meet begins at 4:00 p.m. and is scheduled to end at 7:41 p.m.

Warm-ups for Saturday and Sunday are assigned ... please be on time!

Saturday and Sunday AM warm-ups (12&U swimmers) will be held in lane 7, 7:25-7:50 a.m.

Saturday PM warm-ups (13&O swimmers) will be held in lane 7, 1:05-1:30 p.m., meet begins at 1:40 p.m. and is scheduled to end at 6:50 p.m.

Sunday PM warm-ups (13&O swimmers) will be held in lane 7, 11:45 a.m.-12:10 p.m., meet begins at 12:20 p.m. and is scheduled to end at 6:26 p.m.

All events are positive check-in. Please text Coach Neil if you are running late ... 262.994.3157.

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! Taper is here! I'm really excited for the swims this weekend! The meet however is going to run wayyyyyyy too long. Parents if you swimmer has a long break between swims please get them off the deck, the air quality will start to suffer the longer the meet runs. We don't want swimmers getting sick because of the meet.

This past week in.....

The age group program we've been working on starts, turns, and race strategy. Its been the same thing all week long, but we try to keep it interesting to keep our swimmers engaged.

We've also been practicing racing so we've seen some ridiculously fast practice swims. This summer State&Zones is going to be some of the fastest I've ever coached!

Swimmer Shoutout

The swimmer shoutout this week goes to Natalia, the 200 breast she did last Friday night was crazy fast! Its a reflection of not only her dedication and ability to focus on her race, but the training to get to that point was very difficult! Officially her time is 2:33.11 which just missed her 13-14 zone cut by less than a second but she did get the team record. Great 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!

Dual w/SHOR Recap & Highlights

The SEA and SHOR dual meet was a great success. Thanks to all the parents who helped run the meet as timers and officials.

We posted 63% best times team wide and only had three DQs.

Congratulations to Nathan Mudry 2Br, Megan Schultz 1Br, and Mac Thomas 1Fr on achieving new State qualifying times.

Natalia Badillo broke Anna Brooks 11-12 200 Breaststroke team record of 2:33.56 from 2007 with her effort of 2:33.11.

Posting some of the fastest times

in our history included Natalia Badillo 8th 1Fr, 5th 2IM, Sofia Badillo 7th 50Bf, 5th 1Bf, Caitlin Mertins 9th 1Bf, and Nathan Mudry 4th 2Br, 9th 2IM.

Notching all best times were Natalia Badillo, Sofia Badillo, Amanda Lopez, Emilie Miller, Emaleigh Neo, Eric Neo, Anish Palliyath, Mansha Palliyath, Chris Pudzisz, Helena Pudzisz, Tia Ricchio, Megan Schultz, Sammie Spanske, Mac Thomas, AJ Wampole, and Easten Wember.

Improving a single event by five or more seconds included Natalia

Badillo -5.78 2IM, Savanna Gain -14.09 2IM, Amanda Lopez -11.96 2Fr, Emilie Miller -41.58 1IM, Nathan Mudry -25.19 2Br, Eric Neo -7.26, Anish Palliyath -6.46 25Fr, Mansha Palliyath -129.82 2Fr, Alex Pudzisz -41.20 2Fr, Chris Pudzisz -14.49 2IM, Helena Pudzisz -23.88 1Br, Tia Ricchio -8.40 1Fr, Megan Schultz -6.79 2Br, Sammie Spanske -5.43 50Ba, Emily Stouffer -7.32 2IM, Jordan Stouffer -5.37 1Fr, and Mac Thomas -23.07 2IM.

Way to go swimmers!

Officials Recertification & New Officials Clinic in the works

Liz Christensen (she serves on the parent board as your officials chair) is developing opportunities for our officials to become recertified and for parents to become new stroke and turn officials. Recertification will be held during the weekend of October 1-2. De-

tails will be posted here when finalized.

Parents interested in becoming officials are encouraged to attend the officials training that will be held in early October at the RecPlex ... details will be posted here when finalized.

If you need more information about becoming an official, please reach out to Liz at 262.994.4088 or via email at ejchrist@wi.rr.com.

Becoming an official is easy and requires no swimming background. Also, you get the best seat in the house!

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

- 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)

