



Serpent Times

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JULY 23, 2015

**South Eastern Aquatics
Racine Family YMCA Swim Team**



Neil's Kickboard

Quick reminders:

- *Don't forget to sign-up for OST next month. Swim through August and be that much better before the Fall & Winter Season arrives.*
- *Good luck in Brown Deer this weekend!*



What a great week of swimming we put together in Minneapolis and Brown Deer! Read more about our success later in this newsletter.

And on a lighter note, it seems summer has finally landed here in Wisconsin. Our morning practices have been warm and inviting ... especially for our Pup level swimmers. Let's hope it stays for a loonngg time.

Here's how the remaining practices pan out ... today and tomorrow PM we will be at Carthage College; next week Monday and Wednesday PM we are at Park; Tuesday next week there is no PM practice (we are running End of SEASON Time Trials - email me if you would like your swimmer(s) entered in the meet); AM practices remain at Meadowbrook Country Club

through next week Wednesday (as long as there's no thunder or lightning). Our final practice of the season will be Wednesday evening at Park, July 29.

Long course training has come to an end. IL 14&U State will be held at RecPlex today-Sunday and after speaking with my assistants, it's not important for us to train there Tuesday next week since we will be heavy into our taper and rest period ... until next year!

I met with a couple of parents planning the Team Picnic (to be held at the Sealed Air YMCA, Saturday, September 19, Noon-5 p.m.) this morning after practice. Boy-oh-boy do they have a fun event planned! Save the date and hope to SEA you there!

If you are looking for some-

thing to keep your kids active in August maybe Off Season Training is a good fit? During August, we train three days a week in the mornings to bridge the gap between the end of the season and the start of the Fall & Winter Season. Read about this opportunity on page three and join the fun!

Finally, and it's not "official" yet, but all the positions on the parent board will be filled in the next month or two. Thank you to all the parents who are stepping forward to help lead the way for team SEA!

Good luck this weekend in Brown Deer!

Parents with questions, concerns, or comments are encouraged to contact me at 262.898.4766 or south.eastern.aquatics@gmail.com.

Our next meet: 12&U State

This weekend we head to Brown Deer for 12&U State ... good luck swimmers!

Assigned warm-ups for the duration of the meet:

Friday warm-ups (events 1-14) 1:00-1:30 p.m., meet begins at 2:05 p.m. and is scheduled to end at 3:56 p.m.

Saturday AM warm-ups (10&U

swimmers, events 15-26) 8:30-9:00 a.m., meet begins at 9:15 a.m. and is scheduled to end at 12:09 p.m.

Saturday PM warm-ups (11-12 swimmers, events 27-40) 1:00-1:30 p.m., meet begins at 1:45 p.m. and is scheduled to end at 4:47 p.m.

Sunday AM warm-ups (10&U

swimmers, events 41-52) begin at 9:00 a.m., meet begins at 10:13 a.m. and is scheduled to end at 12:11 p.m.

Sunday PM warm-ups (11-12 swimmers, events 53-66) 12:30-1:00 p.m., meet begins at 1:45 p.m. and is scheduled to end at 5:56 p.m.

Drive safe, swim fast, have fun!

30th Anniversary Picnic Planned ... save the date!

Saturday, September 19th from Noon to 5:00 p.m. at the Sealed Air YMCA we will be hosting a SEA Picnic to finish out celebrating 30-years of SEA swimming!

Robin Betthausen, Lydia Bolendorf, and Kim Wergin are leading the charge in the planning process and if you would like to assist, please reach out to them.

We will have exclusive use of the multi generational room and the acres of open green space for games, shade tents, and chairs and the pool and basketball courts will be available for use as well.



Should be loads of fun!

At this time, please save the date and we hope to SEA you there!



- Hugo A.
- Natalia B.
- Arev B.
- Collin F.
- Ivar I.
- Austin L.
- Emilie M.
- Abby P.
- Dominic R.



- Emma S.
- Elizabeth S.
- William B.
- Erin C.
- Jacob M.
- Madilynn P.
- Jack S.
- Madeline B.
- Anna G.



- Joanna C.
- Alexandra J.
- Michael W.

Off Season Training Scheduled for August

As usual, we will offer Off Season Training three days a week in the mornings at Meadowbrook Country Club.

This opportunity bridges the gap between the end of the summer and the start of the fall season.

Training sessions will be held on Monday, Wednesday and Thursday, August 3-27.

Practice for Green, Blue and Senior level swimmers will be held 7:45-9:15 a.m. and the cost is \$75,

Practice for Pups, Lions and Dragons will be held 8:15-9:15 a.m. The cost is \$50.

In addition, weight training for 9th-graders to be and higher will be held during August at Sealed Air YMCA Monday, Wednesday, and Friday from

10:00 a.m. to 11:00 a.m.

Please forward payment to Coach Neil in form of check (made out to SEA) or cash.

Take advantage! Signed up to date included: William and Isabelle Buhler, Macie Ritter, Norah Wystra, Rachel Christensen, Nathan Mudry, Arev Buchaklian, Dayna and Kira Alemy.

Speedo Sectional Recap

Although the air quality was terrible at the University of Minnesota Jean Freeman Aquatic Center, our swimmers managed to push on through and post some quality results.

As a team we posted 80% personal best times (which is incredible considering we did not rest for this event and even pulled doubles the day before the meet started).

Ivar Iverson posted a LC Junior

National qualifying time in the 1Br (new 17-18 team record time of 1:06.25) and also picked up the 1Ba bonus cut at 59.56 (Senior team record).

Emily Bollendorf broke the 15-16 team record in the 1Bf (1:04.89) and broke the Senior 1Br record touching in 1:20.41.

Cracking into our Top Ten all time included Emily Bollendorf (3rd 2Br), James Weslaski (2nd 50Fr, 7th 1Fr, 4th 1Br) - Coach

James is now only .24 seconds off our Senior team record in the 50Fr!, Ivar Iverson (2nd 1Fr, 2nd 2Br, 2nd 2IM), and Jacob MacKenzie (4th 8Fr).

Dropping more than five seconds in a single event was Ivar Iverson -5.69 in the 2IM.

Let's build off of our success in Minnesota as we prepare for 13&O State and Junior Nationals! Rest up buttercup.

Silver State Recap

What an amazing meet Silver State turned out to be ... 5th overall team out of 38 with 739.50 points and 75% best times! Congratulations to all of our student-athletes on their accomplishments ... here come the highlights!

Qualifying for the 14&U Central Zone meet in Minnesota were Kinzie Reischl 1Fr and Eden Wember 50Fr.

Achieving new LC State qualifying times included Natalia Badillo 50Ba, Sofia Badillo 2Fr, 1Br, Sara Bollendorf 1Br, Hannah Kehl 50Fr, 50Bf, Mackenzie Reischl 2Fr, 1Ba, 1Fr, Jacob Trask 2Bf, 4IM, and Eden Wember 50Fr.

Notching some of the fastest times in our team history were Sofia Badillo 5th 1Fr, 4th

2Fr, 9th 2IM, Natalia Badillo 9th 50Ba, Kinzie Reischl 10th 50Fr, 5th 1Fr, 7th 2Fr, 5th 1Ba, 5th 2Ba, Sara Bollendorf 8th 8Fr, 5th 1Br, Eden Wember 7th 1Ba, 9th 2Ba, 8th 1Bf, 7th 50Fr, Tara Smith 4th 1Br, 3rd 2Br, Elisa Wember 9th 1Br, Maren Hoferitza-Palermo 7th 1Br, 4th 2Br, 4th 2IM, Emily Bollendorf 3rd 2Br, CJ Trask 10th 50Bf, 8th 1Bf, Jacob Trask 6th 1Fr, 4th 2Ba, 2nd 2Bf, 2nd 2IM, 3rd 4IM, and Jacob MacKenzie 9th 2Fr.

A ton of swimmers posted 100% best times - Hugo Arteaga, Sofia Badillo, Emily Bollendorf, Isabella Buhler, Emily Cain, Rachel Christensen, Maya Frodl, Maren Hofertiza-Palermo, Nathan Mudry, Emaleigh Neo, Scott Palmer, Alex Pudzisz, Chris Pudzisz, Helena

Pudzisz, Ali Scharff, CJ Trask, and Elise Wember.

Twenty-four swimmers dropped more than five seconds in a single event: Joey Abel, Josh Abel, Sofia Badillo, Emily Cain, Erin Cain, Ana Carrillo, Rachel Christensen, Maren Hoferitza-Palermo, Hannah Kehl, Austin Lentz, Nathan Mudry, Emaleigh Neo, Parker Palermo, Mansha Palliyath, Elise Piper, Alex Pudzisz, Chris Pudzisz, Helena Pudzisz, Mackenzie Reischl, Macie Ritter, Ali Scharff, CJ Trask, and Jacob Trask.

Rest up for 12&U State, End of SEASON Time Trials, 13&O State, and Junior Nationals!

End of SEASON Time Trials

End of SEASON Time Trials will take place at Park High School on Tuesday, July 28.

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

Timers and officials are needed, but this event is not sanctioned.

Parents interested in helping out can meet with Coach Neil at 6:00 p.m. next to the First Aid closest.

This is a great event for our swimmers to swim as it gives our Pup levels swimmers an opportunity to swim the 100 IM (the requirement to move out of the Pups group is to swim a legal 100IM) and it gives

everyone else one more opportunity at posting best times prior to our upcoming break from meets and/or swim an event or two they never tried before.

Please take advantage of this great opportunity and sign-up today! Email Coach Neil if you would like your swimmer in the meet!

South Eastern Aquatics

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Parent Motto:
Love, Support, Transport.

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Our Mission Statement here at SEA reads, "[To empower the youth of Southeastern Wisconsin to be champions in life through excellence in swimming.](#)"

Our Vision Statement here at SEA reads, "[As a swim team without a true home, it is SEA's vision to one day build a pool of our own.](#)"

Communication is key here at SEA. There are no 'dumb' questions. If you are confused about anything at all, please reach out to your swimmer's coach or contact our Head Coach Neil Wright at 262.898.4766 or via email at south.eastern.aquatics@gmail.com.

On the Starting Blocks

July 2015

24-26, 12&U State meet
28, End of SEASON Time Trials
30-2, 13&O State meet
30-3, Junior Nationals

August 2015

7-9, 14&U Central Zones
3-27, OST
25, Parent board meeting

September 2015

8-17, FREST Clinic
14, Returning Family Registration,

6:00-7:30 p.m. at Sealed Air YMCA

19, SEA Family Picnic at Sealed



Air YMCA, Noon-5:00 p.m.

21, Tryouts

22, First day of practice

October

15, Sprint Time Trials

17, SEA vs. SSTY

25, J-HK High Point Open

November

1, 6th Annual SEA Fall Starter

7, KENO Invite

13-15, PX3 Invite

15, SSTY Invite

21, SEA vs. TOSA

December

4-6, Team travel meet to Madison

11-13, Y-Finalist