

SOUTH EASTERN AQUATICS



July 26, 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!



Next year there will be a new outdoor pool in Racine. Exciting news for sure!

HEAD COACH NOTES

Some reminders as we close in on the end of our season ...

- 1) Our final practice will be held Wednesday, August 2 (we'll run both AM and PM practices that day)
- 2) We do have practice Friday this week (both AM and PM) and Saturday AM practice too
- 3) Don't forget to sign-up for OST (practices will be held Monday, Wednesday, and Thursday beginning August 7 and running to the end of August). 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).
- 4) 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.

12&U State Warm-up Information

We have assigned warm-ups for the duration of the meet:

Friday – 12:30-1:05 p.m. in lane 6, meet begins at 2:05 p.m.

Saturday – 12:15-12:40 p.m. in lane 6, meet begins at 1:30 p.m.

Sunday – 12:45-1:10 p.m. in lane 6, meet begins at 2:00 p.m.

Good luck to everyone this weekend. Drive safe, swim fast, have fun!

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

Hello again! What a great Silver State Meet this past weekend. I believe Neil said we had about 60% best times and achieved 16 new state cuts. I was amazed at their performance this weekend and am extremely proud of their accomplishments.

We are prepared for 12 & Under State this weekend, with 8 athletes swimming. There will be a state team dinner at Olive Garden in Racine at 6pm on Thursday the 27th. We will carb load and share stories. Hope to see you there. Also, Lindsey Thomas will have a shade tent set up outside as home-base for team SEA this weekend. Bring your chairs!

This is truly a great bunch of kids. They support each other in the pool and outside of it. The bleachers are always empty when we have swimmers racing, they are awesome cheerleaders. Keep up the great teamwork guys!

Our last day of practice is next Wednesday the 2nd. But we are about a 2-weeks away from end of season time trials. There is still time to sign up! Parents, friends and family are invited to swim as well! I'm sure some coaches will be swimming too. We will also offer off season training 3 days a week starting August 7th.

Bronze athletes are working very hard with our coaching staff on their diving. As well as their streamline. They are giving the Gold's a run for their money in the streamline department.

Silvers are working on similar skills as the Bronze. We have actually been focusing more on butterfly and perfecting the timing of our breath and Kick. They have also been doing some test sets and are performing great!

Gold's got to enjoy some yoga this morning thanks to Coach James! Yoga is also great for recovery, after a hard workout or long day at school. We will be adding more yoga into our dryland routine this fall. Closing out the season we will keep working hard but I will sprinkle in some fun activities as well.

SPEEDO SECTIONALS & SILVER STATE RECAP AND HIGHLIGHTS

We had an excellent weekend of swimming!

During Speedo Sectionals Jake Trask achieved a PR in the 200 Backstroke while posting the sixth fastest time in our team history. It was his first time attending this meet and we look forward to him developing a full slate of events for this meet in 2018.

Silver State was great, but a little long in the tooth. We finished 11th of 35 teams entered in the meet scoring 644 points (did you know there were also 1,070 swimmers in attendance?). As a team, we posted 67% best times with seven swimmers achieving 16 new State qualifying times, ten swimmers posting 100% best times, and six swimmers notching all best times, but one!

New State qualifying times were achieved by Josh Abel 100 Backstroke and 400 IM, Hugo Arteaga 100 Freestyle, Sofia Badillo 50 Freestyle, 200 Freestyle, and 200 IM, Zoe D'Alessandro 200 IM, Zack Kopsea 800 Freestyle, Nathan Mudry 800 Freestyle, 1500 Freestyle, 100 Butterfly, and 200 IM, and Mac Thomas 100 Freestyle, 100 Backstroke, 50 Breaststroke, and 100 Breaststroke.

Posting some of the fastest times in our team history were Shaelyn Jensen 8th 100 Free, 7th 100 Back, 10th 50 Breast, 3rd 100 Breast, Sofia Badillo 8th 50 Free, 3rd 200 Free, 5th 200 IM, Mac Thomas 9th 50 Breast, 4th 100 Breast, Zoe D'Alessandro 10th 200 IM, Macie Ritter 8th 1500 Free, Kinzie Reischl 10th 100 Free, 10th 200 Free, Isabelle Buhler 5th 800 Free, 7th 1500 Free, Eden Wember 7th 100 Back, Sara Bollendorf 9th 100 Breast, Hugo Arteaga 10th 100 Free, Nathan Mudry 3rd 800 Free, 10th 100 Breast, 7th 100 Fly, 4th 200 IM, 3rd 1500 Free, Josh Abel 10th 800 Free, 8th 1500 Free, 9th 100 Back, 8th 200 Back, 7th 400 IM, and Zack Kopsea 3rd 800 Free.

Achieving 100% best times in all their events included Josh Abel, Sofia Badillo, Ethan Brannen, Zoe D'Alessandro, Shaelyn Jensen, Zack Kopsea, Austin Lentz, Nathan Mudry, Macie Ritter, and Ali Scharff.

Dropping more than five seconds in a single event were Joey Abel -14.80 200 IM, Josh Abel -12.08 400 Free, Hugo Arteaga -12.90 200 IM, Sofia Badillo -10.97 200 Free, Ethan Brannen -6.22 100 Fly, Isabelle Buhler -44.16 1500 Free, Zoe D'Alessandro -19.54 400 Free, Shaelyn Jensen -11.39 100 Breast, Hannah Kehl -6.83 200 Back, Austin Lentz -15.22 400 Free, Nathan Mudry -44.88 800 Free, Tia Ricchio -7.59 200 Free, Macie Ritter -11.73 400 Free, Ali Scharff -5.18 200 Free, and Mac Thomas -15.30 200 Free.

Outstanding efforts everyone ... good luck at 12&U and 13&O State!!!

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 Norah Wynstra, Nathaniel and Nicholas Foster, Nathan Mudry, Scott Palmer and Matt Krug.

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:

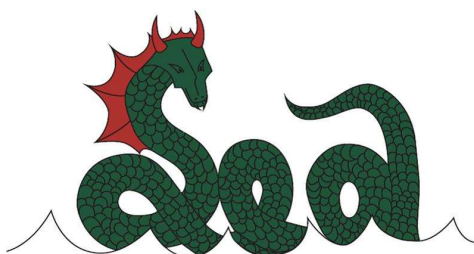
Order by	Delivery on
July 23	July 26

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. (See below.)



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

Contact Us

South Eastern Aquatics

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Date	Meet	Deadline
July 27-30	12&U State	Entries closed
August 3-6	13&O State	Entries closed
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.