

SOUTH EASTERN AQUATICS



July 5, 2017

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

Our seasonal End of the SEASON Time Trial event 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 swim swimmers, Alumni, family, past coaches, and anyone who wants a chance to race again!

Take advantage!



Five years of graduated SEA swimmers (2017-2013). That's a lot of history!

HEAD COACH NOTES

I hope everyone had a safe and enjoyable 4th of July. Here's the down and dirty list of what you need to know heading into the remainder of this weekend and our team travel meet to Kentucky.

- 1) Here are the warm-up times for the meet this weekend (all swimmers entered in Thursday events will swim since everyone is seeded in the top 30)
 - a. Thursday warm-ups: 3:30-4:30 p.m.
 - b. Friday and Saturday warm-ups for 13&O swimmers: 7-8 a.m.
 - c. Friday and Saturday warm-ups for 12&U swimmers: 11:30 a.m.-12:30 p.m.
 - d. Don't forget we lose an hour ... safe travels!
- 2) The Kenosha Kingfish game was rained out and rescheduled for Monday, August 7
- 3) Friday's Strength Training at Razor Sharp has moved to 9-10 AM
- 4) Practice will be held for the remainder of the week as schedule (although we are shuffling the coaching staff around because of everything happening!!!)
 - a. Katie is getting married this weekend! Alyssa is attending her wedding. Neil is in Kentucky. Thanks in advanced to Alyssa, Mike, James, and Jacob for all their help the remainder of the week.
- 5) I'll take additional entries for the dual with OZ meet through Friday evening ... take advantage of this event!

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

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.

Did you sign-up for the SEA vs. OZ Dual yet? Email Coach Neil.

HEAD AGE GROUP COACH NOTES

Hello again SEA Families and athletes,

Here I am writing the newsletter in the clouds, as I pass the time on my flight out to Vegas! Not a fan of flying so I'm keeping busy.

Our team did a fantastic job hosting our 8th annual Summer Sizzler. Thank you to all the volunteers who stepped in to fill the volunteer spots. Luckily, we have 4 months to prepare for our next SEA hosted meet.

This meet was a fast one for most athletes. Dropping time left and right! You can tell by all the SEA tattoos. Stand out swims of the weekend go to Zack Kopsa, who notched state cuts in the 400 and 200 IM. Way to go dude!

Age group athletes have endured some chilly waters this past week. But they are pushing through and staying focused. With warmer waters in their future.

Bronze level athletes will work really hard this week on their starts. Long course doesn't give these guys much opportunity for turns. Perfecting a fast racing start will get them a step ahead of their competition.

Silvers will also be focusing mainly on their starts this week. We have also been working on some test sets at night practice. Preparing for future training as a Gold or Senior swimmer. Completing them with the greatest of ease.

Gold's worked pretty hard this past week. Taking it easy focusing on starts, turns, and finishes. Some prepare for a weekend in Kentucky, while others have the weekend off. Next week we will pick up the volume in preparation for Silver State.

After this weekend, the rest of the summer will be smooth sailing for me. I'm crossing all my "T's" and dotting all my "I's". Have a great weekend and good luck in Kentucky!

RECPLEX PRACTICE SCHEDULE

Long course practice will be offered for Seniors 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 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.

Silver and Bronze swimmers will train from 8:15 a.m. to 9:15 a.m.

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.

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 hbpo691@gmail.com.

Take advantage of this easy 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 9	July 12
July 23	July 26

NEXT PARENT BOARD MEETING

The next meeting will be held July 17th, beginning at 6:00 p.m. at Park High School. All parents are welcome to attend parent board meetings.

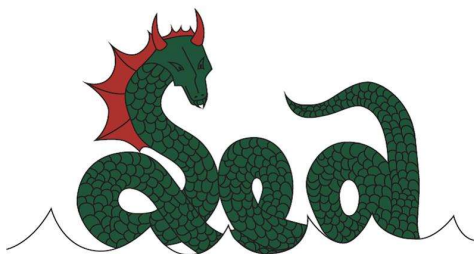
MEET DEADLINES

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 6-8	Seahawk Invite	Entries closed
July 13	Dual w/OZ	July 3
July 19-22	Speedo Sectionals	July 19
July 21-23	Silver State	July 7
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

South Eastern Aquatics

Racine Family YMCA Swim Team

725 Lake Ave.

Racine, WI 53403

262.898.4766

south.eastern.aquatics@gmail.com

www.sea-y.org

@SEAWisconsin