

SOUTH EASTERN AQUATICS



August 2, 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!



12&U State was great! Good job Coach Katie and athletes!

HEAD COACH NOTES

It's amazing how quickly our Summer Season went ... poof, it's over!!! Good luck this weekend in Brown Deer and Pleasant Prairie as our athletes' race some of the states and Midwest's best swimmers during 13&O State and 14&U Central Zones (good luck to Coach Katie too as she is one of Team Wisconsin's coaches this year).

As always, on behalf of the entire coaching staff here at SEA, it's been a pleasure working with your children for another season and we look forward to SEAIing everyone back in the water on September 18. Have a great rest of the summer everyone!

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

- 1) 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. I changed the Monday Senior and Gold practice time to accommodate our Strength Training practice. Read more about this change later in the newsletter.
- 2) 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.
- 3) End of SEASON Time Trials will be held at Park High School this Tuesday, August 8 and is open to all SEA swimmers AND their family members. Email me if you would like to participate. Alumni are welcome too! Warm-ups begin at 5:30 p.m.
- 4) Returning Registration is set for mid-September. More information is available on our website and I'll forward an email reminder closer to the date.

13&O State Warm-up Information

Warm-up times are "in water" times. We have assigned warm-up times in the competition from 7:45-8:15 a.m. on Thursday and Saturday and from 7:15-7:45 a.m. on Friday and Sunday. If your athlete would like to warm-up in the competition, please arrive during the designated times – otherwise, he/she will be warming-up in the YMCA's 25-yard pool. Questions during the meet? Give me a call or text at 262.994.3157.

Thursday: Ivar, Will, Jake, James 7:45 a.m., Kinzie 8:30 a.m., Sara 9:30 a.m., Josh 10:45 a.m., Nathan 12:45 p.m.

Friday: Nathan 7:15 a.m., Josh, Jake, 9:30 a.m., Kinzie 10:30 a.m., Ivar, James, Will 11:30 a.m.

Saturday: Kinzie, Jake 7:45 a.m., Nathan 9:30 a.m., Sara 10:30 a.m., Josh 11:15 a.m.

Sunday: James, Ivar, Jake, Nathan 7:15 a.m., Sara 8:45 a.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

What a wonderful weekend we had up in Brown Deer for the 12 & Under State meet. With 36 swims this weekend, we achieved 77% best times. Notching five zone cuts and breaking three team records. I'd call that a successful weekend!

The relay team of Mac Thomas, Zoe D'Alessandro, Sofia Badillo, and Norah Wynstra broke the 400 Medley Relay and 200 Medley Relay team records. Individually Zack Kopsea broke the 800 Free team record. I'm so very proud of their hard work and dedication (parents I won't forget you either!).

Going into 12 & under state there were no SEA athletes with zone cuts. Now I am so lucky to coach two of our own as they compete at Zones this weekend. Congratulations to Sofia Badillo who made it in the 50 back, 100 free, and 50 free. As well as Mac Thomas who made it in the 50 free and 100 breast. Luckily for us this year Zones is being hosted at the RecPlex. Come check these girls out on Friday or Saturday, bring your best cheering voices!

This is the final week of summer season. Off season training starts on Monday the 7th with our end of season time trials on Tuesday the 8th. Off season is a great opportunity to fine tune mechanics of strokes as well as starts, turns, and finishes. Email Neil with interest in off season training.

Bronze have been practicing their flip turns for our upcoming short course fall season. Coach James is doing great at teaching them some of the toughest skills. They will continue their work on flip turns, as well as learning how to do them for backstroke too.

Silvers will continue working on those test sets designed to mimic sets Gold's would do. Sometimes our streamline and breakouts get sloppy, so slowing them down to focus on some of the little things is necessary. We fortunately have a very skilled set of Silvers.

Gold's have been learning how to feel the water. We have been doing a lot of scull work, sculling all sorts of ways. Learning how to control, our arms in particular, in the water. This is not as easy as it looks!

I look forward to seeing you at end of season time trials!

12&U STATE RECAP AND HIGHLIGHTS

Our 12&U swimmers did a fantastic job last weekend in Brown Deer during 12&U State. We posted 75% best times (21/28 swims) and finished 28th of 56 teams with 62.5 points.

New 14&U Central Zone qualifying times were achieved by Sofia Badillo in the 11-12 50 and 100 Freestyles and the 50 Backstroke while Mac Thomas grabbed the 50 Freestyle and the 100 Breaststroke qualifying times.

Three team records fell during the meet. The quartet of Mac Thomas, Zoe D'Alessandro, Sofia Badillo, and Norah Wynstra combined to break both 11-12 Medley Relay records. They finished the 200 Medley Relay in 2:22.17 to break Emelia Selky, Caitlin Mertins, Maria Villalobos, and Alice Pennings record of 2:25.87 from 2012. They also broke the 400 Medley Relay touching in 5:22.15 to slipped past the same four girls mark of 5:22.16 from 2012. On the boys' side, Zack Kopsa broke Bailey Bleser's 11-12 team record in the 800 Freestyle when he finished in 10:57.59 (old mark was 10:58.31).

Posting some of the quickest times in our history were Sofia Badillo 3rd 100 Backstroke, 7th 50 Freestyle, 3rd 100 Butterfly, 3rd 50 Backstroke, 3rd 100 Freestyle, 4th 50 Fly; Zoe D'Alessandro 4th 200 Breaststroke, 8th 50 Breaststroke, 5th 100 Breaststroke; Mac Thomas 6th 50 Freestyle, 7th 50 Breaststroke, 7th 50 Backstroke, 3rd 100 Breaststroke, CJ Trask 10th 100 Backstroke, and Zack Kopsa 10th 200 IM, 9th 200 Freestyle.

Achieving all best times in their individual events included Sofia Badillo.

Thanks to Norah Wynstra and Neil Wright III for stepping up to swim relays during the meet! Great job everybody!!!

OST TO BE OFFERED IN AUGUST

Off Season Training (or OST) will be offered in August on Monday, Wednesday, and Thursday beginning August 7 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. on Wednesday and Thursday and 6:30 a.m. to 8:00 a.m. on Monday 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.

If practice needs to be canceled, a notification will be posted on our Facebook page. The decision to canceled will be made at 6:00 a.m. on Mondays and 7:15 a.m. Wednesdays and Thursdays.

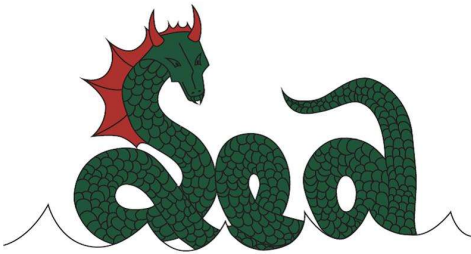
Signed up to date is Macie Ritter, Hugo Arteaga, Megan Schultz, Zoe D'Alessandro, Maddie Cerny, Will Buhler, Norah Wynstra, Nathaniel and Nicholas Foster, Nathan Mudry, Scott Palmer and Matt Krug.

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

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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 closed
August 8	End of SEASON Time Trials	August 4

HAPPY AUGUST BIRTHDAY

Diamond Akakpo, Rylie Bergemann, William Buhler, Erin Cain, Joanna Caro, Matt Krug, Lilie Larson, Jorja Makovsky, Ella Million, Madi Peterson, and Guiherme Ramos.