

August 3, 2016



SOUTH EASTERN AQUATICS

# Serpent Times

## Neil's Kickboard

What a great weekend of swimming we had in Brown Deer and Indianapolis! Congratulations swimmers ... read all about our results and successes later in this newsletter.

Tomorrow though Sunday we'll be racing at the RecPlex during this summer's 13&O State Championships. Good luck swimmers!

Don't forget about the send off party we are having for Coach Mike on Thursday, August 18. The flyer explaining time and location is posted on the home page of our website. Hope to SEA you there!

OST (off season training)

will be held at Meadowbrook beginning this Monday. Read all about this opportunity to bridge the gap between the end of this season the start of our next one on page two.

We have a lot of Freshman girls heading to their first season of high school swimming this Tuesday. First off, good luck! Remember, working with a new coach can be difficult, but all coaches have one thing in common ... they want to make you faster! If swimmers/families are wondering when they should return to SEA at the conclusion of their high school seasons, it's recommended to be back by Monday, December 5. Depending on

the goals our high school girls have established, some will need to be back prior to that date. If you have questions about when to return, please drop me a line.

End of SEASON Time Trials will be held Tuesday at Carthage College beginning with 5:30 p.m. warm-ups. Email/call me by Monday to sign-up ... parents are encouraged to attend and compete!

The first day of practice for the upcoming Fall & Winter Season is Tuesday, September 13.

Enjoy the rest of your summer!

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

## 13&O State Meet Information

This weekend we head to the RecPlex for the 13&O State Championships.

Prelim warm-ups for all days of the meet will be 7:30 a.m. Keep in mind, some swimmers will be arriving later and warm-up

in the waterpark pool ... a handout of warm-up times for all swimmers entered in the meet will be handed out tonight at practice (it was also emailed too).

Swimmers slotted to swim Finals should check with

Neil on what time to return for warm-ups.

Keep in mind, the top twenty swimmers will compete in Finals.

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

### Upcoming Deadlines

End of SEASON Time Trials	8/8
Sprint Time Trials	9/17
MFSC Open	TBA
OZ Swim Your Own Age	TBA
J-HK Swim Your Own Age	TBA
SEA Pentathlon	TBA
KENO Invite	TBA

### Special points of interest:

- Save the date ... August 18th from 4:30 p.m. to ? Come say goodbye Coach Mike and help send him off to his new position at Carthage!
- 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

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Hi SEA fans! The last meet of the season is upon us, as well as my last newsletter post. We roll into 13&Over state for Natalia this weekend and Zones for Mac and Zoe in Indiana. Congratulations girls on making it to these meets! 12&Under state was a rollercoaster to say in the least, I'm so proud of all the SEA swimmers who attended. I've never had such wild 10&Under sessions before in my life! My 11&12 swimmers did amazing, I was blown away by the attention to detail you brought to your races. I know each and every swimmer can honestly say they swam every race with everything they had, and that's more than a coach can ever ask for.

### Swimmer Shoutout

The swimmer shoutout this week goes to everyone I've coached since I joined the SEA more than seven years ago. Coaching here has left such an impact on me that it has changed my outlook on life for the better. My time here has taught me that helping young minds grow is the world's highest calling, I've learned that you gain far more out of freely giving knowledge than you do keeping it to yourself, that it's far more rewarding to be of service to others than to act in your own interest, that being upfront and honest when you are wrong gains trust from others, that the swimmers I coach can teach me more about swimming than I can teach them,

that to inspire others you have to be just as passionate as they are, and that it's okay to fail and fall down because your team, your family will be there to help pick you back up. It's difficult to put into words what all of you and the experiences we've shared mean to me, and it's even harder to find the words to say goodbye. So instead I think I just want to say thank you. Thank you to all of the parents who have been great role models, thank you to all the coaches whom I've learned so much from, and a special thank you to all the swimmers who have given you all when you swam for me. Thank you because I truthfully would not be who I am today without each and every one of you.

## Fall & Winter SEA Hosted Meet Schedule .. And Team Travel Meets!

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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

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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!

## YMCA Nationals & 12&U State Recap & Highlights

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Emily Bollendorf broke her team record in the 100 Butterfly winning the C-Final in 1:03.49 (previous record of 1:03.67 - she missed qualifying for Junior Nationals by .10 seconds!) during YMCA Nationals last week.

Meanwhile in Brown Deer, our contingent of swimmers finished 18th of 53 teams scoring 217 points while posting 76% best times team wide with only three DQs.

The quintet of Mac Thomas, Zoe D'Alessandro, Ellie Palermo, and Maddy Cerny broke the 9-10 girls

200 Freestyle Relay team record touching in 2:27.13 (broke Robyn Zastrow, Erin McCarthy, Katie Hansen, and Kate Patterson's 1994 record of 2:28.58).

Zoe (1Br) and Mac (50Fr, 1Ba, 1Br) qualified for the Mega Zone meet.

Notching some of fastest times in our history were Zoe (10th 50Fr, 4th 1Fr, 4th 2Fr, 2nd 50Br, 2nd 1Br, 4th 2IM), Mac (3rd 1Fr, 3rd 1Ba, 4th 50Br, 3rd 1Br, 2nd 50Fr, 2nd 50Ba), Madi Peterson (6th 50Fr), Sofia Badillo (8th 1Ba), Macie Ritter (10th 1Ba), CJ Trask

(4th 50Fr, 3rd 1Fr, 5th 2Fr, 3rd 50Ba, 3rd 1Ba, 5th 50Br), Hugo Arteaga (5th 50Fr, 10th 50Ba), Neil Wright III (4th 1Bf), and Nathan Mudry (9th 50Fr, 6th 1Fr, 3rd 2Fr, 6th 50Br, 4th 2IM).

Posting all best times included Zoe, Madi, Emily Stouffer, Mac, and CJ).

Dropping five seconds or more in a single event were Zoe -5.85 1Br, Nathan -7.41, Macie -9.20 1Ba, and Mac -13.65 1Br.

Congratulations swimmers, parents, and coaches!

## Officials Recertification & New Officials Clinic in the works

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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](mailto: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

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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!

## Hotel Secured for BAC Open, December 2-4 in Madison

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Thirty rooms (most are double queen type rooms) have been reserved at the Hampton Inn in downtown Madison for next season's team travel meet - the BAC Open.

Each room comes with a fridge and microwave and includes a hot

breakfast.

The rate is \$109 per night with a \$12 parking fee per 24 hours.

The link to reserve rooms is now live and posted under the MEMBERS/Meet Information page or our website.

We will also host a team travel meet in January

of 2017 when we head back to Indianapolis.

For those wondering, the meet in Madison is open to all swimmers (there are no qualifying times) while the Indianapolis meet has some light time standards).

Hope to SEA you racing at both meets!

## Returning Registration ... something new this Fall & Winter

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Our first day of practice for the Fall & Winter Season will be Tuesday, September 13.

In the coming weeks, our website will be updated and returning families will be able to send in their forms and payments for the Fall & Winter Season.

Our Registration Chair - Missy Reischl, will host Returning Registra-

tion on Wednesday, September 14 at Case High School from 6:00 p.m. to 7:30 p.m. for parents who prefer to register in person.

This is a slight change from past registration practice ... with our first day or practice taking place prior to our first opportunity to register for the team, but with the start of school taking place during the first week of Sep-

tember, the parent board felt it best to not burden families too much during the that week.

If you have questions or concerns, please reach out to Missy Reischl at 262.989.9065 or via email at [mjreischl@wi.rr.com](mailto:mjreischl@wi.rr.com).

Enjoy your remainder of the summer and SEA you back in the pool real soon!

## Send off Party for Coach Mike

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We are hosting a send off party for Coach Mike on Thursday, August 18 beginning at 4:30 p.m. to ? at the Thomas Estate located at 5301 22nd Street, Kenosha (additional parking at 5404 22nd Street).

Please RSVP Lindsey Thomas at 262.496.9625 or via email at [Lindsey.thomas84@gmail.com](mailto:Lindsey.thomas84@gmail.com) by

8/11.

Burgers, brats, hotdogs, soda, buns, plates, napkins, and the "fixings" will be provided. Please bring a dish to pass as follows (if your last name begins with): A-I hot dish, J-R cold dish, S-Z dessert and chips.

Families are welcome to BYOB. Also bring your suits as there is a pool to enjoy along with Slip & Slide Kickball and a bounce house too! Don't forget to bring your chairs as well. Hope to SEA you there!



**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

**August 2016**

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

15, Parent board meeting, Sealed Air YMCA, 6:00 p.m.

**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)

30-3, AT&T Winter National Championships

**December 2016**

2-4, BAC Open

7-10, Speedo Winter Junior National Championships

9-11, Y-Finalist

16, Middle Distance Time Trials

