



SOUTHEASTERN AQUATICS

Newsletter

April 11, 2017



Neil's Kickboard

I will take additional entries for the SSTY Distance and Sprint meet through tonight (some light time standards associated with this meet). Meet information is posted on our website (this meet draws some of the best teams in the state so if your swimmer is looking to race some fast swimmers ... this is a great opportunity).

I'm slowly populating the Meet Information page of our website as information becomes available. Please check it regularly. Don't forget to email me to sign-up your swimmers for our Early Bird meet – takes place in Brown Deer on April 29-30.

I will be on vacation April 13-23. Coaches Alyssa and Mike will be covering practice in my absence. I will be checking email ... feel free to contact me if you have questions or concerns.

Practice times will vary when we train at Carthage College during Spring Break. In addition, we will only have access to four or five lanes. Please use the following practice times on the specified dates below:

April 14 – regular practice times

April 17-20 – Bronze: 6-6:45 p.m.; Silver: 6-7 p.m.; Gold: 6:45-8:30 p.m.; Senior: 6-8:30 p.m.

As we begin our new season, it's important to remind everyone about the importance of communication. Coaches are available 15 minutes before and after practice if you need to speak directly with them. In addition, Coach Katie can be reached via email at katiepalmiter@gmail.com if you have any questions regarding the age-group program. This newsletter is sent out each week and contains all the current information you need to know about the swim team. If you have questions or concerns, it is your job to reach out to a coach so that we can assist you. Complaining in the balcony to other parents does not solve any issues and in fact, tends to make matters worse. There are no “dumb” questions ... please reach out to the coaching staff anytime via email or as stated above, 15 minutes before or after practice.

Does your swimmer need a swim cap? I have them for purchase as does Katie. \$12 for silicone and \$5 for latex. Represent!

Questions, concerns, comments? Please contact me at 262.898.4766 or via email at south.eastern.aquatics@gmail.com.

Katie's Kickboard

It is so great to see everyone back in the pool for the spring season. We had a good turnout the first week as we ease our way back into shape. All age-groups worked on the fundamentals of

freestyle this week. Emphasizing swimming “long and strong,” and remembering how important having a great streamline is.

Bronze and Silvers have adapted to their dryland routine very well, our goal is not to create buff young children. Rather to help our athletes better control their bodies both outside of the water and inside. As well as preparing them for dryland as a Gold or Senior level athlete.

Both Bronze and Silvers worked hard this week on their long freestyle arms and will pick up with backstroke starting Monday. Making it a goal to master their stroke count by the end of the week.

Gold level athletes caught right back up with dryland this week, even adding some new exercises too! In the pool we broke down freestyle and will do the same with backstroke next week.

This past week we started off with a hard but fun kick set that I use to do myself as an age-group swimmer. I am already getting requests to do the set again. It is possible to work hard and have fun at the same time!

Don't forget to sign up for our upcoming SEA Early Bird meet! As well as diving practices offered by request at the Lakefront YMCA. If your athlete(s) are interested, shoot coach Neil an email of your intentions.

Official Classes Schedule

Any parents interested in becoming officials now have an opportunity to do so.

Stroke and Turn Clinics will be held on the following dates:

- 1) April 29, in Brown Deer, check in at 12:45 p.m., class begins at 1:00 p.m.
- 2) May 13, in Pleasant Prairie, check in at 7:45 a.m., class begins at 8:00 a.m.

Starter and Referee Clinic will be held on the following date:

- 1) April 29, in Brown Deer, check in at 8:15 a.m., class begins at 8:30 a.m.

Please contact Liz Christensen for more information (she is SEA's Official Chair and serves on the parent board). She can be reached at 262.994.4088 and at ejchrist@wi.rr.com.

Spring & Summer Fundraising Opportunity ... Mileager's Money!

We are participating in the “Milaeger's Money” Fundraiser again this Spring and the “money” will be believed just in time for Memorial Day Weekend planting!

How does it work? Simply buy or sell Milaeger Money (gift card) and 17% of your total sales will go towards your Spring & Summer 2017 Fundraising Obligation. Details on this event is posted on our website under the MEMBERS dropdown menu – click on the Milaeger's link.

Your Job as a Swim Team Parent

A parent's job here at SEA is very easy ... Love, Support, Transport. It's really that simple.

Love your swimmers regardless of their performance. It is impossible for swimmers to achieve best times at every meet they attend. Accept this is truth (because it is). Your swimmers will have incredible highs and some bad lows when it comes to this sport. “Lows” happen in the form of plateaus and plateaus can last as short of a month or as long as a year (longer even). Bottom line, just love them no matter what. In addition, never compare your swimmer with another one ... it’s a losing game. All swimmers are different. Some learn faster than others, some are stronger than others, some don’t care about the sport as much as others (it’s true). The best way to compare your swimmers’ development is look at their times from year-to-year. 99% of the time, you’ll see a trend in which their times improve (usually substantially at the age-group level).

Support them by paying tuition and meet fees on time, volunteering, and fundraising. You can also support them by ensuring they have a dry towel after their swims, getting them to practice on time, feeding them quality food, making sure they get a good night’s sleep, only speaking positive about their coaches, showing up on time for meets, packing snacks in their swim bags for after practice and during meets, teaching them to pack their own swim bags, and making sure they have something to drink during practice (sports drink for Gold and Senior swimmers and a minimum of water bottle for Silver ... Bronze – no worries at this level yet). These are just a few ways to support your swimmers.

Transport speaks for itself. If you need help setting up a carpool, please reach out to Coach Neil and he’ll be happy to assist.

Annual Recognition Banquet

Our Annual Recognition Banquet will be held at Infusino’s Banquet Hall, Thursday, May 11 from 6:00 p.m. to 9:00 p.m. The reservation form is now posted on our website and will be emailed to you in the coming weeks. Registration deadline is May 1 and the cost is \$14 for adults, \$7 for children (5-10), and free for children (4&U). Won’t you join us?

YMCA National Recap and Highlights

We sent four girls to Greensboro, NC last week to participate in YMCA Nationals. Kinzie Reischl, Isabelle Buhler, Ali Scharff, and Marlee Reischl posted a solid time in their 200 Medley Relay and gained valuable experience at a national level meet. Good job girls!

Upcoming Deadlines to Attend Meets

If you need to enter your swimmers in a meet, please just email Neil at south.eastern.aquatics@gmail.com. Be sure to open a Meet Escrow Account if you attend meets that charge for events. If you need help, email or call Neil at 262.898.4766. Please note these deadlines are firm ... if you are planning on attending, let Neil know prior to the posted deadline.

<i>Meet Date</i>	<i>Meet</i>	<i>Deadline</i>
4/29-30	SEA Early Bird	4/19
5/13	LAKE Swim Your Own Age	5/1

5/20-21	SSTY Distance & Sprint	4/11
6/2-4	SEA Pirate Plunge	5/24

Important Parent Reminders

Here are a couple of reminders for parents as we begin our new season ...

- 1) Parents are not allowed on deck. Please watch practice for the balconies.
- 2) Do not interrupt coaches during practice, please speak with them 15 minutes before or after practice
- 3) Do not park next to the building at Case. All parents should park next to the tennis courts.
- 4) Do not coach your swimmer ... leave that to the coaches.
- 5) Please pick-up your swimmers no later than 15 minutes from when their practice ends.
- 6) When you drop off your swimmers for practice, make sure there is a SEA coach on deck before you depart.
- 7) If you are not receiving weekly email updates, please send a request to south.eastern.aquatics@gmail.com
- 8) SEA has two social media pages. Facebook = SEA SWIM TEAM and Twitter = @SEAWisconsin. This is another way to stay in the loop in regards to last minute changes to our practice schedule and to hear about all the great things going on here at SEA.

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, one families have met their \$150 fundraising minimum (or \$60 during the Spring & Summer), all dollars raised using the SCRIP program are deposited into their family fund account and can be used for swim tuition and meet fees.

If you have questions, please reach out to Halina Pudzisz at 262.497.1272 or via email at hbp0691@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
April 9	April 12
April 23	April 26

May 7	May 10
May 21	May 24
June 11	June 14
June 25	June 28
July 9	July 12
July 23	July 26

Noah's Ark Trip

We'll be heading to Noah's Ark this summer! Our event date is June 20 (June 27 will be our rain date).

The plan is to meet in the Sealed Air parking lot at 7:00 a.m. on the day of the event. We'll depart by 7:15 a.m. and caravan to the park. We spend the day splashing and sliding and caravan back to Sealed Air beginning at 5:00 p.m.

All families and swimmers are invited. More information about cost will be available when Noah's Ark updates their website.

Next Parent Board Meeting

The next meeting will take place May 1, beginning at 6:00 p.m., location TBD. All welcome!

Happy April Birthday

Emily Boffendorf, Tony Commodore, Naliyah Daley, Maev Harbour, Cayla Julius, Kinzie Reischl, Alice Stratman, Kylie Thomas, Grady Trask, Alex Waite, Eastern Wember, Eden Wember, Norah Wynstra, Alyssa Hyland, DeAnn Jones

