

July 1, 2016



SOUTH EASTERN AQUATICS

Serpent Times

Neil's Kickboard

Happy Fourth of July! Please don't forget we are not holding practice on Monday, July 4. We will be at Carthage College this evening and at Sealed Air YMCA for our Silver-Senior swimmers tomorrow morning. Hope to SEA you at the pool!

Don't forget to take advantage of our remaining meets. See the meets below under the Upcoming Deadlines section. I'll take late entries for the dual w/OZ through Monday evening.

I ran into the 2nd Shift Engineer from Park this morning at the Lakefront YMCA and he happily informed me they started

filling the pool. Maybe we'll be in there sooner than later!

I can't believe we only have one month left of the Summer Season. Time sure does fly when you're having fun!

I am so proud of everyone's practice attendance this Summer. From our Bronze level athletes through our Silver and Gold swimmers on up to our Senior swimmers, the pools have been packed full with swimmers this season.

Because we have been so crowded, we have moved the Senior practice time at Meadowbrook on Monday's and Wednesday's to 6:00 a.m. to 8:00

a.m. As our Yoga Coach Jenny told me via email, it's a great problem to have (too many swimmers in the pool).

We had our first 6:00-8:00 a.m. practice this past Wednesday and it was just great. 25 swimmers attended practice so we were running four swimmers per lane (five in one), versus 8-9 swimmers per lane if we were running a 7:00-9:00 a.m. practice.

We will maintain Friday morning from 7:00 a.m. to 9:00 a.m. since crowding hasn't been an issue on that day.

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

Dual w/OZ & Bird Bath Meet Information

Warm-ups for the SEA & OZ Dual meet will begin at 4:30 p.m. and the meet gets underway at 5:35 p.m.

This event is taking place at Homestead High School in Mequon.

More information about next week's dual meet and

the 18th Annual Bird Bath event will be posted here next week.

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

Upcoming Deadlines

| | |
|-------------------------|------|
| Dual w/SHOR | 7/7 |
| Speedo Champions Series | 7/12 |
| Silver State | 7/7 |
| YMCA Nationals | 7/17 |
| 12&U State | TBA |
| 13&O State | TBA |
| 14&U Mega Zone | TBA |

Special points of interest:

- Park High School's pool might be open sooner than we thought!
- SEA swim caps are required at swim meets and are available from coaches for \$12 for silicone and \$5 for latex.
- Take advantage of Silver State ... it's a great season ending meets for swimmers and the last opportunity to qualify for State.

Coach Mike's Corner

Hi SEA fans! I think our team did very well overall at both WGLO and our Summer Sizzler. Its always great to see a lot of best times and huge best times at that. On top of that we had very few DQs at the Sizzler, nice job swimmers and coaches! I want to minute to wish everyone a safe and happy Fourth!

This past week in.....

Bronze: These youngsters tore the pool up on Friday and Saturday! Its awesome to see some of our six and seven year olds racing in the water! Best part is whether or not there was a best time these kids are in it for the fun, you can see them smiling ear to ear when they get done with their races!

Silvers: Lots of work on breaststroke with Coach Katie and Coach James, were always tweaking that kick and working on those underwater pullouts.

Golds: I took my own advice from Florida and decided to tape the Golds once a week every week on Thursday nights. We watch tape most of practice on a 55 inch flat screen. Golds if you get the chance, come on Thursday nights, but make sure your ready to learn!

Swimmer Shoutout

The swimmer shoutout this week goes out to Natalia Badillo, Nate Mudry, and Megan Schultz!

Earlier this week we were in the mid-

dle of a 200 breast set and Megan pushes a 1:27 100 breast, and exclaims "Wow thats only 2 seconds off my best time!". Which is awesome of course! But this got me thinking, if were going that fast tired, what can we do off the blocks with 5 minutes of rest? So I put Megan on the blocks next to Natalia and Nate to give her two rabbits to chase, and I got four best times out of three swimmers! Natalia had a best time in practice of 2:48.90, Nate had an overall best time of 2:51.20, and Megan had TWO best times, she went out in a 1:25 and broke 3:00 for the first time with a 2:59.71. Awesome job you three!

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

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

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!

Swim-a-Thon is Underway ... this year we reset the date

The timeframe for our Swim-a-Thon has been reset in order to align with USA Swimming's calendar. Because of this, our next Swim-a-Thon will not take place until December of 2016.

Donations collected and turned in this season will still be credited to your fundraising obligations for this season. It's probably best to solicit flat pledges

versus a pledge covering the number of lengths covered during the event (especially if you need the Swim-a-Thon pledges to cover your fundraising obligation).

One of the benefits of moving the Swim-a-Thon to the end of the year will be the added time to solicit pledges and it also gives our Spring & Summer swimmers an opportunity to participate too.

Great prizes are available once again and you can read all about them at our website under the MEMBERS dropdown menu by clicking on the SWIM-A-THON link under the Fundraising section. Take advantage!

Flat pledges can be forwarded by the end of this season for inclusion to a families \$150 fundraising minimum.

Bird Bath Hotel Information

This summer we'll be heading back to the Bird Bath event in Appleton, July 8-10.

This summer we have blocked 30 rooms at the LaQuinta under South Eastern Aquatics. The deadline to pull a room is June 17.

15 rooms are two room suites with two queen beds @ \$122.40; 10 rooms are one rooms suites with one queen bed and pullout sofa @ \$118.15; and five rooms are two room suites with one king bed and a pullout sofa @

\$122.40.

Hotel has free internet and breakfast.

Address if 3800 West College Avenue, Appleton, WI 54914.

Call 866.527.1498 to reserve your room today.

LAKE WGLO Highlights & Recap

Our athletes turned in great performances during this summer's WGLO.

Team records were recorded by Natalia Badillo in the 11-12 1Br, 1:22.22 (old record was held by Emily Bollendorf, 1:24.42 from 2011), Emily Bollendorf in the 17-18 2Bf, 2:28.08 (old record was held

by Carina Tennesen, 2:31.24 from 1997), and Jake Trask in the 13-14 1Bf, 1:02.91 (old record was held by Ivar Iverson, 1:03.62 from 2012), 2Bf, 2:24.70 (old record was held by JJ Lipor, 2:25.11 from 2002), and 2IM, 2:26.49 (broke his own record from earlier this summer, 2:27.65).

Athletes posting Mega Zone qualify-

ing times were Mac Thomas 50Ba and Jake Trask 2IM.

Swimmers achieving new State qualifying times were Natalia Badillo 1Br, Sofia Badillo 1Fr, 1Bf, 1Ba, Zoe D'Alessandro 1Fr, 2Fr, Mac Thomas 1Fr, 50Fr, and Neil Wright 1Bf.

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LAKE WGLO Highlights & Recap ... continued

Numerous Top Ten times in our history were achieved by Mac Thomas 9th 50Fr, 9th 1Fr, 5th 2Fr, 4th 50Ba, Zoe D'Alessandro 3rd 1Br, Natalia Badillo 5th 50Ba, 7th 1Ba, 2nd 50Br, 6th 50Bf, 6th 1Bf, Sofia Badillo 9th 1Ba, 4th 50Bf, 4th 1Bf, Sara Bollendorf 8th 1Bf, 9th 2IM, Emily Bollendorf 6th 1Fr, 5th 2Fr, 4th 1Br, Neil Wright III 6th 1Bf, Nathan Mudry 9th 1Fr, 9th 2Fr, 6th 1Br, 8th 1Bf, 7th 2IM, and Jake Trask 9th 2Br.

Natalia Badillo, Zoe D'Alessandro, and Emily Stouffer posted 100% best times!

Improving a single event by more five seconds were Natalia Badillo – 7.81 1Br, Zoe D'Alessandro –19.98 2Fr, Nathan Mudry –5.01 2IM, Mac Thomas –19.06 2Fr, and Neil Wright III –17.46 1Bf.

As a team we finished 11th of 20 teams scoring 295 points. We also finished with 63% team wide best times and only one DQ.

Those swimmers striving for State cuts are encouraged to take advantage of the remaining meets on our meet schedule ... meets include the Dual w/OZ, Bird Bath Invite, Dual w/SHOR, and the Silver State meet.

Silver State is the summer version of the Fall & Winter Regional meet and all swimmers can compete in any events they do not have a qualifying time in. Silver State will be held at the RecPlex July 22-24.

The two remaining dual meets will be held in a 25-yard pool and are great for all our new team members.

Remember, to sign-up for a meet, simply email Coach Neil the meet and day(s) you want your son/daughter entered. You'll be able to check their events online on the Meet Information page of the SEA website. Also, don't forget to keep your meet escrow account current ... forward payments to any coach.

7th Annual Summer Sizzler Highlights & Recap

First off, thanks to all the volunteers who stepped forward to help run our final team hosted event of the summer. Did you know, this is the first time in ... what, seven or ten years where we are now finished hosting meets for the summer and we are not preparing for the 13&O LC State Championship? Enjoy the remainder of the season without worrying about additional hosting responsibilities!

Two relay records were broken on the girls side of the team. Congratulations to Caitlin Mertins, Marlee Resichl, Erin Cain, and Elise Piper on breaking the 15-16 200 Freestyle and 200 Medley Relay records (2:03.51 and 2:19.75 respectively).

They broke the 200 Freestyle Relay record of Mistie Gelasan, Stacey Klepel, Rhea Becke, and Kelly Sorenson from

1993, 2:08.96 and the 200 Medley Relay record of Kim Wunk, Jennifer Savaglio, Siira Gunderson, and Kristi Reimer from 1991, 2:29.58.

Congratulations to Hugo Arteaga 1Ba and 50Ba and CJ Trask 1Fr on their new State qualifying times.

Posting some of the quickest times in our history were CJ Trask 8th 1Fr, 3rd 1Ba and Hugo Arteaga 7th 4Fr, 10th 1Ba.

7th Annual Summer Sizzler Highlights & Recap ... continued

Achieving 100% best times included Joey Abel, James Akakpo, Emily Cain, Ana Carrillo, Meg Cerny, Mike Cerny, Naliyah Daley, Amanda Lopez, Ella Million, David Nauman, Grace Neumann, Mansha Palliyath, and Scott Palmer.

Improving a single event by more than five seconds included Joey Abel –8.02 1Bf, Josh Abel –26.08 2IM, James Akakpo –6.30, Hugo Arteaga –44 4Fr, Paige Betthauser –7.13 1Fr, Isabelle Buhler –7.41 2Fr, Emily Cain –7.68 4Fr, Maritxell Chavez-Alvarado –14.80 50Bf,

Halina Collins –15.84 1Br, Tera Commodore –11 50Fr, Drew Esson –29.22 2Ba, Carter Johnson –69.72 2Fr, Cole Johnson –30.61 1Br, Hannah Kehl –10.58 1Br, Ava Knaus –8.82 1Br, Amanda Lopez –49.62 2IM, Emilie Miller –44.05 2Fr, Emaleigh Neo –6.46 1Fr, Ellie Palermo –8.21 1Br, Parker Palermo –21.76 2Fr, Riley Palermo –14.43 1Br, Mansha Palliyath –34.80 1Fr, Scott Palmer –5.03 1Br, Elise Piper –5.99 2Ba, Alex Pudzisz –29.74 2Fr, Chris Pudzisz –27.04 2Fr, Helena Pudzisz –19.62 1Fr, Marlee Reischl –9.64

2IM, Macie Ritter –5.34 2Fr, Megan Schultz –16.07 2Fr, Sammie Spanske –5.40 50Fr, Tiffany Steffes –19.77 4Fr, Emily Stouffer –33.95 2Fr, Jordan Stouffer –8.46 1Fr, Stephanie Strange –36.72 2IM, CJ Trask –7.77 1Fr, and Grady Trask –36.97 1Fr.

Team wide we posted 59% best times and only seven DQs. We also finished fourth overall with 2,202 points out of the 22 teams in attendance. Great efforts swimmers!



SOUTH EASTERN AQUATICS

Racine Family YMCA
725 Lake Avenue
Racine, Wisconsin 53403

Phone: 262.898.4766
Fax: 262.634.0401
Email: south.eastern.aquatics@gmail.com

On Twitter @SEAWisconsin
On Facebook too SEA SWIM TEAM

On the web at
www.sea-y.org

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

July 2016

4, No practice - Happy Independence Day

7, Dual w/OZ

8-10, Birdbath Invite

15, Dual w/SHOR

21-24, Speedo Sectionals

22-24, Silver State

27-31, YMCA Nationals

29-31, 12&U State

August 2016

2-6, US Open

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

September 2016

22, Sprint Time Trials

October 2016

1, MFSC Open

14-16, OZ Swim Your Own Age

23, J-HK Swim Your Own Age

November 2016

5-6 SEA Pentathlon

6, KYST Invite (only available for boys attending YMCA Nationals)

11-13, PX3 Invite

13, SSTY Invite (only available for athletes planning on attending YMCA Nationals)

