

June 23, 2016



SOUTH EASTERN AQUATICS

# Serpent Times

## Neil's Kickboard

We just started our third week of doubles and the pool temperature at Meadowbrook has been in the low 80s which is just perfect ... I'm sure with the sun beating down on the pool it won't be long before our athletes begin complaining about the pool temperature being too warm. So difficult to keep an outdoor pool in Wisconsin at the optimal temperature!

Advice to all our athletes taking advantage of double practices ... make sure you are eating regularly and maintaining your hydration levels. Rest is also important part of your doubles training. If you want to continue to train at your maximal levels, nutrition, hydration and rest

play a huge roll in continuing that process.

Our trip to Omaha produce two new team records ... Emily Bollendorf broke Jenny Gelden's Senior 100 Butterfly record touching in 1:03.80 and Ivar Iverson broke his own 17-18 100 Breaststroke record finishing in 1:06.00. Although we didn't come away with any Olympic Trial qualifying times, the experience Emily, Ivar and James Weslaski took away from competing at the inaugural Omaha Cup will not soon be forgotten. I shared with them that they all have a realistic opportunity to qualify for the 2020 US Olympic Trials if they decide to keep with the sport of swimming over

the next four years ... I hope they do.

A reminder that the Tuesday and Thursday RecPlex practices run from 10:30 a.m. to 12:30 p.m.

Coach James is finishing up his second and final week of swim camp and will be joining the senior level coaching staff beginning tonight. It will be great to have him working with Alyssa and I for the remainder of the summer.

Don't forget to take advantage of our remaining meets. See the meets below under the Upcoming Deadlines section.

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

## Summer Sizzler & WGLO Meet Information

Summer Sizzler warm-up schedules ...

Saturday and Sunday AM for 12&U swimmers: warm-ups begin at 8:00 a.m., meet begins at 9:05 a.m. and the meet is scheduled to end at 12:39 p.m. on Saturday and 1:31 p.m. on Sunday.

Saturday warm-ups for 13&O swimmers: warm-ups begin at 12:30 p.m., meet begins at 1:40 p.m. and is scheduled to end at 5:11 p.m.

Sunday warm-ups for 13&O swimmers: warm-ups begin at 1:20 p.m., meet begins at

2:20 p.m. and is scheduled to end at 5:55 p.m.

LAKE's WGLO meet information is on page three of this newsletter.

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

### Upcoming Deadlines

Dual w/OZ	6/29
18th Annual Bird Bath	6/27
Dual w/SHOR	7/7
Speedo Champions Series	7/12
Silver State	TBA
YMCA Nationals	7/17
12&U State	TBA

### Special points of interest:

- Did you reserve your hotel room for this summer's Bird Bath Invite? Don't forget!
- SEA swim caps are required at swim meets and are available from coaches for \$12 for silicone and \$5 for latex.
- We are now swimming AM practices at Meadowbrook. Although its been cold, we are happy to be outside again!

## Coach Mike's Corner

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Hi SEA fans! I'm back yet again, my second trip to Florida in two months! Don't be too jealous though, I had to work this one haha. Coach Katie and I had a blast heading down south to train outdoors at a huge 50 meter outdoor pool with the Senior group. We were very glad to be able to work with these amazing swimmers whom we had both coached in the past. I want to give a shout out to all of our chaperons for keeping us fed, keeping us on time, and making the trip so much more fun.

### **This past week in.....**

Seniors: We worked on every stroke, drilled out literally 1000s of yards and

meters, and had swam some killer sets. We swam five and half hours a day, with either yoga or dryland in between and we still had time to hit the beach, go shopping, and eat some delicious food. My favorite part I have to say, was watching swim film on a 55 inch flat screen TV. If you look closely you can see one of the seniors nailing a high elbow freestyle catch.

### **Swimmer Shoutout**

The swimmer shout out this week goes to everyone on the training trip, thank you so much for making my last one so special. All of you trained so hard, listened so well, and gave your best effort which is all I ever ask.



## 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 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 and the beginning of Fall!

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

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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

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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 Meet Information

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We have assigned warm-ups for the 13&O Prelim sessions ...

Friday AM Prelim warm-ups for 13&O swimmers will take place in lane 8 from 7:00 a.m. to 7:30 a.m., meet begins at 8:15 a.m. and includes events 1-24. This session is scheduled to end at 1:20 p.m.

Friday 12&U Prelim session warm-ups begin at 1:15 p.m., competition begins at 2:00 p.m., is scheduled to end at 4:13

p.m., and includes events 25-40.

Saturday AM Prelim warm-ups for 13&O swimmers will take place in lane 8 from 7:30 a.m. to 8:00 a.m., meet begins at 8:15 a.m. and includes events 41-64. This session is scheduled to end at 1:26 p.m.

Saturday 12&U Prelim session warm-ups begin at 1:15 pm., competition begins at 2:15 p.m., is scheduled to end at 4:25 p.m., and includes events 65-82.

Sunday 12&U warm-ups begin at 10:15 a.m., meet begins at 11:15 a.m., includes events 85-102, and is scheduled to end at 2:28 p.m.

Finals begin at 6:00 p.m. on Friday and Saturday. Athletes qualifying for Finals (top 16 for 13&O and top 8 for 12&U) should check with Neil for their return time for warm-ups.

Drive safe, swim fast, have fun!



**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

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**June 2016**

24-25, 6th Annual SEA Summer Sizzler

24-25, WGLO

26-3, US Olympic Trials

**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

