

SOUTH EASTERN AQUATICS



May 18, 2017

ANNUAL BANQUET

Listening to our graduating Seniors give their speeches is a highlight of our Annual Banquet. This year's graduates did not disappoint.

"The friends I've made here at SEA are relationships that will last a lifetime and that is an awesome thing." – William Buhler

"I am very blessed and thankful for the opportunity to do club swimming. There are a lot of kids that don't have this opportunity, but would love it if they did, so don't take it for granted." – Emily Bollendorf



Hanging out at the Annual Banquet last week ... good times!

HEAD COACH NOTES

Great swimming last weekend in Hartland. A recap of the meet can be found later in this newsletter. I was really impressed with our results considering we have only been in the pool for about a month. Keep it up.

Coach Katie is heading to Chicago today to attend this year's Central States Coaches Clinic. I have signed her up for the following additional classes that she'll attend today and Friday offered by USA Swimming and ASCA (American Swimming Coaching Association) – Dryland for Age Group Swimmers, Coaching the Developmental Swimmer – 9-year-olds to High School, The Physiology School, and Creating Team Leadership. In addition, she'll get to hear talks and attend pool sessions with Bob Bowman (Michael Phelps' coach), Dave Marsh (Ryan Lochte's coach, among many other Olympic athletes), Mark Schubert (he has placed 33 swimmers on USA Olympic Teams), Dave Durden (sent six swimmers to the Rio games!), Jackie Berning (a leading nutritionist), and athlete Kelsi Worrell (Rio gold medalist) and Nathan Adrian (I think you know who this guy is). Katie will report back to the SEA staff when she returns about everything she learned! Safe travels Katie.

Guess what? My office phone is finally fixed. Not sure if it saved any voice mails so my apologies if you called and left a message and I did not return your call.

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.

Get Social w/Your Swim Team Family

Two team outings planned for June! June 20th we travel to Noah's Ark Waterpark and June 30th we head to Kenosha for a Kingfish game. More information can be found in this newsletter ... take advantage!

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 sign-up my swimmer for a meet?

A: Easy ... just email Coach Neil. If it's a multi-day meet, please let him know what day(s) you plan on having your swimmer attend. 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.

Did you sign-up for our Pirate Plunge yet? Email Coach Neil ASAP.

HEAD AGE GROUP COACH NOTES

Hello again!

Those April showers sure did bring beautiful May flowers. Let's hope the rain is at bay and this amazing weather is here to stay! I have been enjoying it exploring with my dog, we went to the beach and Petrified Springs Park.

We have been enjoying a nice breeze here at camp and even got outside to do some Dryland. Every group has been working on our bodyline. Having a steady kick and breathing in line with their shoulder can straighten them right up.

We then translated this concept to our Backstroke. Luckily, we don't have to work about breathing on our backs. So, we look at head positioning. Doing a cool drill balancing an object on their forehead. If they drop the object their head is not in line. This was difficult but is a great thing to accomplish.

Bronze have caught on very quickly to the freestyle concept of "ear to arm, breathing to your shoulder." As well as working on their head position balancing their goggles on their forehead. But everything comes much easier with a strong kick, so we are warming up with longer and faster kick sets.

Silvers are kicking it up a notch, literally. We're focusing on keeping our hips up and having a powerful kick, both on freestyle and backstroke. Next week we will tackle butterfly, working on our core stability and coordination.

Gold's have been super silly, in a good way. This weather is bringing out all their smiles! We have been working hard in our bodyline and finishing their strokes all the way to their hips. This coming week we will videotape butterfly and modify from there. I am very proud of their perseverance this past week during some tough sets. Keep up the hard work as we prepare for our Pirate Plunge in two weeks.

This weekend we head up to Schroeder for some fast swimming. Unfortunately, I will not be attending as I will be in Chicago at the Central States Coaches Conference. Hopefully meeting Nathan Adrian and Bob Bowman! Of course, I will bring back plenty of knowledge to share with the team.

Have a great weekend and swim fast!

SSTY DISTANCE / SPRINT WARM-UP INFORMATION

Because of the length of Saturday's meet, arrival times are staggered so our athletes don't have to sit around hours prior to their first event (the YMCA's pool is open for warm-up during the meet). 7:30 a.m. warm-ups (Isabelle, Hugo, Hopking, Nathan), 10:00 a.m. (Zack, Eden), and 10:30 a.m. (Josh, Jake, Zoe). Meet is scheduled to end at 1:12 p.m. if you are not in the 800 Freestyle, otherwise 2:13 p.m.

Sunday warm-ups begin at 7:30 a.m., meet begins at 8:30 a.m. and is scheduled to finish at 2:15 p.m.

LAKE SWIM YOUR OWN AGE RECAP & HIGHLIGHTS

For an early season short course yard meet, the LAKE meet turned out pretty solid for team SEA. We posted 15 best times out of 36 efforts (42%) and even won 14 of the 36 events we were entered.

Dropping more than five seconds in a single event were Mac Thomas -6.88 in the 50 Butterfly and Hopking Uyenbat - 32.11 in the 400 IM.

Highpoint Award Winners included the entire team! Shaelyn Jensen (3rd with 45 points), Rylie Bergemann (12th with 15 points), Hugo Arteaga (1st with 61 points), Mac Thomas (2nd with 55 points), Zoe D'Alessandro (4th with 54 points), Hopking Uyenbat (4th with 48 points), Zack Kopsea (3rd with 55 points), Nathan Mudry (2nd 60 points), and Josh Abel (3rd with 52 points).

Thanks to Coach Katie for covering both sessions of this meet!

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, once families have met their fundraising minimums, all dollars raised through SCRIP are deposited into their family fund accounts and can be used for swim tuition and meets fees.

If you have questions, please reach out to Halina Puszisz at 262.497.1272 or via email at hbpo691@gmail.com.

Take advantage of this eas 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
May 21	May 24
June 11	June 14
June 25	June 28
July 9	July 12
July 23	July 26

NEXT PARENT BOARD MEETING

The next meeting will be held June 19th, beginning at 6:00 p.m. Location is TBD and will be posted here when pool schedules are finalized. 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.

Date	Meet	Deadline
May 20-21	SSTY Distance / Sprint	Entries closed
June 2-4	Pirate Plunge	May 24
June 9	Tri-dual	TBA
June 23-24	Summer Sizzler	June 13
July 6-8	Seahawk Invite	May 20
July 7-9	LAKE WGLO	TBA

NOAH'S ARK TRIP AND KENOSHA KINGFISH OUTING

We'll be heading to Noah's Ark on June 20th!

The plan is to meet in the Sealed Air YMCA parking lot at 7:00 a.m. on June 20th. We'll depart by 7:15 a.m. and caravan to the park. We will spend the day riding all the cool rides and hanging out in the wavepool and then caravan back to Sealed Air at 5:00 p.m. All families and swimmers are invited. \$20 per ticket.

Attending: Zarah Herron, Arteaga children, Rachel Christensen, Coach Katie, Coach Neil

The Kenosha Kingfish game is scheduled for Friday, June 30. The order form for tickets can be found on the home page of our website. Deadline to order tickets is June 9th!



Officials play an important role. Sign-up to attend a clinic today!

Contact Us

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OFFICIAL CLINIC SCHEDULE

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

Stroke & Turn Clinic: Saturday, May 13 at the RecPlex. Check-in at 7:45 a.m.
Clinic begins at 8:00 a.m.

Please contact Liz Christensen for more information. Liz serves on the SEA parent board as our Officials Chair. She can be reached at 262.994.4088 and at ejchrist@wi.rr.com.

HAPPY MAY BIRTHDAY

Josh and Joey Abel, Paige Betthausen, Emiy Cain, Payton Church, Justin Hendricks, Natalija Milicevic, Anih Palliyath, CJ Trask, Hopking Uyenbat, and James Weslaski