

October 15, 2015



SOUTH EASTERN AQUATICS

# Serpent Times

## Neil's Kickboard

Still in limbo about the use of the Case swimming pool. Last I heard there was a line of sight issue when the boys locker room door opens. I have been calling and emailing the Case AD (daily) and am still waiting for an update. I'll forward any news I receive.

Thank you to Jose Arteaga for taking last Saturday's Officials Stroke & Turn class. We are indebted to you for giving of your time and soon to be expertise. Hopefully we'll secure 3-4 parents a spot in another class sometime later in the season.

About a dozen new swimmers and their families joined the team a little over a week ago and I

want to officially welcome to the team. Please understand, there is a huge learning curve during your first year at SEA and the coaching staff is here to help. If you are confused about anything at all, please email or call me at your convenience. I can be reached at 262.898.4766 or at south.eastern.aquatics@gmail.com.

Please remember to email me if you are interested in having your children swim in any of our upcoming meets!

We use social media. Find us on Facebook at SEA SWIM TEAM and on Twitter at @SEAWisconsin.

The next mass tryout for

this season will be held on Monday, October 26 at Park High School beginning at 6:00 p.m. Tell all your friends about this opportunity to join one of southeastern Wisconsin's hidden gems.

Don't forget, we will NOT be attending the Green Bay Tiletown Freeze this season, but instead will be attending the BAC Holiday Open on the campus of UW-Madison the weekend of December 4-6. Hotel information is posted on the homepage of our website under the NEWS section. Travel meets are a lot fun and if you are free, please considering joining your fellow teammates and families.

## Sprint Time Trials

Our first "official" competition will take place October 15 at Park High School with warm-ups beginning at 5:30 p.m.

This year the 50 underwater dolphin kick has been added for the senior level swimmers and advanced 12&U athletes. It will be the first event of the

meet. More about this exciting new experience as we get closer to the event.

We will need a minimum of 13 parent timer volunteers along with 3-4 volunteer officials.

If you would like your swimmer entered in this event,

simply email Neil at south.eastern.aquatics@gmail.com.

Take advantage of this experience!

Warm-ups begin at 5:30 p.m. and the meet gets underway at 6:15 p.m. This event is taking place at Horlick HS - for the first time ever!

### On the Agenda

Deadline to sign-up for KENO Invite	10/25
Deadline to sign-up for PX3 Invite	10/31
Deadline to sign-up for SSTY Invite	11/2
Deadline to sign-up for Y-Finalist	11/14
Deadline to sign-up for BAC Open	11/15
Deadline to sign-up for Middle Distance Time Trials	12/12
Deadline to sign-up for our Penguin Challenge	1/1

### Special points of interest:

- This is our 31st year!
- SEA swim caps are required at swim meets and are available from coaches for \$12
- Our Senior team is headed to Camp Timber-lee this weekend. Room for two more!
- Our next mass tryout will be held at Park High School on Monday, October 26 beginning at 6:00 p.m. Tell all your friends!

# Coach Mike's Corner

Hi SEA Fans and welcome back to Coach Mike's Corner! This week we'll cover a bit of what your student-athletes are learning during practice as well as goal sheets, and finally our swimmer of week! Before we get to all of there, can I just say to the swimmers and parents ... the coaches love the attendance of the swimmers so far this season. Let's keep that up!

## Stroke Development Section

In this section I'll be explaining what the coaches are teaching to your swimmers during practices - this week we are coving our bodyline in the water. Now, our body affects every part of every stroke. Starting with the basics, the flatter and longer your body is in the water, the faster and easier you will travel off every stroke or kick. To make this easier, think of a cigarette board vs. a barge - obviously the cigarette board is going to win due to its massive engine, but say the barge had the same amount of power, now what? Well, due to the huge amount of drag on the square barge, it still wouldn't travel as fast, simple con-

cept right? Try explaining it to 25 six- to twelve-year-olds, half of which are under water ... haha. But in all seriousness, the coaches and I have been giving physics lessons to your swimmers to get them to understand the concept of how to lengthen out their stroke mechanics to move through the water faster. From what we're seeing as coaches, we've seen many advancements throughout the age-group swimmers already!

## Goal Sheet News

These were handed out last week and are due October 21. This gives your swimmers two whole weeks to think about their goals, write them down, and turn them in. The goal sheets are split up into sections, some of the goals will be just between the swimmers and coaches and some are going to be posted on the wall for everyone to see ... so don't rush this! Make sure you take your time and really think about what you're trying to accomplish this season. Finally, to both the parents and swimmers, there will be a new section on the bottom of the goal sheet just

for the coaches to read. It will state, "I wish my coach knew ...". This will be an **optional** part of the goal sheet and will be completely confidential, only fill it out if you feel you have something you wish your coach know about you. Your parents can help you out with this if you need some advice swimmers. This will help us as coaches learn more about our student athletes.

## Swimmer Shout Out

Finally, our swimmer shout out of the week goes to Nathan Mudry! After talking to our awesome coaches, we choose Nate due to his incredible work ethic since the season started and also because of his **mastering** the backstroke flip turn! Last week, while working on our backstroke flip turns, Nate got to show off his skills to the whole Gold group, which helped many swimmers nail this difficult turn. Thanks Nate! Keep up the good work!

Be sure to tune in next week, I'll cover our "feel for the water" in the stroke development section. Thanks for reading, SEA you on deck!

# 13&O Training Trip is scheduled

Every two years we host a 13&O Training Trip to the vicinity of Panama City Beach, FL and our tentative dates for the 2016 trip are June 19-26.

The trip will cost between \$750-\$1000 and the cost will cover most expenses.

At this time, swimmers who are interested in attending should forward their names to Coach Neil - in turn, he will in turn track their interest in this section of the newsletter.

In addition, two chaperones are needed to assist with the drive to and from to Florida, transporting athletes while in Florida, and meal preparation for the week.

If you are interested in possibly serving in the role as chaperone, please reach out to Coach Neil - in turn, he will list names here as they come in.

Swimmers who have taken

this trip have returned home with glowing reviews and memories that last a life time ... take advantage!

*The 13&O Training Trip is a great experienced offered to our athletes once every two years.*

Current list of swimmers includes the Isabelle and William Buhler, Sara and Emily Bollendorf.

Current list of chaperones includes Kim Wergin, Lydia Bollendorf.. Lydia Bollendorf.

# Team Bowling Party Schedule

Six lanes of bowling fun have been reserved for TEAM SEA on Sunday, January 24th from 1:00 p.m. to 3:00 p.m.

This is a great opportunity to bond with your teammates away from the pool.

If you are interested in attending please speak with Neil (you can email him at

south.eastern.aquatics@gmail.com).

This event can accommodate about 30-36 swimmers (first come, first serve).

Swimmers who plan on attending will have their names listed in this section of the newsletter.



*Always a fun time during the team bowling party. Don't miss out!*

Cost is \$12 per swimmer (cash or check payable to SEA). Don't miss out on this fun event.

Strike - Strike - Turkey!

## Halloween Glow Stick Party Planned

One of the highlights on the Fall & Winter Season is our Halloween Glow Stick Party and Swim-a-Thon Kickoff.

This year's event will be held at Park High School on Thursday, October 29 from 5:30 p.m. to 7:30 p.m.

The night begins with the announcement of this year's Swim-a-Thon and then moves to a light practice prior to some fun relays. The highlight of the night is the glow stick swim.

In the past, families have supplied treats and drinks. Here's a list of items needed to feed the athletes (please call or email Neil if you can donate - 262.898.4766 or

south.eastern.aquatics@gmail.com):

Case of water

12-pack of Gatorade

12-pack of Gatorade

12-pack of juice

12-pack of juice

Napkins

Paper plates

Plate of veggies x 3

Plate of fruit x 4

Rice crispy treats

Plate of cookies x 3

If you are interested in donating something not listed here, please let Neil know.

SEA will provide pizza!

You don't want to miss out on this fun event ... SEA you there!



## Officials are needed ... Can you help?

The first stage of becoming an official is to sign-up to take the Stroke & Turn class. If you are interested in becoming an official, please read on and then contact our Officials Chair, Liz Christensen.

NO EXPERIENCE REQUIRED ... so please don't be shy about stepping forward to fill this ever increasing important role within the ranks of parent volunteers.

Becoming an official gives you the best

seat in the house at the meets we host (and at the meets we travel too) and is a great way to give back to the sport.

SEA reimburses parents for any costs associated with becoming an official once you become an "official" official so the only cost is time.

*"The best seats in the house at the meets we host and attend can always be found where Officials volunteer."*

We currently have a solid roster of officials, but with each passing year, the roster shrinks when our officials children graduate.

Please reach out to our Liz Christensen if you need more information or would like to sign-up. She can be reached at 262.994.4088 or via email at ejchrist@wi.rr.com.

## Competition ... it's one of the ways to improve your swimming

For all our new families, one of the first questions you have pertaining to SEA is, "How do I sign-up my child for meets?"

The answer is real simple ... simply email Coach Neil the meet (please include the days you want to attend) at south.eastern.aquatics@gmail.com. He in turn will sign-up your child for the meet and you can double-check his work by visiting our website and clicking on

the MEMBERS drop down menu and then clicking on the MEET INFORMATION tab.

Now, if you are on the team, your son or daughter is ready for meets. First year swimmers tend to swim the freestyle and backstroke events and coaches will slot swimmers in events they are prepared to swim.

Many deadlines to sign-up for meets in

October and November are right around the corner.

Please take a moment and check your calendars against the meet schedule and sign-up your swimmer(s) today!



Sign-up your swimmers for meets ... it's the best measuring stick we have.



## **SOUTH EASTERN AQUATICS**

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Email: south.eastern.aquatics@gmail.com

***On Twitter @SEAWisconsin  
On Facebook too SEA SWIM TEAM***

**On the web at  
[www.sea-y.org](http://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!*

## **Extended Calendar**

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### **October 2015**

15, Sprint Time Trials at Horlick  
19, Parent board meeting  
25, Spooktakular  
27, WI LSC Meeting

### **November 2015**

1, SEA Pentathlon  
8, KENO Invite  
13-15, PX3 Invite  
26-27, No practice

### **December 2015**

4-6, BAC Open  
11-13, Y-Finalist  
18, Middle Distance Time Trials at Park  
24-25, No practice

### **January 2016**

16-17, SEA Penguin Challenge  
22, Distance Time Trials at Park  
23, Tri-dual with LGSC & BAT  
26, WI LSC Meeting

29-31, 33rd Annual Circle City Classic

### **February 2016**

5-7, A+ Open  
12, SEA vs. OZ at Case

13-14, LAKE Open

19-21, Regionals  
26-28, 12&U State

### **March 2016**

3-6, 13&O State  
12-13, YMCA Sectionals  
14, Team Picture  
17, End of SEASON Time Trials at Park  
18-20, YMCA State

