

WWW.SEA-Y.ORG  
 SEA SWIM TEAM (FACEBOOK)  
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 262.898.4766

## UPCOMING EVENTS:

- No practice this Friday - not enough coaches available to conduct practice. Sorry for the inconvenience.
- Next board meeting is February 10 at 6:00 p.m. - Case High School. All welcome!
- Team swim caps are now available. Get yours today! \$12 per cap from either Mike or Neil. Team car decals available too!

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# SERPENT TIMES



EST. 1984

JANUARY 16, 2014

## Neil's Kickboard

With Mike, Katie and I heading to Green Bay this weekend, we will not be able to offer Friday night practice. Workouts for swimmers interested in swimming Friday were included in the email blast today. Saturday morning Sealed Air practice and Downtown Y diving practice will be held.

Excellent job swimming and hosting last weekend's Oddball Challenge! Read more about our SEAccess later in this newsletter.

This weekend we head back to Green Bay and from a coaching viewpoint, here's what our swimmers need to focus on (please share this with your swimmers):

- Awards available - ribbons 1-16, high point trophy's (1-3) and team award (1-3). I will pick up awards at the end of the meet and hand them out Monday.
- Last year we finished 3rd and looking at the entries this year it will be a fight to move up to 2nd or 1st. We have 309 swims while FCY has 334 and DCY has 360.

Scoring goes to 16th place so every point will count. If you find yourself next to a FCY or DCY swimmer - put a little more pep in your step. ;)



**This is the weekend! Are you ready? We are heading back to Green Bay to compete in the Titletown Freeze - good luck! Drive safe, swim fast, have fun! \*G\*O\*S\*E\*A\***

- Heat winner awards are freeze pops. Want one? Win your heat!
- "Think" during warm-ups. Concentrate on your turns and finishes and familiarize yourself with the

pool.

- 8&U swimmers will be staged in the hallway off the starting end of the pool.
- Flyover starts will be used for all events except backstroke. When your race is finished, stay in the corner of your lane until the next heat starts and then exit the pool.
- Have fun!!!

A couple more bits of information for parents about this weekend's meet: spectator sitting is not the best at the Green Bay Y, free admission to the meet, and heat sheets are available online.

A high school dual meet was re-scheduled and we have lost use of Case on January 30 (the night the Swim-a-Thon prizes will be handed out). I'm working on securing another site and will keep you posted here.

Please call or email me if you ever have any questions or concerns. 262.898.4766 and south.eastern.aquatics@gmail.com.

## Titletown Freeze Meet Information

Are you ready?! This is going to be a lot of fun for swimmers, parents, and coaches alike. Let's represent our team in fine fashion remembering that we are a team that embodies caring, honesty, respect, and responsibility.

Warm-ups for Friday events will begin at 4:30 p.m., meet begins at 5:30 p.m. and is scheduled to end at 8:00 p.m. Assigned warm-ups for the remainder

of the meet.

Saturday AM (9-10, 11-12 swimmers) will warm-up in lanes 3-4, 7:30-8:00 a.m., meet begins at 8:10 a.m. and is scheduled to end at Noon.

Sunday PM (8&U, 13-14, Open swimmers) will warm-up in lane 2, 12:30-1:00 p.m., meet begins at 1:00 p.m. and will end at 4:30 p.m.

Sunday AM (9-10, 11-12 swimmers) will warm-up in lanes 3-4, 7:30-8:00 a.m., meet begins at 8:05 a.m., and will end at 10:45 a.m.

Saturday PM (8&U, 13-14, Open swimmers) will warm-up in lane 4, 11:00-11:30 a.m., meet begins at Noon, and will end at 2:15 p.m.

Please be on time for warm-ups. Drive safe, swim fast, have fun! GO SEA!



Join your teammates for some bowling? Don't strike out - attend this event and test your skills!

*In regards to our vision to building our own training facility, the YMCA Board of Directors kicked off their Strategic Planning meetings last May (the meetings will conclude at the end October). The Board will discuss the future plans for the Sealed Air Y and a handful of other projects. We will anxiously await their findings.*

Aging up, it happens to everyone.



## Team Bowling is Right Around the Corner

Our annual bowling outing is right around the corner. This year we will bowl from 1:00 p.m. to 3:00 p.m. at Castle Lanes here in Racine off of Green Bay Road on the east side of the street (about halfway between HWY 11 and HWY 20).

The date for this fun event is Saturday, February 8th.

This outing is open to all swimmers and their families (bring along a friend if you

would like too).

The cost is \$12 and will cover shoes, ball and two hours of bowling (this does not include food and drink so bring money if you think you'll get thirsty or hungry).

Those swimmers and families who would like to attend should forward \$12 per person (exact change or check made payable to SEA please) to Neil by February 3.

Many of the coaches will be in attendance so here's your chance to take them on in a friendly game to see who can win.

Sounds like the perfect day to me ... morning practice, weight training and then some fun times bowling.

Hope to SEA you on the lanes and not in them. :)

## SCRIP - The Easiest Way to Fundraise

Here are the current order by/delivery on dates for SCRIP: order by order by order by January 20, delivery on January 23; order by February 3, delivery on February 6; order by February 17, delivery on February 20; order by March 3, delivery on March 6; order by March 17, delivery on March 20. Deadline to order is 8 AM. All deliveries will be in the balcony from 5:30 p.m to 6:00 p.m. Individual arrangements can also be made.

Your order can be placed at

[www.shopwithscrip.com](http://www.shopwithscrip.com) by using the SEA enrollment code of 173DF3A917711 and registering for PrestoPay a minimum of two days before placing your first order. DO NOT place your first order until the PrestoPay registration process is complete. PrestoPay is safe, simple and the only payment method accepted by SEA. Happy Shopping!

### SCRIP Quick Facts

1) [www.shopwithscrip.com](http://www.shopwithscrip.com)

2) SEA enrollment code = 173DF3A917711

3) Payment method = PrestoPay

4) Deliveries are scheduled 1-2 times per month during practice. Other options include ScripNow (print at home) and Re-load

Questions? Please contact Brenda Rose at [brose7@wi.rr.com](mailto:brose7@wi.rr.com) or Kim Wergin at [kimwergin@aol.com](mailto:kimwergin@aol.com). Thanks!

## January & February Birthdays

Sebastian B. & Sofia B.

Halina C. & Jake E.

Scott P. & Kaite P.

Abby P. & Vincent P.

Sebastian R. & Marlee R.

Ali S. & Tiffany S.

Drew E. & Adara J.

Jason L. & Alyssa S.

James T. & Cassie B.

Joey D. & Lindsey F.

Abby K. & Sam M.

Zachary P. & Cameron P.

Brett E. & Megan G.

Hannah M. & Aysia P.

Cole S. & Lauren Z.

# Snow is on the way, when/how is practice canceled?



Frosty says, "If RUSD cancels school or after school activities, no swim practice."

With the arrival of freezing temperatures and our first dumping of snow, it's time to remind the membership of the practice cancellation policy here at SEA ... it's really easy.

If RUSD cancels schools or after-school

activities, swim practice is canceled.

Ways to find out whether or not practice is canceled are numerous.

1) Listen to local radio stations and watch local TV stations. If it is announced RUSD has canceled school or after-school activities, practice is canceled.

2) Read the "NEWS" section

of the website.

3) Check your email.

4) Check facebook - SEA SWIM TEAM

5) Check Twitter - @SEAWISCONSIN

As always, you know best as to whether it is safe or not to attend practice. If practice is not canceled, and you don't feel it's safe to attend, by all means, stay home. :)

## Swim-a-Thon is Underway! Are you?

This year's Swim-a-Thon is now underway. During the Halloween Party & Swim-a-Thon Kick-off held November 1, Neil explained all the details for this year's event and handed out packets.

If you need a packet, please speak with Neil or download one from the website.

The Prize Pool for the Swim-a-Thon is huge this year, but the coolest event in conjunction with the Swim-a-Thon is if we reach our goal of \$10,000 the swimmers who participated will get to shave Neil's head and give Mike a Mohawk!

Some of the prizes to be won this year include: a movie party

at the Sturtevant theater for the training group that turns in the most pledges, numerous \$100 gift cards (Best Buy, American Eagle, Toys 'R Us, Dick's Sporting Goods), a raffle for \$200 in swim fees, a limousine ride to February's dual meet and many more. Get out there and solicit those pledges today!



## 2nd Annual Wine Tasting, Raffle & Silent Auction

This is a reminder that our awesome UNCORKT fundraiser is March 28. Look for more information about this event in the upcoming weeks.

Like last year I am looking to have each swim group put together a basket to raffle off at the event. This was very successful and we were able to raise quite a bit on money. Last year we had some wonderful parents volunteer for some of the groups and this year I am hoping for 100% participation from

parents in all of the groups. If you would like to be the parent volunteer for your child's group please let me know! Once we have the volunteers for each group I will send out more information.

In addition, if there are any parents who would like to assist me in obtaining silent auction donations I would love it. I am trying to have a small group put together for this (a committee of sorts). If you don't have the time, but know businesses we can contact please let me know.

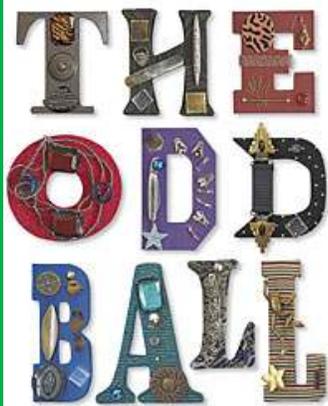
Also, if you have anything you would like to donate you can let me know.

Last year was very successful and was a fantastic time. Let's make this year even better! Thank you parents for all of your help and support of this swim team! Rebecca Scharff - 414.807.4353.



The Raffle & Silent Auction portion of our Wine Tasting event was well received last year. This a call for help to develop our raffle baskets. Your help is needed!

# Oddball Proves a Great SEAccess



The 8th Annual Oddball Challenge was a great SEAccess!

*"It's amazing how much can be accomplished if no one cares who gets the credit." ~ John Wooden*

Parents continue to make the difference here at SEA.



We had an excellent outing last weekend in Brown Deer during our 8th Annual Oddball Challenge.

Congratulations to there student-athletes who picked up new State qualifying times - Sara Bollendorf (1Br, 4IM), Jacob MacKenzie (2Br, 2Bf), Maya Frodl (50Fr), Mackenzie Reischl (1Fr), and Jake Trask (1Br).

Posting 100% best times included Isabelle Buhler, Erin Cain, Drew Esson, Jason Lewis,

Janavi Munagavalasa, Scott Palmer, Madilynn Peterson, Vincent Praefke, Alex Pudzisz, Marlee Reischl, Ali Scharff, Emelia Selky, Ali Verwey, and Michael Waldron.

Notching some of the quickest times in the history of the team were Sofia Badillo (6th 2Fr, 8th 1Br), Sara Bollendorf (7th 2Bf, 8th 4IM), Maren Hofferitza-Palermo (7th 2Bf), Jake Trask (8th 1Fr, 8th 2Fr, 7th 50Ba, 6th 1Ba, 2nd 1Bf, 10th 50Fr), and Jacob MacKenzie

(7th 2Br, 7th 2Bf).

Improving a single event by more than five seconds - Joey Abel (-5.16 50Ba), Josh Abel (-6.96 1Ba), Natalia Badillo (-5.29 2IM), Sofia Badillo (-7.94 1Br), Lizzy Behling (-7.25 2Ba), Paige Betthausser (-14.27 2IM), Sara Bollendorf (-47.61 4IM), Josh Bote (-64.50 4IM), Isabelle Buhler (-19.35 1Bf), Emily Cain (-50.59 2IM), Erin Cain (-21.97 2Br), Tanner Coca (-15.17 1Ba), Corbin Coe (-22.71 2Ba), continued below ...

## continued ... Oddball Proves a Great SEAccess

Meredith Freidheim (-14.21 2Br), Maya Frodl (-8.29 1Br), Anna Gilmore (-16.23 1Ba), Claire Holewinski (-13.44 2Fr), Kate Jacobson (-19.87 2Ba), Cater Johnson (-5.15 1Fr), Taylor Knaus (-10.42 2Fr), Austin Lentz (-33.98 2IM), Jason Lewis (-31.70 2Br), Caitlin Mertins (-9.66 4IM), Janavi Munagavalasa (-11.20 1IM), Samyukta Munagavalasa (-32.58

2IM), Scott Palmer (-10.19 1Br), Madilynn Peterson (-9.91 2Fr), Vincent Praefke (-22.92 1Ba), Marlee Reischl (-26.11 2Br), Kayla Rose (-68.65 4IM), Ali Scharff (-26.98 4IM), Emelia Selky (-12.14 2Br), Sammie Spanske (-10.07 50Ba), Tiffany Steffes (-20.36 2Fr), Stephanie Strange (-9.64 1Fr), Elizabeth Stratman (-12.51 1Fr), CJ Trask (-43.06 1Fr), Grady

Trask (-11.70 1Ba), James Tubbs (-6.10 50Fr), Michael Waldron (-17.91 1Fr), and Rachel Zenisek (-7.44 2Fr).

The coaching staff is so very proud of EVERYONES swims last weekend in Brown Deer. Continue to attend practice regularly so we may have another experience of SEAccess in the coming weeks of competition. Completely fantastic!

## Parents are the Difference

Yes, working meets does "wreck" your weekend. Yes, household chores get put on the back-burner during a SEA hosted meet. Yes, babysitters can be expensive. Yes, there is a learning curve when it

comes to becoming a competitive swim team Mom and Dad.

Through it all though, please know your time and effort last weekend was greatly appreciated. We are a growing club with many new families and swimmers and if one was to walk into the aquatic center last weekend during our meet,

one would not be able to tell there were A LOT of first time workers on the scene. Are we perfect? Of course not, but we are learning and getting better thanks to our parent board and their evenhanded leadership and guidance.

Thank you parents. Thank you for being the difference.

# Diving - How to be Certified to Dive off Blocks



USA Swimming has strict guidelines in how to teach athletes the proper (safe) way to dive off blocks.

The water depth is one of the

**USA Swimming rules are strict in terms of diving off blocks.**

rules that must be followed in allowing athletes to try diving off blocks. Once a swimmer has progressed through the diving progressions, even to attempt to dive off the block the water must be at least six feet deep.

At our local high schools, the water depth is five feet, six inches deep so we are not allowed to teach our swimmers how to dive off the blocks - we do teach them

the progresses up to diving off the blocks though.

Swimmers needing to be certified to dive off blocks can meet with a SEA coach on Saturdays from 8:00 a.m. to 9:30 a.m. at the Downtown Y. This practice is drop in and parents can bring their children in at any time.

This Saturday Coach Rebekah will be looking for swimmers to work with ... come on out and learn the finer points of diving off blocks - it's all about the streamlining. :)

**“Tentatively, this year’s 13&O Training Trip will take place June 22-29. We will be heading back to Laguna Beach, FL.”**

## 13&Over Training Trip Information

Every two years we offer a 13&O Training Trip and if you have attended any SEA Banquet and heard the graduating seniors speak, almost everyone shares memories about their training trip and that if you (other swimmers) get a chance to go ... go.

Tentatively, this year’s trip will take place June 22-29. We will be staying in the same location as the past two trips (Laguna Beach, FL) and be training at the same facility as the last two trips (the

Panama City Beach Aquatic Center).

Two year’s ago the cost for transportation (via van), lodging and pool rental was \$678 per swimmer.

Swimmers will need additional funds to cover meals and incidentals.

As this is a training-trip, there’s no side excursions really planned except for dinner at the Red Bar in Grayton Beach and an afternoon trip to the quaint town of Seaside (where the movie *The Truman Show* was filmed).

At this time, please forward your name to Neil if you are planning on attending and if you are willing to chaperone (first come first served).

To date, Marlee Reischl is planning on attending. A minimum of 12 swimmers are needed for this trip to happen.

More information will be available towards the end of the Fall & Winter Season.

Please contact Neil if you have questions.

## Meet Entries Due ...

If you have been using the Meet Information page of the website, you have probably noticed many meet entries are due in the coming days and weeks.

If you have not visited the Meet Information page of the website, please click on over to Members/Meet Information to view the meet information and deadlines for entering any remaining meets on the schedule.

Here is some information not posted

on the website for a few of the upcoming meets ...

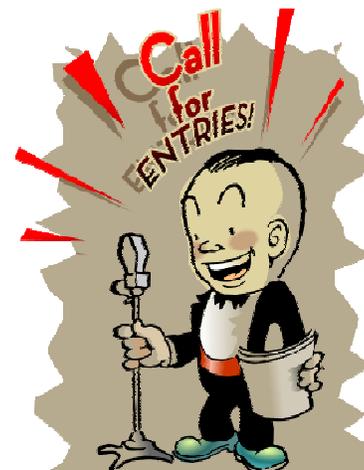
SEA vs. LGSC - this meet will be held at Badger High School with 7:00 a.m. warm-ups (entry deadline is January 18.

SEA vs. OZ will be held at Case High School with 5:30 p.m. warm-ups and a 6:15 p.m. meet start - parent volunteers are needed to time!

Distance Time Trials will be held at

Park (no practice that evening) with 5:30 p.m. warm-ups and a 6:15 p.m. meet start - parent volunteers are needed.

In a perfect world ALL swimmers will plan on attending YMCA Sectionals! Check your calendars for March 15-16 to SEA if you can make it!





**South Eastern Aquatics  
The Racine Family YMCA Swim Team**

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**Parent Motto:**

**Love, Support, Transport.**

**SEA's Mission:**

**To empower the youth of Southeastern Wisconsin to be champions in life through excellence in swimming.**

**SEA's Vision:**

**As a swim team without a true home, it's SEA's vision to one day build a pool to call home.**

**Established in 1984, we are set to celebrate our 30th anniversary this year!**

## On the Starting Blocks

### January 2014

17-19, Titledown Freeze in Green Bay  
23, Swim-a-Thon  
24, Distance Time Trials (moved from the 3rd)  
25, SEA vs. LGSC  
28, Swim-a-Thon pledges due  
29, Swim-a-Thon totals posted on website  
30, Swim-a-Thon prizes handed out  
31-2, SSTY A+

### February 2014

2, 6th Annual SEA Groundhog Grand Prix  
7, SEA vs. OZ  
8, Bowling Party  
15-16, NBSC Open  
21-23, Regional Championships  
28-2, I2&U State

### March 2014

4, Team Picture  
6-9, I3&O State  
15-16, YMCA Sectionals  
21, End of SEASON Time Trials  
21-23, YMCA State  
28, Wine Tasting, Silent Auction, Raffle



### April 2014

1-4, YMCA Nationals

### May 2014

3-4, 6th Annual SEA Early Bird

### June 2014

20-21, 5th Annual SEA Summer Sizzler  
22-29, I3&O Training Trip (tentative dates)

### July 2014

31-3, I3&O State (SEA hosted)

### August 2014

4-26, OST (off-season training)

### September 2014

2-18, OST  
22, First day of practice

**Take a look at the months ahead  
and stay up-to-date.**