

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

UPCOMING EVENTS:

- The coaches hope to SEA everyone at practice Saturday, Sealed Air Y, 8-9:30 a.m. - a perfect way to start the weekend!
- Next Board Meeting is October 22 at 6:00 p.m. - Case High School. All welcome!
- Don't forget to sign-up for Sprint Time Trials. Entries due 10/14.

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Serpent Times



EST. 1984

OCTOBER 4, 2013

Neil's Kickboard

Hello and welcome to the 2013-2014 Fall & Winter Season. Our 29th year serving the youth of Southeastern Wisconsin!

Right off the bat, I need to preach to you all about the importance of communication because it can be a tricky thing. How many times have you been in a conversation and in your eyes it was perfectly fine, but come to find out something you said offended your friend or co-worker?

What we do here is pretty basic stuff ... our mission is to empower the youth of Southeastern Wisconsin to be champions in life through excellence in swimming. Along the way all the players have opportunities to speak/listen (swimmer & coach, swimmer & parent, parent & coach, swimmer & swimmer, parent board member & swimmer/parent/coach, etc.).

As a YMCA swimming team we live by the four characteristics of the Y which are Caring, Honesty, Respect, and Responsibility. I truly believe if we all think and imbibe these four traits prior

to opening our mouths, there's no way we can go wrong when it comes to communication. To that end, it is important to maintain two-way communication between all the players. Swimmers, never leave the wall to swim if



September tryouts were crazy busy. Usually attended by 10 or so students, this year 25 attended. Of the 25 students who tried out, 22 are now members of SEA. Welcome aboard!

you don't understand what the coaching staff wants you to do; (raise your hand and ask for clarification); parents, you should never be in the dark when it comes to the day-to-day operations of SEA (I'm always an email or phone call

away to help).

Some of the ways I communicate with SEA families is via this weekly newsletter, our facebook page (SEA SWIM TEAM), via Twitter (@SEAWisconsin) and good old fashion face-to-face conversations. If you are not receiving weekly emails from me, please contact me to be added to the distribution list.

We recently hosted an officials clinic and I'm happy to report that seven of our parents took advantage of this opportunity. Please remember, SEA will reimburse all the expenses incurred (cost of the class and background check) once you become an "official" official. Please be sure to conduct your background check, Athlete Protection Training, and begin working towards your shadow experiences. Thanks for taking this big step!

Please, if you have any questions as we progress through the season, please pick up the phone or email me. 262.898.4766 and south.eastern.aquatics@gmail.com.

Is my Swimmer Ready for a Meet?

"Is my swimmer ready for a meet?" is a reoccurring question new families have when they join the team.

The easy answer is yes, your swimmer is ready for a meet although it can depend on the level of the meet.

New swimmers are encouraged to participate in any SEA hosted events. Other good meets to at-

tend for swimmers new to the team include time trials we conduct and dual meets we host or attend.

To sign-up for a meet, families need only email Neil. The email sent should include the swimmers name and the meet s/he wants to attend (include the day(s) if the meet is a multiple day event).

To pay for meets, new families will establish a Meet Escrow Account with the team's Treasurer. This painless process if spelled out in detail on the website under the Members dropdown menu (click on Meet Escrow Account).

If you need assistance with meet sign-up, please speak with a coach.

Green Bay Team Travel Meet = FUN



Will you be racing in Green Bay in 2014? The Titledown Freeze is a great way to bond with your teammates!

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.

We will be attending the Titledown Freeze meet again this January 17-19. We had a great time last year and this year looks to be even better. Why? Read on.

This year, we will be staying at the Tundra Lodge - Resort and Waterpark. 25 rooms (with two queen beds + pullout sleeper sofa) have been reserved under South Eastern Aquatics at the rate of \$99 + tax (this rate includes 5 water passes to the park for the duration of our stay). Please call 877.886.3725 to reserve your room by January 2, 2014 (after which time, any remaining rooms will be released). The

address of the Tundra Lodge is 865 Lombardi Avenue, Green Bay, WI 54304 and is only 2.79 miles from the Downtown Green Bay YMCA.

The hotel offers a full service restaurant on-site with a breakfast buffet available for \$10.95 (of course you can always pack your own food and drinks - I think this is the only draw back between where we stayed last year and this - last year we had free breakfast).

If you have never been on a team travel meet and are thinking about attending, don't hesitate. Team travel meets are a ton of fun and although we may not swim that

great come Sunday (I think running around the waterpark Friday and Saturday may have something to do with that), the memories made will last a lifetime.

Some of the highlights from last year included, Friday night team dinner at Lambeau Field, excellent swimming (although we were a little tired come Sunday), and a team pizza party Saturday night (the best barbeque chicken pizza ever) that included swimmers playing in the pool/hot-tub/game room and the parents enjoying good company, music and even a little dancing on chairs. Don't miss out!

SCRIP - The Easiest Way to Fundraise

Here are the current order by/delivery on dates for SCRIP: order by October 14, delivery on October 17; order by October 28, delivery on November 1; order by November 4, delivery on November 7; order by November 19, delivery on November 21; order by December 2, delivery on December 5; and order by December 16, delivery on December 19. 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 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

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 or Kim Wergin at kimwergin@aol.com. Thanks!

Aging up, it happens to everyone.



September & October Birthdays

Taej D.
Emily D.
Nataile D.
David D.
Maya F.
Jorden H.
Haley K.
Hannah K.

Ella P.
Claire W.
Neil W.
Elleah Z.
Hannah C.
Maggie D.
Elizabeth S.
Maritxell CA.

Rohan G.
Caitlin M.
Samyukta M.
Kayla R.
Olivia S.
Nathan S.
Anne W.
Claire H.

New Website - Meet Worker Sign-up Update



The fine folks at Image Management have been hosting our website for many years now and for the past five months, Coach Neil has been working with IM to completely overhaul our website.

It's our hope that the new updates and design present SEA in a professional light while making

Our new website is up and running. Still a few items left to update.

the navigation of the website easier for our membership and families who visit it to learn more about one of Racine's hidden gems.

To that end, you may find yourself clicking around the new website and stumble across a page or link that just doesn't work the way you think it should.

If that does happen, please do not hesitate to send an email to Neil so he can correct the issue - south.eastern.aquatics@gmail.com.

The Meet Worker Sign-up page is still under development and will be completed soon. Coach Neil will send out an email when the meets we are hosting are loaded to the website and become available for families to begin signing up to work.

We hope you like the new website! If you have ideas on how to improve it, please contact Neil.

Thank you in advance for your patience as we continue to put the finishing touches on the SEA website.

Freestyle: 5 Tips for the Breakout (by Lisa Wemhoff, USA Swimming)

How in the heck do the best get such an advantage off of the breakout? The answer is simple and teachable.

Push off of the wall with an excellent stream line.

Use your push off and your underwater dolphin kicks to get under the wake created on the surface of the water.

Begin to breakout by pulling with the bottom arm on the second to last dolphin kick.

Continue your arm pull with an additional dolphin kick.

When the hand has reached the hip, conclude your dolphin kick and begin your flutter kick.



Annual Swim-a-Thon Kickoff & Halloween Party Planned

Our annual Swim-a-Thon Kickoff & Halloween Party will take place Friday evening, November 1 at Park High School.

The fun begins at 5:30 p.m. with a team meeting explaining this year's Swim-a-Thon (this meeting is for swimmers and parents).

After the meeting, the coaching staff will lead all swimmers in a warm-up/

small practice. When the athletes are completely warmed up, coaches will divide the swimmers into six groups and conduct t-shirt relays, balloon relays and other fun relays.

Finally, at the secret hour, the lights will be turned off and 250 12 inch glow sticks will be distributed to all the student-athletes and a glow stick swim will happen - really, the highlight of the evening.

Parents are asked to donate drinks, treats, and paper products. If you are able to help, please reach out to Coach Neil so he can keep a list of what will be donated. Last year's event was a hoot, don't miss out!



Remember the dark pool with hundreds of glow sticks? It's back with 250 12 inch glow sticks. Hope to SEA you there!



**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 to build a pool to call home.

Established in 1984, SEA is set to celebrate its 30th anniversary next year!



On the Starting Blocks

October 2013

14, Deadline to sign-up for Sprint Time Trials, Spooktacular, and 4th Annual SEA Fall Starter meets
17, Sprint Time Trials
21, Parent board meeting, 6:00 p.m. at Case
22, LSC Meeting
24, Sprint Time Trials
27, Spooktacular Fall Meet
28, Tryouts

November 2013

3, 4th Annual SEA Fall Starter
8, SEA vs. NBSC
15-17, PX3 Invite
17, SSTY Fall Invite
28-29, No practice (Thanksgiving)

December 2013

6-8, Nike Challenge
13, Sprint Time Trials 2.0
14-15, Y-Finalist
24-25, No practice (Christmas)

January 2014

3, Distance Time Trials
11-12, SEA Oddball Challenge



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

17-19, Titledown Freeze

25, SEA vs. LGSC

31-2, SSTY A+

February 2014

2, 6th Annual SEA Groundhog Grand Prix

7, SEA vs. OZ

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

April 2014

1-4, YMCA Nationals