



Serpent Times

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JULY 16, 2015

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



Neil's Kickboard

Quick reminders:

- *Don't forget to sign-up for OST next month. Swim through August and be that much better before the Fall & Winter Season arrives.*
- *Good luck in Brown Deer this weekend!*



What a fun weekend Appleton turned out to be. I enjoyed watching and partaking in all the team bonding that was happening and let's be honest, the weather could not have been any better. There's talk about trying to get back into the Louisville quarry meet next year? We'll SEA what we can do!

I'm currently in Minnesota coaching at the Speedo Sectional meet at the University of Minnesota. Overall, our swimmers are doing pretty good. Everyone has posted best times or season best times (without any rest even - we did doubles the day before the meet and weights on Monday and have been

training at night here) and a few team records have even been broken (Emily Bollen-dorf reset the Senior 1Br record (1:20) and Ivar reset the Senior 1Ba record (1:00). I hope we SEA similar results beginning tomorrow in Brown Deer during Silver State!

We will be hosting the 13&O State meet in Brown Deer, July 30-August 2. If you missed the deadline to sign-up (it was this past Monday), and you still need to sign-up, please reach out to Josh Johnson (our awesome Meet Director) at 262.939.5724. We'll need EVERYONE'S help so please sign-up!

Long course training at the RecPlex has been extended for two more days ... our final long course practice will be held Tuesday, July 28.

If you are looking for something to keep your kids active in August maybe Off Season Training is a good fit? During August, we train three days a week in the mornings to bridge the gap between the end of the season and the start of the Fall & Winter Season. Read about this opportunity on page three and join the fun!

Parents with questions, concerns, or comments are encouraged to contact me at 262.898.4766 or south.eastern.aquatics@gmail.com.

Our next meet: Silver State

Silver State will take place in Brown Deer this Friday through Sunday. There is a link on the homepage of our website to the meet landing page for this event. Be advised, there is no warm down pool Friday. Also be advised the PM sessions on Saturday and Sunday at loooooong. Good luck!

Friday AM warm-ups (events 1-12, 13&O swimmers) begin at 11:00 a.m., meet begins at noon and is scheduled to finish at 4:26 p.m.

Friday PM warm-ups (events 13-24, all

age-groups) are assigned (lane 5) and will be 4:10-4:35 p.m., meet begins at 5:10 p.m. and is scheduled to end at 8:04 p.m.

Saturday AM warm-ups (events 25-40, 12&U swimmers) are assigned (lane 5) and will be 7:15-7:40 a.m., meet begins at 8:15 a.m. and is scheduled to end at 11:59 p.m.

Saturday PM warm-ups (events 41-60, 13&O swimmers) are assigned (lane 5) and will be held noon-12:25 p.m., meet begins at 1:00 p.m. and is scheduled to end at 7:09 p.m.

Sunday AM warm-ups (events 61-76, 12&U swimmers) are assigned (lane 5) and will be held 7:15-7:40 a.m., meet begins at 8:15 a.m. and is scheduled to end at noon.

Sunday PM warm-ups (events 77-96, 13&O swimmers) are assigned and will be held noon-12:25 p.m., meet begins at 1:00 p.m. and is scheduled to end at 6:40 p.m.

Time trials will be offered ... speak with Coach Mike at the meet.

Reminders of Where to Watch Practice and Where to Park



Here are some reminders about watching practice and parking at the facilities we rent pool time

from.

Sealed Air YMCA - please watch practice from the lobby or from the tables next to the lobby just on the pool deck.

Case - please watch practice from the balcony. Parents are welcome to drop-off their swimmers at the pool doors, but please park in the south lot next to the tennis courts.

Carthage - please watch practice from the balcony. Park in designated parking spots located next to

the football field or on the upper level next to the entrance of the building.

Meadowbrook Country Club - please watch practice from the upper patio area next to the bath houses. Park in designated parking spots located east of the pool.

Park - please watch practice from the balcony. Park in the lot next to the pool door (be aware of reserved parking spots).

July & August Birthdays



Hugo A.
Natalia B.
Arev B.
Collin F.
Ivar I.
Austin L.
Emilie M.
Abby P.
Dominic R.



Emma S.
Elizabeth S.
William B.
Erin C.
Jacob M.
Madilynn P.
Jack S.
Madeline B.
Anna G.



Joanna C.
Alexandra J.
Michael W.

Long Course Training Finalized

Once again this summer, we will offer 50-meter training for those swimmers currently swimming in Green, Blue and Senior.

Practices will be held at the RecPlex in Pleasant Prairie on the following days June 16, 18, 25, 30, July 2, 7, 9, 14, 16, 21, 23, and 28.

Practice times for Blue and Senior

level swimmers will be 10:30 a.m. to 12:30 p.m.

Practice times for Green level swimmers will be 10:30 a.m. to Noon.

Parents, do not send your swimmers to three practices a day! If you plan on attending the 50-meter training sessions, do not attend the

AM practice at Meadowbrook.

Take advantage of this opportunity which allows our swimmers to acquaint themselves with the differences between yards and meters.



30th Anniversary Picnic Planned ... save the date!

Saturday, September 19th from Noon to 5:00 p.m. at the Sealed Air YMCA we will be hosting a SEA Picnic to finish out celebrating 30-years of SEA swimming!

Robin Betthausen, Lydia Bolendorf, and Kim Wergin are leading the charge in the planning process and if you would like to assist, please reach out to them.

We will have exclusive use of the multi generational room and the acres of open green space for games, shade tents, and chairs and the pool and basketball courts will be available for use as well.



Should be loads of fun!

At this time, please save the date and we hope to SEA you there!

Practice Location for Spring & Summer ... as of today (updated)

THIS SUMMER IS BETTER THAN PAST ONES, BUT RUSD WILL NOT HAVE A POOL OPEN FOR THE ENTIRE SUMMER FOR OUR PRACTICES.

Unlike past year's when we would already be practicing at Carthage College, we have been granted pool time at Case

through June 9 this Spring.

Beginning June 8 we will transplant PM practices to Carthage College through July 20.

Park High School is scheduled to open for our use on July 20 through the end of the season (fingers crossed).

We'll still offer a full slate of AM practices weather permitting beginning Monday, June 15. Please

view the Practice Schedule posted online for practice times and weather cancellation procedures.

If your family struggles to make it to practice because you can't get your swimmer there because of work, please reach out to Coach Neil and he'll see if he can't facilitate a carpool experience for you if he can ... feel free to chat with parents in the balcony too.

Off Season Training Scheduled for August

As usual, we will offer Off Season Training three days a week in the mornings at Meadowbrook Country Club.

This opportunity bridges the gap between the end of the summer and the start of the fall season.

Training sessions will be held on Monday, Wednesday and Thursday, August 3-27.

Practice for Green, Blue and Senior level swimmers will be held 7:45-9:15 a.m. and the cost is \$75,

Practice for Pups, Lions and Dragons will be held 8:15-9:15 a.m. The cost is \$50.

In addition, weight training for 9th-graders to be and higher will be held during August at Sealed Air YMCA Monday, Wednesday, and Friday from

10:00 a.m. to 11:00 a.m.

Please forward payment to Coach Neil in form of check (made out to SEA) or cash.

Take advantage! Signed up to date included: Nathan Mudry, Arev Buchaklian, Dayna and Kira Alemy.

SEA vs. OZ Recap

The results received from the SEA vs. OZ contained a handful of errors so this report will be incomplete at best.

Hugo Arteaga posted the 2nd fastest times in our history for 8&U boys for the 50Fr (33.65).

Natalia Badillo cut 8.32 from our previous best effort in the 500Fr.

Sofia had a personal best in the 50Bf.

Rachel Christensen posted to best times - 2IM and 500Fr.

Halina Collins really put on a show swimming all four 25s legally and dropping 9.29 seconds in the 25Fr (that's a ton of time to slash for a 25 event).

Dominic Ricchio posted two bests - 50Fr and 2Fr.

Tia Ricchio post 100% best times and cut 27.51 seconds in her 1IM race.

Macie Ritter posted times in two events she had no times for - 1IM and 1Ba.

Emily Stouffer swam three new events in SCY - 1IM, 1Fr and 50Br while her sister posted new event times in the 50Fr and 50Br.

Great job swimmers and good luck this weekend in Brown Deer during Silver State! Rock the blocks and finish hard!

Bird Bath Recap

Well, we couldn't ask for better weather and the team bonding was top notch.

As a team we finished 7th of 45 teams scoring 995.50 points, posted a team best time average of 43% and only notched eight DQs. Great results for a team travel meet folks!

Achieving new LC State qualifying times were Natalia Badillo 1Fr, 2IM, Sofia Badillo 1Fr, 2IM, and Jacob Trask 1Fr.

Athletes posting some of the fastest times in our history included Sofia Badillo 7th 1Fr, 10th 2IM, Natalia Badillo 8th 50Br, 7th 1Br, 9th 50Bf, Emily Bollendorf 4th 2Br, 4th 4IM, 2nd 1Br, CJ Trask 8th 1Bf, and Jacob Trask 10th 1Fr, 6th 1Ba.

Swimmers achieving 100% times were Drew and Jack Esson and Parker Palermo.

Slashing more than five seconds in a single event during the meet included Sofia Badillo -9.08 2IM, Emily Bol-

lendorf -6.25 4IM, Emily Cain -21 50Bf, Jack Esson -11.74 1Bf, Ava Knaus -16.63 1Ba, Taylor Knaus -9.97 50Bf, Ellie Palermo -6.49 1Ba, Scott Palmer -14.06 2Br, Dominic Ricchio -8.83 1Bf, Ali Scharff -10.63 2Fr, Jack Scharff -14.18 50Bf, Neil Wright III -9.85 1Br, and Quinn Wright -9.12 50Ba.

Also, congratulations to Ava Knaus on all her great swims ... a prefect example of what hard work and persistence looks like. Keep it up!

End of SEAsOn Time Trials

End of SEAsOn Time Trials will take place at Park High School on Tuesday, July 28.

Warm-ups will begin at 5:30 p.m. and the meet will begin at 6:15 p.m.

Timers and officials are needed, but this event is not sanctioned.

Parents interested in helping out can meet with Coach Neil at 6:00 p.m. next to the First Aid closet.

This is a great event for our swimmers to swim as it gives our Pup levels swimmers an opportunity to swim the 100 IM (the requirement to move out of the Pups group is to swim a legal

100IM) and it gives everyone else one more opportunity at posting best times prior to our upcoming break from meets.

Please take advantage of this great opportunity and sign-up today! Email Coach Neil if you would like your swimmer in the meet!

South Eastern Aquatics

South Eastern Aquatics
Racine Family YMCA Swim Team
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Parent Motto:
Love, Support, Transport.

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Our Mission Statement here at SEA reads, "To empower the youth of Southeastern Wisconsin to be champions in life through excellence in swimming."

Our Vision Statement here at SEA reads, "As a swim team without a true home, it is SEA's vision to one day build a pool of our own."

Communication is key here at SEA. There are no 'dumb' questions. If you are confused about anything at all, please reach out to your swimmer's coach or contact our Head Coach Neil Wright at 262.898.4766 or via email at south.eastern.aquatics@gmail.com.

On the Starting Blocks

July 2015

15-18, Speedo Champions Series meet

17-19, Silver State meet

24-26, 12&U State meet

28, End of SEASON Time Trials

30-2, 13&O State meet

30-3, Junior Nationals

August 2015

7-9, 14&U Central Zones

3-27, OST

September 2015

8-17, FREST Clinic

14, Returning Family Registration, 6:00-7:30 p.m. at Sealed Air



YMCA

19, SEA Family Picnic at Sealed Air YMCA, Noon-5:00 p.m.

21, Tryouts

22, First day of practice

October

15, Sprint Time Trials

November

1, 6th Annual SEA Fall Starter