

October 14, 2016



SOUTH EASTERN AQUATICS

Serpent Times

Neil's Kickboard

Good luck this weekend in Mequon during the OZ Swim Your Own Age event at Homestead High School.

Don't forget I'm hosting a new parent meeting this Tuesday, October 18 at Horlick High School beginning at 6:00 p.m. This meeting is an opportunity for you to ask questions and learn more about your sons/daughters swim team. It usually only lasts 15-20 minutes. I'm looking forward to meeting with you.

Have you emailed me in regards to entering your son/daughter in our upcoming SEA hosted Pentathlon event set to take place in Pleasant Prairie on November 6? All swimmers should plan on attending this event and parents are reminded to sign-up to work the event. If you need assistance on how to

sign-up, please don't hesitate to contact me.

The deadline to submit Elegant Pie order forms is right around the corner. Access information and order forms via our website under the MEMBERS dropdown menu / Elegant Farmer (left hand side). These pies are a perfect addition to any Thanksgiving feast!

YMCA National Requirements: male swimmers planning on attending this event (whether individually or as part of a relay) must attend the following meets; KENO Invite on 11/6, SSTY Invite 11/13, YMCA Sectionals 3/11-12, and YMCA State 3/17-19. Requirements for female swimmers include; SSTY Invite 11/13, Y-Finalist 12/9-11, YMCA Sectionals 3/11-12, and YMCA State 3/17-19.

News from the Senior Pool

... we are swimming lights out during our Thursday stand-up set. Athletes are posting life time best efforts ... in practice no less. Beginning next week and running through the following week, I will be video taping all four strokes, starts, and turns. After the video is collected, the athletes and I will sit down and review it. This is a great opportunity for learning and all athletes are encouraged to attend practice regularly to derive the most learning and development from this experience.

Please reminder your swimmers to bring something to drink and eat to all Senior practices.

If you need anything at all, please contact me at 262.898.4766 or via email at south.eastern.aquatics@gmail.com.

OZ Swim Your Own Age Meet Information

This weekend we travel to Homestead High School in Mequon - 5000 W. Mequon Road, the pool entrance is located in the back of the school.

Friday warm-ups for the 4IM begin at 4:30 p.m., meet begins at 5:30 p.m. and is scheduled to end at 6:03 p.m.

Saturday and Sunday AM warm-ups for 13&O athletes begins at 7:00 a.m., meet begins at 8:00 a.m. and is schedule to end at 11:06/11:28 a.m. respectively.

Saturday PM warm-ups for 12&U athletes begins at 11:00 a.m., meet begins at

Noon and is scheduled to end at 3:43 p.m.

Sunday PM warm-ups for 12&U athletes begins at 11:30 a.m., meet begins at 12:30 p.m. and is scheduled to end at 4:03 p.m.

Drive safe, swim fast, have fun!

Upcoming Deadlines

| | |
|--|-------|
| BAC Holiday Splash ... extended deadline | 10/16 |
| SEA Pentathlon | 10/20 |
| KENO Invite | 10/25 |
| PX3 Invite | TBA |
| SSTY Invite | 11/5 |
| Added SEA event (November 18) | TBA |
| Y-Finalist | 11/18 |

Special points of interest:

- Diving practice is held on Saturday's (8-9:30 a.m.) at the Lakefront YMCA with Coach Alyssa ... please email Coach Neil if you plan on attending.
- SEA swim caps are required at swim meets and are available from coaches for \$12 for silicone and \$5 for latex.

Katie's Kickboard

I had the pleasure of attending a conference in Chicago, learning from former Olympians was a real treat. We talked about the in's and out's of Freestyle, from your fingertip to your toes. Do you know what part of your arm enters the water first? Your fingertips! Followed by your wrist and elbow. Attention to detail, consistency, and repetition are important when perfecting any stroke.

One thing that stuck out to me the most was autonomy, which is self-directing freedom and moral independence. Allowing athletes to choose aspects of their training holds them accountable for their success. Using the season plan they are able to choose the stroke they want to work on. I have picked 4 drills for each stroke that will be our "go-to" drills. These will be used alongside some new and unique tech-

niques i picked up at this conference.

Our Tri (turned into a dual) this past Saturday was a blast! Some of us stepped up onto the blocks for the first time and did awesome. Silvers and Bronze showed off their tight streamline they have been working so hard on. Let's get ready for our OZ meet this weekend at Homestead High School.

Now that Gold's have been able to spread out we have been putting in some yards here at Case. Focusing on the technique of the stroke in our drill sets. Using my teaching background, I coach in steps, breaking down the stroke by parts of your body. Engaging our arms, core, and legs in any given set. With the intention of translating that technique at speed in or main sets.

I will be handing out Gold Goal Sheets this week. They are to be taken home and filled out to the best of their abilities, and returned by Friday, October 21st! I will review and discuss goal sheets with athletes and save them for future reference. This is a fun activity, and may need some parental assistance.

Lastly, I would like to recognize Joanna Caro as the swimmer of the week! This girl is such a hard worker and is constantly trying to improve. Last week during LTS she posted a better time each swim, this is hard. Not only does she work hard in practice but she also encourages her teammates to do the same. Keep up the hard work Joanna!

BAC Holiday Splash entries due October 12 ... extended to October 16

The entry due date for the BAC Holiday Splash event is right around the corner. The meet will be held in Madison, December 2-4 and is a great opportunity to hangout with your SEA family both at the pool and away from the pool when the meet is not

happening.

It is very important that families do not drag their feet in notifying Coach Neil their intentions to attend.

The host team will take entries on a first come first basis until the meet is full.

Coach Neil will be sending our entries in at Noon on October 17.

Hotel information for this event is located on page five of this newsletter.

Questions, concerns, comments? Please reach out to Coach Neil.

New Parent Meeting Scheduled

A new parent meeting has been scheduled with Head Coach Neil Wright. All new parents are encouraged to attend to learn more about SEA and some of the ins-and-outs to have a successful season this year.

The meeting will begin at 6:00

p.m. and will take place at Horlick High School on Tuesday, October 18.

Some of the topics to be covered include: Mission and Vision Statements, Philosophy, Communication, Website, Swim Caps, Practice cancella-

tion policy, parents jobs as a swim family, how to sign-up for swim meets, and of course a Q&A opportunity.

Save the Date!!! Tuesday, October 18, 6:00 p.m. at Horlick High School ... hope to SEA you there!

Tryouts Scheduled for October 24

The final mass tryout for the Fall & Winter Season is scheduled to take place at Case High School on Monday evening beginning at 6:00 p.m. on October 24.

In order for swimmers to join our team, they must be able to swim 25-yards without stopping and be safe in deep water.

Registration is not required ... families simply show up and have their sons/daughters skill sets assessed.

Pass the word around!



DO THIS... **...OR BE THIS!**

ELEVATE YOUR GAME!
Become a member of the Sea Swim Team!

Contact Head Coach Neil Wright at 262-898-4766 or via email at south.eastern.aquatics@gmail.com

Officials Recertification & New Officials Clinic scheduled

Liz Christensen (she serves on the parent board as your officials chair) is developing opportunities for our officials to become recertified and for parents to become new stroke and turn officials.

Stroke and Turn Judge Clinic will be held on the following dates: October 8 in Pleasant Prairie and October 11

in Madison. A Starter/Referee class will be held October 25 in Madison.

Recertification will be held during the weekend of October 1-2. Details will be posted here when finalized.

Parents interested in becoming officials are encouraged to attend the officials training that will be held in early October at the RecPlex ... de-

tails will be posted here when finalized.

If you need more information about becoming an official, please reach out to Liz at 262.994.4088 or via email at ejchrist@wi.rr.com.

Becoming an official is easy and requires no swimming background. Also, you get the best seat in the house!

How to Sign-up for a Swim Meet

Signing up to have your swimmers attend swim meets listed on our meet schedule is an easy process.

Step one - view the meet schedule on our website (www.sea-y.org) under the MEMBERS dropdown tab / MEET INFORMATION.

Step two - once you find a meet to attend, email Coach Neil your intentions to have your swimmers attend the meet you want -

be sure to inform him which days you want to attend if the meet is more than one day in length.

Step three - Coach Neil will respond to your email with an "All set!" email. You'll be able to double-check that your swimmers have been entered in the meet by checking the uploaded entry PDF file on the MEET INFORMATION page of the website.

Step four - set-up a meet escrow account. Forward a minimum of \$50 (check made to SEA) to cover swim meet fees. You can forward a check to a coach or via snail mail - hover over the MEMBERS dropdown menu and click the MEET ESCROW ACCOUNT link for more information.

Need more help? Contact Coach Neil at 262.898.4766 or via email at south.eastern.aquatics@gmail.com.

SEA and PX3 Rookie Meet Highlights

By the skin of our teeth we (SEA and PX3) managed to conduct a Rookie meet last weekend in Pleasant Prairie.

One of the benefits of this event was the Officials Clinic held prior to the meet beginning. Thanks to the handful of SEA parents who stepped forward to begin the process of becoming an “official” Official. You will be an important cog in the machine that is SEA.

From the swimming standpoint, it was exciting to watch all our new

swimmers compete and our veteran swimmers continue to develop their skill sets.

Alessandra Arteaga swam the 50 Freestyle for the first time, Hugo Arteaga went two for three of best times, congratulations to Rylie Bergemann, Jonah Bouy, Nathaniel Foster, Nicholas Foster, Srushti Ingle, Ava Jacobson, Callie Klepp, Angela Mrotek, Nolan Mrotek, and Kylie Thomas, on their first “real” meet efforts, Zack Kopsea on his three best times in the 100 Freestyle, Backstroke, and Breaststroke, Nathan

Mudry posted all best times, Ellie Palermo did too dropping 16.93 in the 100 Backstroke, Macie Ritter posted two for three best times, Megan Schultz had a nice time drop in the 100 Freestyle, Emily Stouffer posted all best times, Jordan Stouffer notched two of three best times, Mac Thomas went two for three best times dropping 13.30 in the 100 Breaststroke, and Jordyn Tran swam the 100 Freestyle, 100 Backstroke, and 100 Breaststroke for the first time. Great job swimmers ... keep up the good work!

BW3s Team Fundraiser

Our Fundraiser Chair - Tom Knaus, has worked with BW3s here in Racine at 5880 Durand Avenue and set-up an account with their Home Team Advantage Program ... here's how it works: 1) Bring your Teammate Card to BW3s (through July 31, 2017) , 2) show your card, on your mobile device or via printed copy, 3) the server will add 10% of your total sales to your

team's running total, 4) at the end of the Summer Season, BW3s will donate 10% of sales back to SEA ... which will be allocated to assistance for families who have a desire to swim on SEA, but not the means.

A copy of the Teammate Card is posted on the homepage of our website and has been emailed out to all families as well.

When dining at BW3s be sure to use your card and support swimming here



Happy October Birthday

Maya Frodl, Srushti Ingle, Ava Jacobson, Shaelyn Jensen, Hannah Kehl, Angela Mrotek, Eric Neo, Coach Katie, Elise Piper, Charlotte

Wright, Quinn Wright, and Neil Wright III.



Hotel Secured for BAC Open, December 2-4 in Madison

Thirty rooms (most are double queen type rooms) have been reserved at the Hampton Inn in downtown Madison for next season's team travel meet - the BAC Open.

Each room comes with a fridge and microwave and includes a hot

breakfast.

The rate is \$109 per night with a \$12 parking fee per 24 hours.

The link to reserve rooms is now live and posted under the MEMBERS/Meet Information page or our website.

We will also host a team travel meet in January

of 2017 when we head back to Indianapolis.

For those wondering, the meet in Madison is open to all swimmers (there are no qualifying times) while the Indianapolis meet has some light time standards).

Hope to SEA you racing at both meets!

Returning & New Family Registration is Underway

Registration for returning and new families is well underway with close to 100 swimmers currently signed up and training towards their goals for the 2016-2017 Fall & Winter swim season.

Missy Reischl is our team's Registration Chair and can assist any families who still need to sign their sons/daughters up for this season. She can be reached via email at mjreischl@wi.rr.com or via phone at 262.989.9065.

At this point, all swimmers should be registered if they are attending practice. If you still need to sign-up, please reach out to Missy. Welcome back!

YMCA National Hotel Information

Families intending on travel to Greensboro, NC for YMCA Nationals can reserve rooms by calling 888.939.5945. The YMCA Sports Housing Office hours are Monday-Friday, 9:00 AM to 5:00 PM EST.

Ten king rooms (you can request a double queen room when calling)

have been reserved at the Drury Inn & Suites located two miles from the competition pool - address is 3220 Gate City Blvd.

Rooms are reserved from April 2-8 and the meet will take place April 3-7.

When you call to reserve your

room, the team block is under Neil Wright and our YMCA name is Racine Family YMCA. You should be able to change your arrival and departure date when you call and you'll need a credit card to hold the room.

The deadline to secure a room is February 17, 2017.



SOUTH EASTERN AQUATICS

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On Twitter @SEAWisconsin
On Facebook too SEA SWIM TEAM

On the web at
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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!

Calendar of Events & Reminders

October 2016

14-16, OZ Swim Your Own Age

18, New Parent Meeting, 6:00 p.m. at Horlick High School

23, J-HK Swim Your Own Age

24, Tryouts at Case HS, 6:00 p.m.

25, LSC Meeting, Oconomowoc, 7:00 p.m. - all welcome!

November 2016

6 SEA Pentathlon

6, KENO Invite (only available for boys attending YMCA Nationals)

11-13, PX3 Invite

13, SSTY Invite (only available for athletes planning on attending YMCA Nationals)

15, Parent board meeting, Case,

6:00 p.m. - all welcome!

18, Added SEA event - TBA

December 2016

2-4, BAC Open

7-10, Speedo Winter Junior National Championships

9-11, Y-Finalist

16, Middle Distance Time Trials

