

April 29, 2016



SOUTH EASTERN AQUATICS

# Serpent Times

## Neil's Kickboard

Great job last night during Sprint Time Trials. Thank you to all volunteers who step forwarded to help time. Results will be posted on our website soon!

For those of you who have not heard, Coach Mike has accepted the Graduate Assistant coaching position with Carthage College beginning this Fall. We are extremely proud of his development these past six years and it goes without saying that his presence on the pool deck working with our swimmers will be missed. His ability to secure a college level coaching position is a reflection of his hard work and dedication and SEA's commitment to developing our coaching staff in terms of sending them to clinics and supporting their memberships in professional coaching organizations. The parent board

will be organizing a send off later this season (watch the newsletter for details as they firm up). In the meantime, let's enjoy this remaining season together as we prepare our athletes for the end of season championship meets.

This weekend we are hosting our 8th Annual Early Bird event in Brown Deer. Please be on time for worker positions and warm-ups - warm-up times can be found in the section below and arrival times for workers were emailed out yesterday. Please don't forget that his meet runs only one session per day!

Did you turn in your Millaeger's fundraising form and money? Everything was due yesterday. Please contact Tom Knaus if you still have items to submit 262.930.7396.

Now is the time to step forward if you are interested in serving on the parent board! We currently have two positions vacant and desire to fill them by September. If you have an interest in serving on the parent board as either the VP or Treasurer please contact me. Nominations will be taken through the end of May. Parents stepping forward to volunteer must bring an even keeled approach to the parent board and must make decisions and judgments for what is best for all swimmers, not just their own. Meetings are held monthly from 6:00 p.m. to 8:00 p.m. If parents need more information or have questions, please don't hesitate to contact me.

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

## 8th Annual SEA Early Bird information

This weekend at the Schroeder facility we will conduct our first 50-meter meet of the Spring & Summer season!

Saturday warm-ups for all swimmers will begin at 10:00 a.m. (please be on deck by 9:50 a.m.). Events begin at 11:05 a.m. and the meet is scheduled to finish at 4:48 p.m.

Sunday warm-ups for all swimmers will begin at 8:00 a.m. (please be on deck by 7:50 a.m.). Events begin at 9:05 a.m. and the meet is scheduled to finish at 12:49 p.m.

Please note that all swimmers seed times are converted from their best yard efforts. This weekend should be about focusing on the process of fast swim-

ming and not the outcome. Don't worry so much about the times, but instead focus on what your coaches have been teaching you about race strategy, starts, turns, finishes and of course streamline position and underwater dolphin kicks!

Good luck swimmers! Drive safe, swim fast, have fun!!!

### Upcoming Deadlines

LAKE Swim Your Own Age	4/30
SEA Pirate Plunge II	5/20
Tri-dual w/LGSC & KYST	6/1
7th Annual SEA Summer Sizzler	6/10
LAKE WGLO	TBA
Dual w/OZ	6/29
18th Annual Bird Bath	TBA

### Special points of interest:

- Did you submit your registration form and payment for this year's banquet? The extended deadline is May 5.
- SEA swim caps are required at swim meets and are available from coaches for \$12 for silicone and \$5 for latex.
- We are all set to return to Meadowbrook Country Club beginning June 8 ... weather permitting!

## Coach Mike's Corner

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Hi SEA fans! Ready to swim a meet finally? I know I am! Our age group swimmers have been doing an outstanding job practicing good technique and working hard. All of the coaches are excited to see you swim tonight and this weekend!

### **This week in.....**

**Bronze:** In the Bronze group this week we had a Bronze complete the 100 IM legally in practice! Great job Sissy(Tera) Commodore! That's a pretty big accomplishment for a seven year old!

**Silver:** This week in Silver we did more turn work, our Freestyle and

Backstroke turns are looking very sharp. We've even started doing bucket turns at the Silver level, parents that's the back to breast turn. I want to give a quick shoutout to James Akakpo for mastering the freestyle turn so quickly!

**Gold:** This week in Golds we worked hard, really hard, like really really hard. For two reasons. One, because our Golds need the distance freestyle work, and two, because Nate thinks for some reason it's a good idea to taunt your coach after a workout the previous week. I quote, "That's all you got Mike? I'm not even tired". So I

brought that hard work that next Monday and I have to say the Golds beat my workout, looks like I'll have to go back to the drawing board and make it tougher.

### **Swimmer Shoutout**

This week's swimmer shout out goes to Zoe D'Alessandro! Zoe does an amazing job listening to the feedback she gets from her coaches. We instantly see her start working on tips and advice we give her, and we can tell it's already making her faster in the water. Zoe thank you for being such a hard worker and a good listener!

## 13&O Training Trip is scheduled and details are finalized

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We have secured a house for our stay in Panama City Beach for this year's 13&O Training Trip along with pool time and vans. For the most part, everything is in place to have a great experience and get in some really good training!

Please save the date of Friday, May 13 (location TBD) for a 13&O Training Trip swimmer/parent meeting (5:30 p.m.) This meeting will be held in the classroom off

the pool deck at Carthage College (all swimmers and at least one parent must attend). We will be filling out emergency contact forms, code of conduct and other important documents so please bring your insurance information and doctors/dentists contact information too.

I'm very close to having the final total of this trip nailed down (final payments will be due June 6). I'll post the total here

soon ... I'm waiting for some final information about the pool rent and then I can finalize the totals.

If you have not forwarded your \$100 deposit, please do so.

Final trip dates are June 11-June 18. Departure to and from Florida will be 3:00 a.m. - the early bird catches the worm!

## Weight Training Information

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Attention Senior athletes and parents, weights is making its return on Monday, May 2nd. Our weight sessions start at 3:30 and end at 4:45 on Mondays, Wednesdays, and Fridays, additionally there is a weight session after Saturday morning practice from 9:45 until

11:00. Any senior athlete that is currently attending High School is allowed to attend. Athletes going into 9th grade may begin attending at the start of the summer season. Our weight program will now have a new set of guidelines in an effort to keep the athletes safe. Swimmers at-

tending weights must attend 3 out of the 4 possible weight sessions each week. This is to make sure our athletes stay safe while lifting, sporadic attendance will not be accepted. If you have any questions please contact either Coach Neil or Coach Mike.

## Swim-a-Thon is Underway ... this year we reset the date

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The timeframe for our Swim-a-Thon has been reset in order to align with USA Swimming's calendar. Because of this, our next Swim-a-Thon will not take place until December of 2016.

Donations collected and turned in this season will still be credited to your fundraising obligations for this season. It's probably best to solicit flat pledges

versus a pledge covering the number of lengths covered during the event (especially if you need the Swim-a-Thon pledges to cover your fundraising obligation).

One of the benefits of moving the Swim-a-Thon to the end of the year will be the added time to solicit pledges and it also gives our Spring & Summer swimmers an opportunity to participate too.

Great prizes are available once again and you can read all about them at our website under the MEMBERS dropdown menu by clicking on the SWIM-A-THON link under the Fundraising section. Take advantage!

*Flat pledges can be forwarded by the end of this season for inclusion to a families \$150 fundraising minimum.*

## Bird Bath Hotel Information

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This summer we'll be heading back to the Bird Bath event in Appleton, July 8-10.

This summer we have blocked 30 rooms at the LaQuinta under South Eastern Aquatics. The deadline to pull a room is June 17.

15 rooms are two room suites with two queen beds @ \$122.40; 10 rooms are one rooms suites with one queen bed and pullout sofa @ \$118.15; and five rooms are two room suites with one king bed and a pullout sofa @

\$122.40.

Hotel has free internet and breakfast.

Address if 3800 West College Avenue, Appleton, WI 54914.

Call 866.527.1498 to reserve your room today.

## Annual Banquet Information

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Our annual Awards Banquet will be held on Thursday, May 12, 2016 at Infusino's Banquet Hall beginning at 6:00 p.m.

Our Annual Banquet celebrates a year of hard work and dedication of our student-athletes.

It's an opportunity for our swim

family to get together and recognize and honor all their successes in the pool.

The Banquet also gives us an opportunity to say goodbye to our graduating senior athletes and for them to share their



*Save the date ... Annual Banquet will be held Thursday, May 12.*

memories of SEA and what they remember most.

Registration form is available on our website under the MEMBERS dropdown menu by clicking the ANNUAL RECOGNITION BANQUET link. We hope you can join us!



**SOUTH EASTERN AQUATICS**

Racine Family YMCA  
725 Lake Avenue  
Racine, Wisconsin 53403

Phone: 262.898.4766  
Fax: 262.634.0401  
Email: south.eastern.aquatics@gmail.com

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

**On the web at**  
**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!*

## Calendar of Events & Reminders

**April 2016**

30-1, 8th Annual SEA Early Bird

**May 2016**

5, Deadline to sign-up for Annual Recognition Banquet

13, 13&O Training Trip meeting (all athletes and one of their parents must attend), 6:00 p.m. at TBA

14, LAKE Swim Your Own Age

21-22, SSTY Open

**June 2016**

3-5, Pirate Plunge II

6, 13&O Training Trip Meeting, 5:30 p.m. @ Carthage

10, Tri-dual w/LGSC & KYST

17-18, Omaha Cup

20, Parent Board meeting, 6:00 p.m. at Carthage - all welcome!

24-25, 6th Annual SEA Summer Sizzler

24-25, WGLO

26-3, US Olympic Trials

**July 2016**

7, Dual w/OZ

8-10, Birdbath Invite

15, Dual w/SHOR

21-24, Speedo Sectionals

22-24, Silver State

27-31, YMCA Nationals

