

October 1, 2015



SOUTH EASTERN AQUATICS

# Serpent Times

## Neil's Kickboard

Welcome back! But lets be honest, as a year-round swim team some of us haven't really been away since the end of the summer season. ;)

I want to take this opportunity to congratulate our parent board on a year's worth of dedication and leadership. Three major tasks were accomplished this past year and required many volunteer hours.

First, we added a meet (Pirate Plunge) while maintaining our two other spring/summer meets and the 13&O State meet. This was no easy task. It took 2-3 meetings to decide to do this (the importance of which was to maintain our three spring/summer meets for 2016).

Second, I presented a fee comparison document and there were many months of discussion in regards to our current fee structure. In a nutshell, we are not charging enough for the services we offer ... even after fees were raised 20%.

Third, we developed another fulltime coach position complete with benefits. There are not many teams in Wisconsin who are in position to pay two fulltime coaches and we need to be proud of this accomplishment.

Additionally, we have restructured the parent board with the major changes coming from splitting the VP and registration positions, adding an official position, deleting any redundant positions (co-

fundraising and co-meet director), and deleting parent liaisons positions since all parent board members serve in that capacity.

At the parent board level we have developed season objectives and currently they are: become a 501(c)3 organization, engage parents to become involved at the committee level, and develop job descriptions for the various parent board positions (more could be added to this as the season progresses).

In a nutshell, there is a lot of work going on behind the scenes with the "dry-side" of our sport and we are blessed to have caring professional parents assisting with moving our team forward. Welcome back everybody!

## Sprint Time Trials

Our first "official" competition will take place October 15 at Park High School with warm-ups beginning at 5:30 p.m.

This year the 50 underwater dolphin kick has been added for the senior level swimmers and advanced 12&U athletes. It will be the first event of the

meet. More about this exciting new experience as we get closer to the event.

We will need a minimum of 13 parent timer volunteers along with 3-4 volunteer officials.

If you would like your swimmer entered in this event,

simply email Neil at [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com).

Take advantage of this experience!

Visit the MEET INFORMATION page of our website for the latest information on the meets we will be attending this season.

### On the Agenda

Deadline to sign-up for Sprint Time Trials	10/12
Deadline to sign-up for SEA Pentathlon	10/12
Deadline to sign-up for Spooktakular	10/13
Deadline to sign-up for KENO Invite	10/25
Deadline to sign-up for SSTY Invite	11/2
Deadline to sign-up for Y-Finalist	11/14
Deadline to sign-up for BAC Open	11/15

### Special points of interest:

- *This is our 31st year!*
- *SEA swim caps are required at swim meets and are available from coaches for \$12*
- *New Family Registration will take place at Horlick High School Monday, October 5 beginning at 6:00 p.m.*
- *Caring, honesty, respect, and responsibility is what our team is all about ... and having fun and swimming fast!!!*

## Coach Mike's Corner

---

Hi SEA fans! Welcome to my spot in the newsletter where I'll cover everything that's happening at the age group pool. I'll be giving you the lowdown on the ins-and-outs of our training for the week as well as what's in store for us in the upcoming month. Finally, at the end of my section of the newsletter I'll pick one swimmer each week that really impressed the age-group coaches the past week.

Before I get more in depth about our swim training I'd like to say welcome back! I'm very excited to get the season underway and I hope you all are too. Lets jump into what

our training looks like this month. Our Bronze, Silver, and Gold groups will be covering one stroke a week for the first month of training. We've already got freestyle and half of backstroke down. Next week we'll cover breaststroke and after that we've got a whole week of butterfly.

Now parents I'm sure your asking why we do this? Well the short answer is that we need a whole week of time to really breakdown the stroke and teach each specific part of the stroke individually so our swimmers can excel at each stroke. From what I've seen from

the freestyle we learned last week this is already paying off in spades.

Finally my swimmer shout out this week goes to Maya Frodl! Maya approached me last week and ask me if she could be a National level swimmer. Of course you can Maya! With enough hard work anyone can!

Here's a little secret swimmers, the SEA coaches **LOVE** it when you come up with your own goals and tell us what they are.

Thanks for reading everyone; SEA you on the deck!

## 13&O Training Trip is scheduled

---

Every two years we host a 13&O Training Trip to the vicinity of Panama City Beach, FL and our tentative dates for the 2016 trip are June 19-26.

The trip will cost between \$750-\$1000 and the cost will cover most expenses.

At this time, swimmers who are interested in attending should forward their names to Coach Neil and he will in turn track their interest in this section of the newsletter.

In addition, two chaperones are needed to assist with the drive to and from to Florida, transporting athletes while in Florida, and meal preparation for the week.

If you are interested in possibly serving in the role as chaperone, please reach out to Coach Neil - in turn, he will list names here as

they come in.

Swimmers who have taken this trip have returned home with glowing reviews and memories that last a life time ... take advantage!

Current list of chaperones includes Kim Wergin.

*The 13&O Training Trip is a great experienced offered to our athletes once every two years.*

## Parent board in search of new secretary

---

The parent board is taking nominations (feel free to nominate yourself) for the position of secretary.

Interested individuals must bring an even keeled outlook to the board and a focus on what's best for the team as a whole, not just what's best for their swimmer(s).

The position of secretary entails taking

minutes during parent board meetings and emailing minutes the following day (making any necessary corrections during the following month's meeting).

The parent board is a great place to become more involved with SEA and the secretary position is a fairly



*Join the parent board and learn all about the dry-side of our sport.*

stress-free spot to give back to the sport of swimming.

Please speak with Neil if you are interested in this position (or any parent board member). Neil can be reached at 262.898.4766 or via email at south.eastern.aquatics@gmail.com.

## Summer Recap

Our swimmers, coaches, and parents put together an excellent summer season of swimming for 2015. Read on for the highlights ...

- 1) 18 new team records (two in 8&U, three in 13-14, three in 15-16, and seven in Senior)
- 2) One State Champion
- 3) We are sending an athlete to the YMCA of the USA sponsored Leadership Camp in Orlando, FL this month (all expenses paid except for travel there and back) - this is only extended to 20 swimmers throughout America
- 4) Sent two athletes to 14&U Central Zones



- 5) Had one athlete compete at Junior Nationals
- 6) Had one athlete compete at the World Deaf Championships
- 7) We are very close to submitting our

report for Level 3 in USA Swimming's Club Recognition Program

- 8) For the first time in our history, we have submitted our application for recognition in USA Swimming's Club Excellence Program (applying to this program is by time standards only)

Overall, we put together another successful season of swimming.

As we begin working towards our goals for this season, please remember we are in this together and that communication is VERY IMPORTANT ... as is maintaining our focus on the most important aspect of SEA ... our student-athletes.

Swim on and go SEA!

## It's time to become an USA Swimming Official - October 10

A Stroke & Turn Officials Training Clinic is scheduled for Saturday, October 10 at the RecPlex in Pleasant Prairie from 8:15 a.m. to 12:30 p.m.

NO EXPERIENCE REQUIRED ... so please don't be shy about stepping forward to fill this ever increasing important role within the ranks of parent volunteers.

Becoming an official gives you the best

seat in the house at the meets we host (and at the meets we travel too) and is a great way to give back to the sport.

SEA reimburses parents for any costs associated with becoming an official once you become an "official" official so the only cost is time.

*"The best seats in the house at the meets we host and attend can always be found where Officials volunteer."*

We currently have a solid roster of officials, but with each passing year, the roster shrinks when our officials children graduate.

Please reach out to our Liz Christensen if you need

more information or would like to sign-up. She can be reached at 262.994.4088 or via email at [ejchrist@wi.rr.com](mailto:ejchrist@wi.rr.com).

## Competition ... it's one of the ways to improve your swimming

For all our new families, one of the first questions you have pertaining to SEA is, "How do I sign-up my child for meets?"

The answer is real simple ... simply email Coach Neil the meet (please include the days you want to attend) at [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com). He in turn will sign-up your child for the meet and you can double-check his work by visiting our website and clicking on

the MEMBERS drop down menu and then clicking on the MEET INFORMATION tab.

Now, if you are on the team, your son or daughter is ready for meets. First year swimmers tend to swim the freestyle and backstroke events and coaches will slot swimmers in events they are prepared to swim.

Many deadlines to sign-up for meets in

October and November are right around the corner.

Please take a moment and check your calendars against the meet schedule and sign-up your swimmer(s) today!



Sign-up your swimmers for meets ... it's the best measuring stick we have.



**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!*

## Extended Calendar

**October 2015**

5, New Family Registration at Horlick High School, 6:00 p.m.

10, Stroke & Turn Officials Training Clinic

15, Sprint Time Trials at Park

19, Parent board meeting

25, Spooktakular

27, WI LSC Meeting

**November 2015**

1, SEA Pentathlon

8, KENO Invite

13-15, PX3 Invite

26-27, No practice

**December 2015**

4-6, BAC Open

11-13, Y-Finalist

18, Middle Distance Time Trials at Park

24-25, No practice

**January 2016**

16-17, SEA Penguin Challenge

22, Distance Time Trials at Park

23, Tri-dual with LGSC & BAT

26, WI LSC Meeting

29-31, 33rd Annual Circle City Classic

**February 2016**

5-7, A+ Open

12, SEA vs. OZ at Case

13-14, LAKE Open

19-21, Regionals

26-28, 12&U State

**March 2016**

3-6, 13&O State

12-13, YMCA Sectionals

14, Team Picture

17, End of SEASON Time Trials at Park

18-20, YMCA State

