

October 20, 2016



SOUTH EASTERN AQUATICS

Serpent Times

Neil's Kickboard

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. If you can't sign-up because there are no openings remaining, please call your Meet Director - Josh Johnson at 262.939.5724.

When you visit the meet worker sign-up page for our Penguin Challenge, please ensure you are signing up for the 2017 event and not the 2016 meet.

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!

Save these dates ... our annual Swim-a-Thon Kickoff and Halloween Party event will be held Tuesday, November 1 and the Swim-a-Thon will be held on December 21. More information to follow in the coming weeks!

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 will be spending the remainder of this week and next week video taping all four strokes, turns, starts, and finishes.

Although we will maintain our Yoga schedule, we will refrain from dry-land. In addition, our volume will drop dramatically (except for Wednesday's where we'll maintain status quo).

All swimmers are encouraged to take advantage of this opportunity for video review ... it's a great tool for continued development of their swimming knowledge.

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

J-HK Swim Your Own Age Meet Information

This meet was been condensed to a single session and all athletes will warm-up at the same time.

Warm-ups for all athletes will begin at 10:00 a.m., meet gets underway at 11:05 a.m. and is scheduled to end at 2:10 p.m.

Coach Neil and Katie will be on deck during this event.

Drive safe, swim fast, have fun!

Upcoming Deadlines

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
Middle Distance Time Trials	12/12

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

Hello again!

For Silver and Bronze we will be finishing up the week focusing on our starts to prepare for our upcoming meets. Don't forget to have your child dive certified with Coach Alyssa at the Lakefront Y from 8-9:30am. This will ensure their use of the diving blocks both at practice and at a meet.

On October 24th we have another try-out! I have handed out flyers to athletes at practice in hopes of recruiting their friends, family, or neighbors. This will be followed by a visit from Elsmore Swim Shop on October 25th. There will be all sorts of swim equipment available for purchase that day.

With Elsmore visiting us this is a great time to purchase your equipment bags! There are three main tools we will be using; kickboard, flippers, pull buoy (peanut). These are great tools to assist their body position, kicking and pulling. Understanding the feel of the water and the amount of effort needed is exactly why I'd like to start using these tools.

Gold's have been given their goal sheets this week, the deadline to return them will now be Halloween! This is my first time doing goal sheet and I'm very excited to read what their minds have come up with.

We have been doing great at the Gold's

level training how we race. Remembering how much our practice performance translates to our race performance. We added another test set! Sprint flutter kicks! They have been crushing their times already and it's only the second week we did it. Keep it up athletes!

This week my swimmer shout out goes to Sammie Spanske! Despite the frigid temperatures and some DQ's up at the OZ meet she posted all best times!! I swear this girl was more pumped to race every time I saw her. She was cheering on her teammates and helping show the new kids the ropes. Great job Sammie!!

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.

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 262-998-4766 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!

Elsmore Swim Shop onsite at Case High School, October 25

Elsmore Swim Shop will set-up shop on the Case High School pool deck on Tuesday, October 25 beginning at 5:00 p.m.

Families will be able to have their sons/daughters sized for suits (then you'll be able to place an order via their online store). In addition, swim supplies like goggles, fins, kickboards, and more will be available as well.



OZ Swim Your Own Age Recap and Highlights

We were the eighth largest team in attendance and finished eighth overall with 617 points, 40% best times team wide with seven DQs.

High Point Award Winners included Shaelyn Jensen second for 7&U Girls (88 points) and Caitlin Mertins third for Senior Girls (73 points).

Caitlin also notched the 10th fastest time in our history for

17-18 Girls in the 100 Breaststroke.

Achieving 100% best times were Lola and Mila Prpa and Hopking Uyenbat.

Dropping more than five seconds in a single event were Josh Abel -15.79 in the 200 Backstroke, Shaelyn Jensen -8.67 in the 100 IM, Madi Peterson -17.18 in the 400 IM, Jordan Stouffer -7.56 in the 100 Backstroke, and

Hopking Uyenbat -14.42 in the 100 Butterfly.

Continue to attend practice on a regular basis and listen to your coaches very carefully as we prepare for our first home meet of the season on November 6 ... don't forget to sign-up your sons/daughters by emailing Coach Neil at south.eastern.aquatics@gmail.com. Entries are due today!

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.





SOUTH EASTERN AQUATICS

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On Twitter @SEAWisconsin
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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

- 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

- 1, Swim-a-Thon Kickoff and Halloween Party
- 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
- 21, Swim-a-Thon

January 2017

- 6, Distance Time Trials
- 7, EBSC Open
- 21-22, SEA Penguin Challenge
- 27-29, 34th Annual Circle City Classic Invite

