

October 28, 2016



SOUTH EASTERN AQUATICS

Serpent Times

Neil's Kickboard

We had great swimmer sign-ups for our upcoming Pentathlon next weekend ... 78 swimmers! Way to go!

If you can't sign-up to work at our Pentathlon event next weekend 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.

Swim-a-Thon Kickoff & Halloween Party Practice Information ... Our annual Swim-a-Thon Kickoff & Halloween Party Practice will take place this Tuesday, November 1 at Park High School. The highlight of this event is the glow-stick swim and pizza party afterwards.

Practice will not be offered this evening, but instead a fun team wide practice will be held ... plan on having fun at Park instead! Hope to SEA you there!

SEA will be providing pizza and we ask that families provide drinks, treats (healthy ones too), and paper plates and napkins. If you are willing to provide any items, please email me. Thanks in advance!

So there's no confusion, we will only offer the Halloween Party Tuesday, November 1 at Park High School ... no other practice will be held.

News from the Senior Pool

It's been a rough week for me to connect with my senior swimmers ... Monday I conducted tryouts, Tuesday I

attended the LSC meeting in Oconomowoc, Wednesday I assisted at our age-group pool, and Thursday we did not have a pool.

Tonight I'll reconnect with the senior swimmers and video butterfly. Hopefully we will have some time for video review as I have a backlog of videos to review with my athletes.

I will video tape next week to cover any strokes swimmers may have missed during last week and this.

I'm looking forward to reviewing all the videos and then getting back to some decent training volumes in the coming weeks.

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

SEA Pentathlon and KENO Invite Meet Information

We'll be hosting our first meet of the season on November 6 at the RecPlex in Pleasant Prairie.

Don't forget to set your clocks back a hour Saturday night.

Warm-ups for all swimmers will begin at 8:00 a.m. and the meet will begin at 9:05 a.m.

Some of our senior boys will also be attending the KENO Invite at the Kenosha

YMCA (more information will be available in next week's newsletter).

This meet was been Drive safe, swim fast, have fun!

Upcoming Deadlines

PX3 Invite	11/1
SSTYA+	11/1
SSTY Invite	11/5
Added SEA Event (November 18)	TBA
Y-Finalist	11/18
Circle City Classic	12/1
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!

This past Sunday we were able to sleep-in in preparation for our J-Hawk meet. I am so proud to say that everyone achieve a best time and there were smiles the whole time. Everyone walked away from this meet very well decorated. Great job!

Over here at Case the pool temperature has chilled like the weather. Thankfully, Coach Sierra, Jake, and Tracy are warming up the Bronze athletes with a little dry-land. Jumping Jacks,

jump squats, and more are done to warm their bodies up before jumping in the pool.

Silvers have become all too familiar with our kicking warm up. I've been adding in some variety of strokes and kicks to help them improve multiple strokes. With all of the amazing skill levels we have, I have been challenging some of the athletes to do longer sets. We are learning fast!

Monday's are infamous for misfortune, but every Monday Gold's change that, by kicking

butt... literally! We had 5x100 flutter kicks and these swimmers were pushing best times every 100! What a great week of practice going into a holiday weekend.

This weeks swimmer shout out goes to Zack Kopsea! He improved on every single race this past weekend. Placing first in each of those events, scoring the maximum amount of points for an 11 year old boy. Keep up the hard work!

Stay on Top of Meet Sign-up for your Athletes

There are a few meets this season that require early (months in advanced) sign-up.

Families are encouraged to frequent the Meet Information page of the SEA website that can be

accessed from the MEMBERS dropdown menu.

Early registration for the SSTY A+ and Circle City Classic meets are right around the corner (November 1 and December 1 respectively).

Please stay on top of the deadline dates for the remaining of the season. Not all meets we attend have a "soft" entry deadline and it's better to be safe instead of sorry when deciding to attend any of the meets remaining on our schedule.

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.

J-HAWK Fall Starter Recap and Highlights

We had an excellent meet in White-water over the weekend! As a team we finished 2nd overall with 486 points, 61% best times and only two DQs.

Congratulations to Josh Able on his YMCA State qualifying time in the 200 Butterfly.

Nathan Mudry posted some of the fastest times in our history for 11-12 boys ... 3rd 400 IM, 5th 200 Butterfly, 7th 50 Butterfly, and 10th 100 Freestyle.

Achieving best times in all of their events included Joey Abel, Josh Abel, Maddie Cerny, Zoe D'Alessandro, Shaelyn Jensen, Zack Kopsea, Macie Ritter, and Megan Schultz.

Improving a single event by more than five seconds were Joey Abel – 26.53 in the 500 Freestyle, Josh Abel –23.83 in the 200 Butterfly, Maddie Cerny –10.63 in the 100 IM, Zoe D'Alessandro –28.03 in the 200 IM, Nathan Mudry –49.00 in the 400 IM, Madi Peterson – 64.79 in the 200 Breaststroke, Macie Ritter –23.88 in the 500 Freestyle, and Megan Schultz – 11.19 in the 500 Freestyle.

If you were wondering why some

of our swimmers were entered in to five or more events ... I submitted an updated entry file (to include our new times achieved during the OZ event the previous weekend). In addition, I selected some new events for some of our athletes to swim at this meet.

When the host team received the updated file, the first file was not deleted and all the events from the first file and the updated file were left in the meet database. In the end, everything worked out ... thank goodness.

Great job swimmers!

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

Racine Family YMCA
725 Lake Avenue
Racine, Wisconsin 53403

SEA will be providing pizza and we ask that families provide drinks, treats (healthy ones too), and paper plates and napkins. If you are willing to provide any items, please email me. Thanks in advance!

On Twitter @SEAWisconsin
On Facebook too SEA SWIM TEAM

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!

On the web at
www.sea-y.org

Calendar of Events & Reminders

November 2016

1, Swim-a-Thon Kickoff and Halloween Party

6, SEA Pentathlon

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

10, Parent board meeting, Case, 6:00 p.m. - all welcome!

11-13, PX3 Invite

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

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

