

October 7, 2016



SOUTH EASTERN AQUATICS

# Serpent Times

## Neil's Kickboard

As we finish out the week here are a couple of reminders ... we will be combined at Park tonight, we will conduct practice at Sealed Air YMCA with myself and Coach Katie tomorrow for Silver, Gold, and Senior and we are running diving practice at the Lakefront YMCA with Coach Sierra (both practices are 8-9:30 a.m.), and finally are 12&U swimmers will dual PX3 tomorrow afternoon.

Although it was a crazy/busy start to the season, practices have settled down and lane space is no longer at a premium (sans the combined practice nights).

We were not able to gain access into LAKE's WGLO event next month. Although we attend their summer version, the fall event is booked solid and no additional swims are available. I shared this information with the parent board earlier this week and we

decided to conduct a sanctioned event here in town on Friday, November 18. We felt it was not wise to add another travel meet to our meet schedule since we already have two planned for the season. Look for more information in the coming weeks and mark your calendars! We will conduct the meet at Park High School with warm-ups beginning at 5:30 p.m.

Here's an update on the happenings at the Senior level ... we conduct Yoga on Monday's and Wednesday's; dryland is held on Tuesday's and Thursday's after practice (we exit the pool at 7:15 p.m.); Thursdays (most, not all) we will conduct our stand-up test set and last night we had our second one of the season ... very impressive results compared to last week's results (results are posted on our website) ... a handful of athletes have been posting life-

time best times during this test set which is awesome! From a coaching stand point, please work with your swimmers on the importance of diet and rest ... something we are lacking a true understanding of and I will continue to preach upon. Otherwise, my only wish is that all our athletes train 4-5 days per week ... regularly.

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.

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

## SEA and PX3 Dual Information

We will attend the RecPlex tomorrow for a 12&U dual meet with PX3.

The address for the facility is 9900 Terwall Perrace, Pleasant Prairie.

Warm-ups will get underway at 11:45 a.m. and run until 12:20 p.m. Competition begins at 12:30 p.m.

Parents, remember to reminder your swimmers that streamline

position is the most important thing in swimming ... besides having fun that is!

Drive safe, swim fast, have fun!

### Upcoming Deadlines

J-HK Swim Your Own Age	10/10
BAC Holiday Splash	10/12
SEA Pentathlon	10/20
KENO Invite	10/25
PX3 Invite	TBA
SSTY Invite	11/5
Added SEA event (November 18)	TBA

### Special points of interest:

- Diving practice is held on Saturday's (8-9:30 a.m.) at the Lakefront YMCA with Coach Alyssa (Coach Sierra will be there this Saturday ... 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

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Hello again!

Great job last weekend at MFSC Fall Splash! As we move towards colder weather, we are busy staying warm and preparing to swim fast at our upcoming meets. This weekend we will swim at the RecPlex for a fun event (what ended up morphing into a dual meet) with PX3. I look forward to seeing your athletes in action!

You may have noticed that the Bronze and Silver warm up with something similar every day, this always consists of flutter kicking.

Our kick is like our boat motor, the stronger the kick the faster the boat goes. By December we will be cruising through the water no problem.

Along with flutter kick we have been learning dolphin kick. This week we have put that to use by overcoming the challenge that is butterfly. Your abs should be burning by Friday, because a strong dolphin kick is imperative for a fluid butterfly. Keep up the hard work!

Last week the Gold group started a test set, that we will be doing every Wednesday. This is called LTS, lac-

tate test set. It's designed to introduce your athletes to racing and how to race effectively under stress. You may want to pack two towels on Wednesdays to stay warm.

Every week i will choose a swimmer that went above and beyond, showed leadership, or just kicked butt. This week my swimmer shout out goes to Emily Stouffer! She has stepped up to help lead her fellow teammates through some tough sets, stretching, and taking initiative when taking out lane lines. Not to mention her great times during LTS this week, great job Em!!

## BAC Holiday Splash entries due October 12

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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

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A new parent meeting has been schedule 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 Schedule 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!

**sea**

**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](http://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](mailto:south.eastern.aquatics@gmail.com).

## MFSC Fall Splash Highlights

Our first official meet for the 2016-2017 Fall & Winter Season is in the books and overall it could be labeled as a success.

As a team we finished 11th of 14 teams with 400 points, only posted 2 DQs, and achieved 40% best times. Considering we were the 12th largest team in the meet we held our own and then some.

Nathan Mudry posted 100% best times and notched some of the quickest times in our team

history - 9th in the 50 Backstroke and 10th in the 50 Breaststroke and 100 IM.

Dropping more than five seconds in a single event included Joey Abel -7.09 2IM, Zack Kopsea -5.69 1IM, and Mila Prpa -8.52 25Fr.

Posting three of four best times were Joey Abel, Josh Abel, Zack Kopsea, and Hopking Uyenbat.

Moving forward, all athletes need to remember this little bit

of advice ... when it comes to swimming fast, streamlining is the most important thing to remember. Hope tight streamline positions from the starts and off of every wall.

Be sure to visit the MEET INFORMATION page of our website (under the MEMBERS dropdown menu) for the most current meet schedule and email Coach Neil your attentions to attend any meets listed on the page.

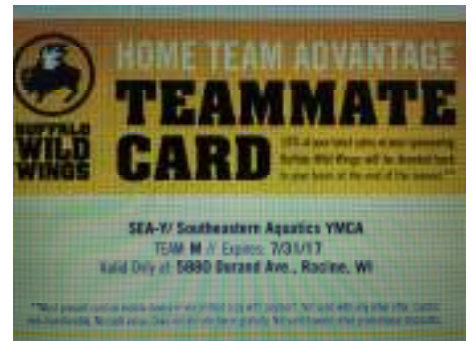
## BW3s Team Fundraiser

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

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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

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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](mailto: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

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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**

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

**October 2016**

8, SEA and PX3 Dual

11, AG/SEN Committee meeting, Brookfield City Hall, 10 a.m. - all welcome!

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 Na-



tionals)

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