

November 11, 2016



SOUTH EASTERN AQUATICS

Serpent Times

Neil's Kickboard

Happy Veteran's Day ... thanks to all those who served and are serving.



Here's a pic from 1990 when I was in the US Army Reserve.

This weekend we will be swimming all over the great state of Wisconsin - Pleasant Prairie, Brown Deer, and Madison. Good luck!

If you did not received a Swim-a-Thon handout, please visit our website under the Fundraising link and print one. Our Swim-a-Thon will take place on December 21 ... a lot of great prizes to the swimmers and training group who raises the most!

Great job hosting our Pentathlon event last weekend. A lot of fast swimming and we even won the meet! Read all about the highlights later in this newsletter.

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.

I will be taking orders for personalized SEA swim

caps soon ... read more about this opportunity later in this newsletter.

News from the Senior Pool

This is the jumping off point for many of our high school boys as their high school season kicks off this Monday. Remember to head right back to SEA after the conclusion of your final meet in high school.

In addition, our high school girls will begin returning to practice over the next few weeks (everyone is expected to be back in the water by Monday, December 5). Congratulations on a fantastic season.

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

PX3 & SSTY Invites Meet Information

This weekend we will be racing in Pleasant Prairie (Friday-Sunday) and Brown Deer (Sunday).

PX3 warm-ups: Friday 4:30 p.m., Saturday and Sunday AM (Senior and 8&U) 7:30 a.m., and Sat-

urday and Sunday PM (11-12 and 10&U) Noon.

SSTY warm-ups on Sunday will begin at 9:00 a.m.

Heat sheets and sessions reports are available via host team's meet landing

page ... these were emailed earlier today and are available via links on the homepage of our website under the NEWS section.

Drive safe, swim fast, have fun!

Upcoming Deadlines

Tri-dual in Lake Geneva Y	11/14
BW3's Time Trial @ Park	11/15
Y-Finalist	11/18
Speedo Winter Junior National Championships	11/29
Circle City Classic	12/1
Tri-dual w/LGSC & STAT	12/5
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

Our first SEA hosted meet went off without a hitch! Swimmers shaved time ... like daylight savings. But we couldn't have done this without our parents and families. Thank you for your help, support, and transportation ;) Swim meets are new territory for some families. The question I was asked most was, "What do i pack for my child?" and "How do I prepare them?"

Breakfast is very important especially on race day. While snacks provide fuel throughout the meet (which can be a few hours). As well as plenty of towels and warm clothes.

One thing that I love about meets is learning from our races. It's not about focusing on the negative of a race, rather what do you have to do to reach their goals.

Bronze and Silver will adjust our training a tiny bit to focus

more on turns, starts, finishes. While Gold will start doing our test set LTS every other Wednesday. Introducing video taping and refinement work on the opposite days.

Next week I will be finishing up going over goal sheets with Golds. As well as compiling their test set results; to be posted on the website. The results are really interesting!

This week's swimmer of the week is Elizabeth Stratman!

SCRIP Information

The SCRIP program is one of the easiest ways to meet your \$150 fundraising minimum.

Basically, families purchase gift cards to local stores and receive a percentage of each gift card purchase back in the form of fundraising dollars.

There are a few families currently receiving over \$100 and more from this program.

In addition, once families have met their \$150 fundraising minimum, all dollars raised using the SCRIP program are deposited into your family fund accounts and can be used for swim tuition or meet fees.

Take advantage of this great opportunity and try SCRIP today! Detailed information can be found on our website.

Here are some of the upcoming order and delivery dates ...

Order by 12/5, delivery on 12/8

Order by 1/2, delivery on 1/5

Order by 1/16, delivery on 1/19

Order by 2/6, delivery on 2/9

Order by 2/20, delivery on 2/23

Order by 3/6, delivery on 3/9

Order by 3/20, delivery on 3/23

Order by 4/3, delivery on 4/6

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.

6th Annual SEA Pentathlon Recap & Highlights

Great efforts during last Sunday's 6th Annual SEA Pentathlon. When the waves settled we came out on top of the six team meet.

Posting 100% best times were Nolan Barrett, Joanna Caro, Zoe D'Alessandro, Drew Esson, Nicholas Foster, Allison Gifford, Zarah Harron, Ava Jacobson, Zack Kopsea, Matt Krug, Austin Lentz, Eleanor Mason, Caleb Mulnix, David Nauman, Mansha Palliyath, Scott Palmer, Alex Pudzisz, Elizabeth Stratman, Laurel Sutherland, Kylie Thom-

as, Hopking Uyenbat, and Norah Wynstra.

Improving an single event by more than five seconds included Joey Abel -5.81 1Br, Hugo Artega -5.19 1IM, Nolan Barrett -14.62 25Fr, Jonah Bouy -8.76 25Fr, Ethan Brannen -6.37 2IM, Kate Brown -6.53 50Bf, Joanna Caro -6.27 50Bf, Maddie Cerny -5.05 50Bf, Zoe D'Alessandro -5.52 1IM, Novella Delles -13.73 25Fr, Drew Esson -6.95 2IM, Allison Gifford -5.65 50Ba, Zarah Herron -19.30 1IM, Callie Klepp -5.65 50Ba, Austin Lentz

-14.82 2IM, Amelia Mason -11.42 25Fr, Eleanor Mason -15.34 25Ba, Ellie Palermo -5.79 1IM, Mansha Palliyath -13.34 1IM, Scott Palmer -18.90 1Bf, Alex Pudzisz -6.94 1Bf, Chris Pudzisz -7.20 1Ba, Helena Pudzisz -5.56 1IM, Sammie Spanske -7.30 1IM, Alice Stratman -9.87 1IM, Elizabeth Stratman -18.61 2IM, Laurel Sutherland -5.29 1Ba, Jordyn Tran -6.84 50Ba, Alex Wampole -30.54 1Br, and Norah Wynstra -5.68 50Bf.

Good luck this weekend!

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 November Birthday

Jonah Bouy, Lauren Flynn, Stephanie Garcia, Taylor Knaus, Keegan Lucareli, Nolan Mrotek, Anika Pachniak, Mansha Palliyath, Rylan

Patino, Helena Pudzisz, and Macie Ritter.



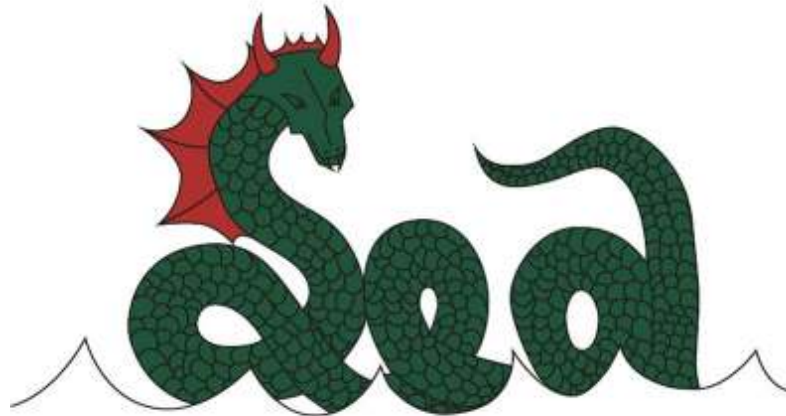
Personalized SEA Swim Caps

We will be placing an order for personalized SEA swim caps soon.

We are still waiting on the cost from the vendor. The caps will be silicone and have our “old school” logo on the sides of the cap along with our swimmers last name.

Watch this section of the newsletter for more infor-

mation as it becomes availa- ble.



BW3's Time Trial, Friday, November 18 @ Park

We will be hosting a time trial event Friday, November 18 at Park High School.

Warm-ups will begin at 5:30 p.m., the meet will begin at 6:15 p.m. and will end no later than 7:45 p.m.

After the meet is finished, all families are encouraged to head

over to BW3's for dinner and drinks. Don't forget to use your Home Team Advantage card when placing your order ... 10% of your total bill will come back to SEA next summer!

In terms of events, all 25s, 50s, and 100s will be offer along with

two fun 100 relays and the 500 Freestyle.

Parent volunteers will be needed in the form of timers and a starter. Meet on deck at 6:05 p.m. if you are available to assist.

Take advantage of this opportunity to race locally!

Tri-dual w/GYST and HAST added to meet schedule - 11/19

We have a added a meet to our meet schedule! We will be traveling to Lake Geneva to attend a tri-dual event with Geneva YMCA Swim Team and Hasting YMCA Swim Team on Saturday, November 19.

Warm-ups will begin at 10:00

a.m. with an 11:00 a.m. meet start time.

Entries are due to Neil no later than Monday, November 14 (late entries will not be taken).

For those wondering, time achieved at this meet can be

used for State qualifying times as it's a closed YMCA event.

Take advantage of this opportunity and then enjoy the remained of the day in lovely downtown Lake Geneva.

Hope to SEA you there!



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

11-13, PX3 Invite

12, WIAA State

13, SSTY Invite

15, Elegant Farmer pick-up at Case, 5:00-6:30 p.m.

18, BW3's Time Trials @ Park, 5:30 p.m. warm-ups

19, Tri-dual w/GYST & HAST

24-25, No practice, Happy Thanksgiving

December 2016

2-4, BAC Open

7-10, Speedo Winter Junior National Championships

9-11, Y-Finalist

14, Parent board meeting, 6:00 p.m., location TBD

16, Middle Distance Time Trials

17, Tri-dual w/LGSC and STAT

21, Swim-a-Thon

24-25, No practice Merry Christmas



January 2017

6, Distance Time Trials

7, EBSC Open

21-22, SEA Penguin Challenge

27-29, 34th Annual Circle City Classic Invite

February 2017

3-5, SSTY A+

10, Dual w/OZ

11-12, LAKE Open