

November 3, 2016



SOUTH EASTERN AQUATICS

# Serpent Times

## Neil's Kickboard

What a great time we had during our annual Halloween Party & Swim-a-Thon Kickoff this past Tuesday. Thanks to all the families who donated food and drinks. I posted a few pictures of the event on our Facebook page - SEA SWIM TEAM.

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!

Even though RUSD does not have school this Friday, we were able to secure pool time at Park High School. Hope to SEA you there!

Good luck to all our high school girls as they compete in the WIAA Sectional meet this Saturday in Pleasant Prairie. Event winners are automatic qualifiers for WIAA State and the next 16 fastest times from all eight statewide Sectionals will complete the three heats per event for the State meet. Rest up!

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.

### News from the Senior Pool

Because last week was so busy away from the pool deck, I decided to coach the Senior level swimmers yesterday. My apologies to the age-group coaches and swimmer.

We are slowly, but surely videoing all strokes, starts, and turns and sitting down to view the videos in small groups. This information is invaluable for all our athletes, but especially our visual learners.

I'm looking forward to next week and "pumping-up the volume."

Good luck this weekend!

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. Please be on deck by 7:50 a.m.

Some of our senior boys will also be at-

tending the KENO Invite at the Kenosha YMCA. Warm-ups will be held 8:30-8:45 a.m. and the meet begins at 9:00 a.m.

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

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Hello!

I hope we are all recovering from our candy comas and haven't eaten all of our candy yet. With all this candy talk it brings up a good point, proper nutrition.

Your athletes work very hard in the pool, burning loads of calories. Making sure they are fueled before and within 20 min after practice is important. Packing a snack in your swim bag for after practice is encouraged!

Along with fueling our bellies

with food we also have to hydrate ourselves. The number one reason for athletes getting out of the pool is for a drink of water. I would love to see more water bottles on deck to avoid any interruption.

We have our first SEA hosted meet this weekend. I don't know about anyone else but I'm very excited to see these athletes in action! We have been working hard on our starts and turns for both Bronze and Silver levels.

For the Gold training group we

are learning how to swim smart. Learning the elements of a great race helps with their performance at meets. As well as more knowledgeable about the sport.

This week's swimmer shout out goes to Rylie Bergemann! She ALWAYS has a smile on her face and a great story to tell. This positive attitude helps her succeed in the pool as well. Posting a best time every 50 Free-style we did last week at practice. Great work Rylie!!

## Stay on Top of Meet Sign-up for your Athletes

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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

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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.

# How Swimmers Can Conquer Self-Doubt, by Olivier Poirier-LeRoy

When we view the stars of our sport, we view them with a certain amount of awe and reverence. We see them standing behind the blocks, steely-eyed, determined, and can't imagine them as anything else. It's hard to picture them experiencing doubt or frustration. But this isn't the case. At all. They are human too (although sometimes their swimming would suggest otherwise), and as a result, they experience the same fears and doubts the rest of us do. Here are some things you can do to conquer your own moments of self-doubt:

## Call out your when-then excuses.

It's funny how often and how creative we get when it comes to placing barriers between where we are and the things we know we need to do in order to improve in the pool. (Okay, maybe it's not that funny.) One of the classic stalling techniques is when-then reasoning:

When I get my sleeping habits in order, then I can start making more morning workouts.

When I feel really motivated, then I will really work hard at practice.

In both these examples, it's a case of putting the cart before the horse. When we start making all our morning practices, our sleeping patterns start to revolve around the alarm clock, and motivation actually

comes from working hard at practice. Recognize the moments you are making when-then excuses and switch it around on 'em.

## Just start.

The hardest part about something is almost always starting. You know this. Just think back to the last time you did a set you thought was going to be impossible.

The set got underway, with you grumbling and doubtful of being able to complete it, but after a few reps things got easier... Well, maybe not easier, but not as hard as you imagined.

And when you cruised into the wall to finish that "impossible" set what was your first thought?

Yup—"That wasn't so hard."

Resolve to doing the first couple reps, and that's it. Momentum and wanting to complete the job at hand will take you the rest of the way.

## Lower the bar.

If your hesitation is being fueled by perfectionism, refine your standards. When we really care about doing something well, it's natural to want it to go perfectly from the get-go.

Unfortunately, this is not the way it works.

Perfectionism, while rooted in good intentions, sets an impossible standard that is not only impossible to

meet, but completely discourages taking any meaningful action.

Your swimming is a work in progress—always—so adopt a "first draft" mentality when it comes to the work you need to do today.

## Make a point to stretch yourself.

We aren't talking about stretching your muscles in this case. One of the surest ways to silence your inner doubts is with action. But not just any kind of action—meaningful action. And what classifies as meaningful?

Here are a few examples:

Do that interval you've always wanted to try, but never have.

Do an extra dolphin kick off the wall for the whole practice.

Do one more round of the main set.

When you push your perceived limits, even just a little bit, it's impossible not to experience a warm rush of motivation and pride.

You don't need to crush a PB to get those doubt-squashing moments. Just go a little bit beyond. By regularly stretching yourself, you'll create a steady-drip of confidence that will help keep self-doubt at bay.

## 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.





**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**

**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

**November 2016**

5, WIAA Sectionals

6, SEA Pentathlon

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

7, New Family Registration, at Case, beginning at 6:00 p.m.

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

11-13, PX3 Invite

12, WIAA State

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

17, Tri-dual w/LGSC and STAT

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

