

April 14, 2016



SOUTH EASTERN AQUATICS

Serpent Times

Neil's Kickboard

Thanks for taking a look inside of this week's newsletter and welcome back swimmers and families!

I'm putting the finishing touches on the awards for our upcoming Annual Recognition Banquet and if success is measured by the number of team records broken during the past year I'd say SEA is moving in the right direction having broke 52 team records!

I emailed (4/13) a reminder email about registering for the Banquet which will be held on Thursday, May 12. If you have never attended one, please try and make it as it's an enjoyable evening ... and you don't have to cook!

The deadline to sign-up for the SSTY event is tomorrow ... this meet fills up fast so please email me ASAP if you are planning on attending. I will email our entries tomorrow afternoon prior to leaving for Madison.

You're going to Madison? Yes! I currently serve on the LSC Board of Directors (Secretary) and tomorrow evening at 6:00 p.m. we will have Annual Board of Directors Meeting (who schedules a BOD meetings on a Friday night at 6:00 p.m. no less?). Saturday I will be attending the YMCA Coaches meeting at 11:00 a.m. followed by a 1:00-5:00 p.m. House of Delegates meeting.

In my absent, Alyssa will be overseeing our Senior athletes Friday evening and Mike will conduct their practice in conjunction with Gold swimmers Saturday at Sealed Air.

Communication is very important and if you have questions or concerns, please reach out to me. I'm here for you and your swimmers' needs. If you are confused about anything all, not sure what meets to attend, or confused about fundraising or meet worker sign-up, I'm only a call or email away.

Good luck this season!

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

Sprint Time Trials

We will conduct our first opportunity to race on Thursday, April 28 during Sprint Time Trials which will be held at Park High School. Warm-ups will begin at 5:30 p.m. and racing will commence at 6:15 p.m.

Most athletes will swim five races (all the 25s and 100 IM

or all the 50s and the 100 IM) depending on their age and developmental level.

This is a great opportunity for our new swimmers to get a feel for what a real meet is like and our veteran swimmers get to take a pulse on their current conditioning level and times.

Parent help is needed in the realm of timing (if you can help, please meet with Neil on deck at 6:05 p.m.).

If you would like your swimmers entered in this event, simply email Neil your intentions. Hope to SEA you racing on the 28th!

Upcoming Deadlines

SSTY Open	4/15
8th Annual SEA Early Bird	4/20
Sprint Time Trials	4/24
LAKE Swim Your Own Age	4/24
SEA Pirate Plunge II	5/20
Tri-dual w/LGSC & KYST	6/1
6th Annual SEA Summer Sizzler	6/10

Special points of interest:

- Welcome back swimmers and families!
- June 2016 will be our next 13&O Training Trip to Panama City.
- SEA swim caps are required at swim meets and are available from coaches for \$12.

Coach Mike's Corner

Hi SEA fans! Welcome to the first Coach Mike's Corner of the season. For those of you who have just joined this is where I discuss what's happening at the Gold level. We talk about technique on all four strokes, how to prep for meets, and give out ideas on how to become better swimmers.

All About Technique

This season I'm bringing some new ideas in to each

stroke, I did quite a lot of research all four strokes over the off season. Even after 7 years of coaching the sport I must say I really enjoy learning new things, from watching elite swimmers and hearing well known coaches talk about technique. This season we were focusing on the kick on each stroke and how it helps our bodies ride higher in the water to reduce the resistance the water has on the body. So

yes Golds, lots and lots of kick sets.

Swimmer Shoutout

It's already a tough pick even for week one. All the Gold's were ready to come back and jump right back into training. Gotta go with Nate Mudry though, his dedication to always wanting to come to practice and the way he is determined to defeat my main sets will pay off at the end of the season. Keep it up Nate!

13&O Training Trip is scheduled and details are finalized ... almost

We have secured a house for our stay in Panama City Beach for this year's 13&O Training Trip along with pool time and vans. For the most part, everything is in place to have a great experience and get in some really good training!

Please save the date of Monday, June 6 for a 13&O Training Trip swimmer/parent meeting (5:30 p.m.) This meeting will be held in the classroom off the pool

deck at Carthage College (all swimmers and at least one parent must attend). We will be filling out emergency contact forms, code of conduct and other important documents so please bring your insurance information and doctors/dentists contact information too.

I'm very close to having the final total of this trip nailed down (final payments will be due June 6). I'll post the total

here soon ... I'm waiting for some final information about the pool rent and then I can finalize the totals.

If you have not forwarded your \$100 deposit, please do so.

Final trip dates are June 11-June 18. Departure to and from Florida will be 3:00 a.m. - the early bird catches the worm!

Officials Training Available at Sealed Air YMCA ... 4/16

Liz Christensen, your parent board member serving in the capacity of our officials chair, has scheduled an officials training opportunity here in Racine.

The training will be held on Saturday, April 16 at the Sealed Air YMCA.

The 8:00 a.m. to Noon training will cover Stroke and Turn training and is open any parents (no experience necessary). To date, Tracy Stouffer, Lindsey Thomas, and Jose Arteaga are attending.

The 12:30 p.m. to 4:30 p.m. Training will cover starter referee certification.

There will be spots for up to 15 parents to attend.

This is an easy way to volunteer during SEA hosted meets.

If you need more information or are interested in attending, please reach out to Liz at ejchrist@wi.rr.com or 262.994.4088.

Swim-a-Thon is Underway ... this year we reset the date

The timeframe for our Swim-a-Thon has been reset in order to align with USA Swimming's calendar. Because of this, our next Swim-a-Thon will not take place until December of 2016.

Donations collected and turned in this season will still be credited to your fundraising obligations for this season. It's probably best to solicit flat pledges

versus a pledge covering the number of lengths covered during the event (especially if you need the Swim-a-Thon pledges to cover your fundraising obligation).

One of the benefits of moving the Swim-a-Thon to the end of the year will be the added time to solicit pledges and it also gives our Spring & Summer swimmers an opportunity to participate too.

Great prizes are available once again and you can read all about them at our website under the MEMBERS dropdown menu by clicking on the SWIM-A-THON link under the Fundraising section. Take advantage!

Flat pledges can be forwarded by the end of this season for inclusion to a families \$150 fundraising minimum.

Bird Bath Hotel Information

This summer we'll be heading back to the Bird Bath event in Appleton, July 8-10.

This summer we have blocked 30 rooms at the LaQuinta under South Eastern Aquatics. The deadline to pull a room is June 17.

15 rooms are two room suites with two queen beds @ \$122.40; 10 rooms are one rooms suites with one queen bed and pullout sofa @ \$118.15; and five rooms are two room suites with one king bed and a pullout sofa @

\$122.40.

Hotel has free internet and breakfast.

Address if 3800 West College Avenue, Appleton, WI 54914.

Call 866.527.1498 to reserve your room today.

Annual Banquet Information

Our annual Awards Banquet will be held on Thursday, May 12, 2016 at Infusino's Banquet Hall beginning at 6:00 p.m.

Our Annual Banquet celebrates a year of hard work and dedication of our student-athletes.

It's an opportunity for our swim

family to get together and recognize and honor all their successes in the pool.

The Banquet also gives us an opportunity to say goodbye to our graduating senior athletes and for them to share their



Save the date ... Annual Banquet will be held Thursday, May 12.

memories of SEA and what they remember most.

Registration form is available on our website under the MEMBERS dropdown menu by clicking the ANNUAL RECOGNITION BANQUET link. We hope you can join us!



SOUTH EASTERN AQUATICS

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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 these traits and your time here at SEA will be amazing!

Calendar of Events

April 2016

16, Annual LSC Meeting in Madison

18, New Family Registration, 6:00 at TBD

25, Parent board meeting, 6:00 p.m., Park - all welcome!

28, Sprint Time Trials

30-1, 8th Annual SEA Early Bird

May 2016

14, LAKE Swim Your Own Age

21-22, SSTY Open

June 2016

3-5, Pirate Plunge II

6, 13&O Training Trip Meeting, 5:30 p.m. @ Carthage

10, Tri-dual w/LGSC & KYST

17-18, Omaha Cup

24-25, 6th Annual SEA Summer Sizzler

24-25, WGLO

26-3, US Olympic Trials

July 2016

7, Dual w/OZ

8-10, Birdbath Invite

15, Dual w/SHOR

21-24, Speedo Sectionals

22-24, Silver State

27-31, YMCA Nationals

