

April 22, 2016



SOUTH EASTERN AQUATICS

Serpent Times

Neil's Kickboard

Now is the time to step forward if you are interested in serving on the parent board! We currently have two positions vacant and desire to fill them by September. If you have an interest in serving on the parent board as either the VP or Treasurer please contact me. Nominations will be taken through the end of May. Parents stepping forward to volunteer must bring an even keeled approach to the parent board and must make decisions and judgments for what is best for all swimmers, not just their own. Meetings are held monthly from 6:00 p.m. to 8:00 p.m. If parents need more information or have questions, please don't hesitate to contact me.

Similar to the start of the championship season in the Fall & Winter Season, as we inch closer to the end of school, we will find ourselves breathing and living swimming while attempting to fit in family vacations, get-togethers, home improvements, and a number of other summer activities which occupy our short summer season here in

Wisconsin. With that being said, it will take a little planning to ensure your schedule jives ... both family style and swimming world style. Please take a moment and look over our meet schedule and email me now in regards to what meets you would like to attend (don't wait until the last minute). Since this is an Olympic year, most LC meets will fill and it will be difficult to get additional swimmers in the meet if they ask to enter after the deadline. Spend a few extra minutes now so you can ensure your swimmers are entered in the meets you need them to be.

The WI LSC Annual Meeting was held in Madison last weekend. I attended a four meeting Friday evening (6-10 PM), a two hour YMCA meeting Saturday, followed by a four hour house of delegates meeting the same day. Here are some of my take a ways: 1) YMCA State qualifying times will be relatively unchanged for 2017 and athletes will now be able to swim five events instead of four, 2) 13&O

State standards will be tighten to ensure the meet size shrinks - expect to see time standards drop another five to ten percent from this year's cuts, 3) 12&U qualifying times will not change, and 4) we retained the honor of hosting the Regional meet at RecPlex in 2017. On a side note, thank you to Ivar Iverson who has served as our primary athlete representative these past two years and was also in attendance last weekend. Emily Bollendorf now takes over as our primary athlete representative with Caitlin Mertins stepping in as our back-up rep. I will be seeking another athlete rep next summer when Emily graduates high school. If your son or daughter are interested in learning about the governance of our sport and what goes on behind the scenes, please have him or her contact me.

Thanks for reading.

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

8th Annual SEA Early Bird	4/23
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
7th Annual SEA Summer Sizzler	6/10
LAKE WGLO	TBA

Special points of interest:

- If you have not done so, please be sure to turn in your registration and payments ... forward to a coach.
- Personalized swim caps will be handed out tonight at Park.
- SEA swim caps are required at swim meets and are available from coaches for \$12.

Coach Mike's Corner

Hi SEA fans! Welcome back to my section of the newsletter, this week and all the following weeks I'm going to start to cover what's going on with all the age group programs. Remember next week is our first time trials of the season, parents this is a great first meet for new swimmers. We make it a relaxed and fun atmosphere where swimmers can learn how a real meet works.

This week in.....

Bronze: Coach Melissa and Coach Haley have been doing an outstanding job with our youngest swimmers, making sure practice is a great learning environment and more important-

ly making swimming fun! This week they've been working on fly kick with Bronze and they've made some great progress!

Silver: Kicking, kicking and guess what? That's right more kicking....and also turns! We spent much of last night working on freestyle turns, it make look like a simple flip but ask any of our Silvers and they'll tell you there's a lot more going on than that! We'll be finishing this week up with, guess what? Yup more kicking and turns, more specifically fly and breast turns.

Gold: We had our first LTS set this week and I'm impressed by the times

our swimmers put up. For those who don't know LTS is a sprint set that takes most of the practice, its designed to give our swimmers more practice swimming in a meet environment. Keep up the good work Golds!

Swimmer Shoutout

This weeks swimmer shout out goes to the first Silver swimmer to receive this prestigious nomination. Congratulations Maddy Cerny! Maddy has a great attendance record and more important an outstanding work ethic. I know I speak for Coach Katie when I say, we have so much fun coaching her. Keep up the good work Maddy!

13&O Training Trip is scheduled and details are finalized

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 Friday, May 13 (location TBD) 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!

Weight Training Information

Attention Senior athletes and parents, weights is making its return on Monday, May 2nd. Our weight sessions start at 3:30 and end at 4:45 on Mondays, Wednesdays, and Fridays, additionally there is a weight session after Saturday morning practice from 9:45 until

11:00. Any senior athlete that is currently attending High School is allowed to attend. Athletes going into 9th grade may begin attending at the start of the summer season. Our weight program will now have a new set of guidelines in an effort to keep the athletes safe. Swimmers at-

tending weights must attend 3 out of the 4 possible weight sessions each week. This is to make sure our athletes stay safe while lifting, sporadic attendance will not be accepted. If you have any questions please contact either Coach Neil or Coach Mike.

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

Calendar of Events

April 2016

28, Sprint Time Trials

30-1, 8th Annual SEA Early Bird

May 2016

13, 13&O Training Trip meeting (all athletes and one of their parents must attend), 6:00 p.m. at TBA

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

