

May 13, 2016



SOUTH EASTERN AQUATICS

# Serpent Times

## Neil's Kickboard

Great turnout last night for our annual banquet (over 160 SEA members in attendance). Thanks to all the families who donated delicious cupcakes! If you have suggestions on how we can improve the banquet please contact me and share!

After thinking about it, it's probably best to transplant all training groups to Carthage College beginning this Monday, May 16. With the Senior and Gold training groups ending at the same time, it will be difficult for families who have athletes at both pools to pick their swimmers up in a timely manner. So to clarify, all training groups will move to Carthage College be-

ginning this Monday, May 16. All training times remain the same. Please remind your swimmers to behave, that we are guests and inappropriate behavior while on campus will not be tolerated.

Morning practices at Meadowbrook Country Club will begin (weather permitting) on June 8.

Don't forget about the 13&O Training Trip meeting taking place tonight at Horlick High School beginning at 5:30 p.m. The meeting should not last longer than an hour and will cover the final details of the trip ... please don't forget to bring your check books, doctors/dentists infor-

mation, and a positive attitude! All swimmers and at least one parent should be in attendance. Can't make it? Please contact me to make alternate arrangements.

With school ending in a few short weeks, this message serves as one last reminder to sit down and look at our meet schedule and your summer calendar. All swimmers should attend our final two hosted meets (early June and late June) and if you can, attend the Bird Bath Invite ... always a great time! Hope to SEA you racing in those meets for sure.

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

## LAKE Swim Your Own Age information

We will be racing bright and early tomorrow at Arrowhead High School in Hartland tomorrow.

Warm-up times for our 11&O swimmers will begin at 7:30 a.m. and the meet will get underway at 8:35 a.m. and is scheduled to end

at 12:21 p.m.

Warm-ups for our 10&U swimmers will begin at 12:15 p.m., meet begins at 1:10 p.m. and is scheduled to end at 2:54 p.m.

Coach Neil and Mike will be on deck for the AM session and Coach Katie will cover

the PM session.

Please take the time to sign your swimmers up for our two remaining SEA hosted meets ... Pirate Plunge II and 7th Annual Summer Sizzler!

Good luck swimmers! Drive safe, swim fast, have fun!!!

### Upcoming Deadlines

SEA Pirate Plunge II	5/20
Tri-dual w/LGSC & KYST	6/1
7th Annual SEA Summer Sizzler	6/10
LAKE WGLO	TBA
Dual w/OZ	6/29
18th Annual Bird Bath	TBA
Dual w/SHOR	TBA

### Special points of interest:

- Did you reserve your hotel room for this summer's Bird Bath Invite? Don't forget!
- SEA swim caps are required at swim meets and are available from coaches for \$12 for silicone and \$5 for latex.
- We are all set to return to Meadowbrook Country Club beginning June 8 ... weather permitting!

## Coach Mike's Corner

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Will return next week.

## 13&O Training Trip is scheduled and details are now finalized

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The 13&O Training Trip is now finalized (sorry it took so long). We will depart June 11 and return June 18 (3:00 a.m. for the trip down and the return trip).

Swimmers attending include Scott Palmer, Joey Able, Jake Trask, Parker Palermo, Sara Bollendorf, Paige Betthausen, Tiffany Steffes, Erin Cain, Emily Cain, Kinzie Reischl, Marlee Reischl, Ali Scharff, and Isabelle Buhler. Coaches attending are Mike and Katie. Chaperones are Lydia

Bollendorf and Missy Reischl. Additional chaperones include Missy Abel and Jen Trask.

We will conduct a swimmer/parent meeting (tentative location is Horlick) on Friday, May 13 beginning at 5:30 p.m. All swimmers and at least one parent must attend (contact Neil if you can't). 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.

Total cost for this year's trip is \$974 (minus the \$100 deposit). This includes lodging in a beachside home (brand new home in fact), transportation by two 15-passenger vans, pool rent, and all dinners except for Thursday and Saturday on the way home.

This trip is always a highlight for our swimmers and great team bonding experience.

## Weight Training Information

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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

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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

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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.

## SEA Spirit Sale is taking place

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Thanks to Molly Buhler, the online SEA team gear store is now open.

This season's online store has been set-up through Burghardt Sporting Goods and links to the SEA page were emailed out with this week's newsletter, posted on our Facebook page, and linked via our website too.

Lots of choices and colors to select from. Items include t-shirts, sweatshirts, hats, chairs, tank tops, shorts, and even sports bras!

Personalize most of the items and pick your favorite colors even.

The online store is open until 11:59 p.m., Monday, May 23.

Show your team spirit and order up. Also, this is not a team fundraiser. Some teams will tack on \$1-\$5 per item and receive a kick-back from the store ... not SEA. Take advantage of this opportunity for SEA items as the next time this will be made available is in the Fall.



**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 & Reminders**

**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

20, Parent Board meeting, 6:00 p.m. at Carthage - all welcome!

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

29-31, 12&U State

August 2016

2-6, US Open

3, End of SEASON Time Trials

