

May 19, 2016



SOUTH EASTERN AQUATICS

# Serpent Times

## Neil's Kickboard

Don't forget to email me your intentions to have your swimmers participate in our Pirate Plunge II. Deadline is fast approaching ... kind of like summer!!!

With outdoor swimming just around the corner, here's the protocol for canceling practice ... if practice needs to be canceled because of the weather (thunder and lightning are the only reasons we usually cancel practice), the decision to cancel practice will be made at 6:30 a.m. and applies to all practices that morning. Emails will go out along with postings on our Facebook and Twitter accounts, and a note will be left on the homepage of

our website. Swimming outside is great fun, but we also want to keep our swimmers, coaches, and parents safe too.

Now that we are back at Carthage College (our fifth year?), diving certification at the Lakefront YMCA will not be offered since the Carthage College pool is deep enough for our athletes to be certified there. Coaches will work on diving throughout the week and notify your sons/daughters when they are ready to dive off the blocks at meets.

FYI - Coach Mike will be on vacation May 21-28. In his absence, Coach Katie will be overseeing the age-group program along with some addition-

al help from Coach Melissa.

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

We will also offer 50-meter training opportunities on Tuesday's and Thursday's beginning June 14 for Gold and Senior athletes. These practice will be held at the RecPlex from 10:00 a.m. to Noon. More information will be posted soon.

Practice will not be offered Monday, May 30 - Memorial Day.

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

## SSTY Distance/Sprint Meet Information

This weekend we travel north to the friendly confines of the Walter Schroeder Aquatic Center in Brown Deer for SSTY's Distance/Sprint Meet.

If you are swimming the 400 Freestyle on Saturday, please be ready to warm-up

at 7:30 a.m. If you are swimming in events 3-16 and Saturday, please arrive at 9:30 a.m. for warm-ups (you'll be warming up in the 25-yard pool - if you feel you have to warm-up in the 50-meter pool, be there at 7:30 a.m.). The meet is scheduled to end at 1:11

p.m.

Sunday warm-ups will begin at 7:30 a.m., the meet begins at 8:30 a.m. and is scheduled to end at 1:39 p.m.

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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Hi SEA fans! What a fun banquet! Its always great to look back and reflect on how far we've all come in a year. It just goes to show how hard work can quickly improve your swimming! I want to say a special thanks to all the swimmers that let me take their mug shots for the video I made!

### **This week in.....**

Bronze: BRRRRRRrrrrrr, Carthage water is cold huh! Our Bronze coaches did a great job keeping our little ones moving so they wouldn't freeze.

Silver: We've been working on our breaststroke pullouts the past two weeks. The end goal for pullout in a race is to get past with the first 15 meter marker within 6 seconds. I have to say its pretty cool to see some ten and under swimmers already breaking this goal.

Gold: I want to highlight one swimmer this week, I challenged Nate Mudry last week in a very difficult distance Free/IM set. The set was 2,500 yards long with little rest and ended with a 400 IM for time. I'm proud to say Nate

pushed a State cut he didn't have, and bested his fastest 400 IM by 10 seconds. Great job dude.

### **Swimmer Shoutout**

The swimmer shout out this week goes to Mac Thomas! Mac has stepped up her game these past two weeks by swimming with some of her more experienced peers in the Gold group. I can tell you this for sure, Mac is tough! The sets she started with have been difficult but she's done a great job holding her own! Keep it up Mac!

## LAKE Swim Your Own Age Highlights & Recap

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We finished third of six teams entered in the meet scoring 653 points, posted 27% best times, only four DQs, and a handful of swimmers were awarded a high point trophy for their efforts.

Emilie Miller posted all best times while the following swimmers dropped more than five seconds in a single event: Joey Abel -9.41 2IM,

Ana Carrillo -9.63 2Ba, Shaelyn Jensen -5.36 1IM, and Emilie Miller -22.31 50Bf.

Bringing home a high point award included Hopking Uyenbat 1st, Kinzie Reischl 2nd, Sofia Badillo, 2nd, Tony Commodore 3rd, Josh Abel 3rd, Shaelyn Jensen 4th, Sara Bollendorf 6th, Joey Abel 6th, Natalia Badillo

6th, Sissy Commodore 9th, Madi Peterson 9th, Maya Frodl 10th, Ana Carrillo 10th, and Megan Schultz 11th.

The last time we attended this event was back in 2009 and overall the event offered some early season SCY opportunities in sessions that were timely and not crowded. Good job swimmers!

## Weight Training Information

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Attention Senior athletes and parents, weights is making its return on Monday, May 2nd (Sealed Air YMCA). 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 attending 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

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**May 2016**

21-22, SSTY Open

30, No practice

**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

4-7, 13&O State

4-7, 14&U Zones

6-12, Olympic Games

8-12, Speedo Junior Nationals

9, End of SEASON Time Trials

