



Serpent Times

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JUNE 11, 2015

**South Eastern Aquatics
Racine Family YMCA Swim Team**



Neil's Kickboard

Quick reminders:

- *The only required piece of equipment is a team swim cap (it is worn at the meets we attend). Purchase one from Neil, Mike, or Katie for \$12.*
- *Diving certification is offered Saturdays at the Lakefront Y from 8:00 a.m. to 9:30 a.m.*

As we begin our practices at Carthage, please remind your children we are guests at Carthage and we need to treat the pool, locker rooms and really the entire property with TLC. Parents should view practice from the balcony and swimmers should enter the pool through the locker rooms. Remember, the doors will not open until 5:20 p.m. and no one is allowed on deck until the lifeguard arrives. Thanks for helping out with this topic.

We will be attending the Touch the Wall movie tonight in Sturtevant ... re-

member, no practice this evening. Enjoy the show!

It's time to begin looking at July meets and forward your entries to my email account. Sooner is better than later.

Morning practices begin this Monday (weather permitting). If practice needs to be canceled, the decision will be made at 6:30 p.m. and posted (website, Facebook, Twitter) and emailed out. The only reason practice will be canceled is thunder and lightning.

Parents with questions, concerns, or comments are en-



Touch the Wall is tonight! No practice this evening.

couraged to contact me at 262.898.4766 or south.eastern.aquatics@gmail.com.



Our next meet: Tri-dual @ Carthage

Tomorrow we'll host LGSC and KYST (that's Lake Geneva Swim Club and Kenosha YMCA Swim Team) in a tri-dual at Carthage College.

Warm-ups will begin at 5:30 p.m. and the meet gets underway at 6:20 p.m.

We'll need 14 parent volunteers to assist with timing and running. Officiating help will be needed too.

Parents able to help out please meet with Ally Johnson and Vickie Bleser

in the corner by the scoreboard at 6:00 p.m.

The heat sheet is posted on the homepage of our website ... none will be available at the meet.

Drive safe, swim fast, have fun!

Long Course Training Finalized

Once again this summer, we will offer 50-meter training for those swimmers currently swimming in Green, Blue and Senior.



Practices will be held at the RecPlex in Pleasant Prairie

on the following days June 16, 18, 25, 30, July 2, 7, 9, 14, 16, and 21.

Practice times for Blue and Senior level swimmers will be 10:30 a.m. to 12:30 p.m.

Practice times for Green level swimmers will be 10:30 a.m. to Noon.

Parents, do not send your

swimmers to three practices a day! If you plan on attending the 50-meter training sessions, do not attend the AM practice at Meadowbrook.

Take advantage of this opportunity which allows our swimmers to acquaint themselves with the differences between yards and meters.

Reserve Your Hotel Room for this Summer's Team Travel meet

THE BIRD BATH MEET IS A FUN EXPERIENCE FOR ALL LEVEL OF SWIMMERS AND TAKES PLACE AT ERB PARK IN APPLETON. JOIN THE FUN!

We will be attending the 17th Annual Bird Bath Invite in Appleton July 10-12. Last year's event was a great time for

swimmers, parents, and coaches alike and this year's meet should be

no different.

We have 35 hotel rooms reserved for this team trip. The hotel we stayed at last year could not accommodate all 35 rooms so we have some there and some at their sister property (less than a .25 mile away). Here at the details for both hotels:

- 1) Country Inn & Suites, 355 Fox River Drive, Appleton, 920.830.3240 - 12 double

queen rooms and 8 king suits with pullout sofa, rate is \$105, call by 6/15 to reserve a room from the South Eastern Aquatics block

- 2) Grandstay, 300 North Mall Drive, Appleton, 920.993.1200 - 15 double queen rooms, rate is \$105, call by 6/19 to reserve a room from the SEASWM block

Hope to SEA you there!

EBSC 8&U All-American Recap

We sent three swimmers to the EBSC 8&U All-American meet last Friday ... thanks to Jill for coaching this event and a speedy recovery from her recent knee surgery.

Halina Collins dropped 7.68 seconds in her 25 Butterfly race and posted 50% best times.

Jorden Stouffer swam all the 25 races for the first time since joining SEA and

Jordan Willing posted two top eight finishes - 25 Backstroke and 25 Freestyle.

Great job swimmers!

Reminders of Where to Watch Practice and Where to Park



Here are some reminders about watching practice and parking at the facilities we rent pool time

from.

Sealed Air YMCA - please watch practice from the lobby or from the tables next to the lobby just on the pool deck.

Case - please watch practice from the balcony. Parents are welcome to drop-off their swimmers at the pool doors, but please park in the south lot next to the tennis courts.

Carthage - please watch practice from the balcony. Park in designated parking spots located next to

the football field or on the upper level next to the entrance of the building.

Meadowbrook Country Club - please watch practice from the upper patio area next to the bath houses. Park in designated parking spots located east of the pool.

Park - please watch practice from the balcony. Park in the lot next to the pool door (be aware of reserved parking spots).

May & June Birthdays



Joey A.
Josh A.
Paige B.
Emily C.
Payton C.
David G.
Justin H.
Maren HP.
Megan M.



Riley S.
Dylan S.
CJ T.
James W.
Rachel Z.
Emma C.
Chad H.
Parker P.
Elena R.



Tia R.
Colton S.
Laura S.
Jordan S.
Stephanie S.
Ali V.

Don't Forget About Weight Training High School Athletes

Swimmers in 9th-12th grade (or swimmers who just finished 8th grade) are encourage to attend our weight training program at Sealed Air YMCA.

Weight training is offered on Monday, Wednesday, and Friday from 3:30 p.m. to 5:00 p.m.

and on Saturday from 9:45 a.m. to 11:00 a.m.

Beginning June 15, tentative weight training schedule will be Monday, Wednesday, and Friday from 9:30 a.m. to 11:00 a.m. and on Saturday from 9:45 a.m. to 11:00 a.m.

Take advantage of this opportunity to grow your muscles and better your swim times with the strength gained through this



MMSC Bring on the Heat Recap

We finished 9th of 14 teams entered in the Bring on the Heat meet with 564.50 points with only three DQs. Good job!

Congratulations to Samyukta Munagavalasa on posting a LC State cut in the 50Fr.

Achieving all best times

were Halina Collins, Ava Knaus, and Srikar Munagavalasa.

Dropping more than ten seconds in a single event included Isabelle Buhler – 15.31 2Fr, Halina Collins – 15.40 50Ba, Maya Frodl – 15.30 2IM, Anisha Jain – 12.78 1Br, Ava Knaus – 12.27 50Fr, Emilie Miller –

16.21 50Bf, Samyukta Munagavalasa – 11.56 2IM, Srikar Munagavalasa – 42.66 50Ba, and Emaleigh Neo – 34.14 2Fr.

Our next competition is this Friday during the Tri-dual event we are hosting at Carthage College.

Good luck!

Practice Location for Spring & Summer ... as of today (updated)

THIS SUMMER IS BETTER THAN PAST ONES, BUT RUSD WILL NOT HAVE A POOL OPEN FOR THE ENTIRE SUMMER FOR OUR PRACTICES.

Unlike past year's when we would already be practicing at Carthage College, we have been granted pool time at Case

through June 9 this Spring.

Beginning June 8 we will transplant PM practices to Carthage College through July 3.

Park High School is scheduled to open for our use on July 6 through the end of the season (fingers crossed).

We'll still offer a full slate of AM practices weather permitting beginning Monday, June 15. Please

view the Practice Schedule posted online for practice times and weather cancellation procedures.

If your family struggles to make it to practice because you can't get your swimmer there because of work, please reach out to Coach Neil and he'll see if he can't facilitate a carpool experience for you if he can ... feel free to chat with parents in the balcony too.

Team Trip to Noah's Ark Planned - June 23rd

Save the date for this summer's bi-annual trip to Noah's Ark in Wisconsin Dells - June 23. (No practice offered this day.)

Tickets are \$25 (regular price is \$32.99 and \$38.99 depending on your height). Please forward payment prior to June 22 to Coach Neil (cash or check made payable

to SEA).

We will caravan up and depart from the Sealed Air YMCA at 7:15 a.m. and purchase our tickets at 10:00 a.m. at the Wave Sale Booth.

Swimmers 12&U who plan to attend this event without parents, must be left in charge with another parent. Please coordinate among

each other.

We will depart Noah's Ark at 5:00 p.m. and should be back at Sealed Air YMCA around 7:15 p.m.

If you plan on driving, please let Neil know if you have room for additional drivers. Don't miss out on this fun team event!

South Eastern Aquatics

South Eastern Aquatics
Racine Family YMCA Swim Team
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Mobile: 262.994.3157
Email: south.eastern.aquatics@gmail.com



Parent Motto:
Love, Support, Transport.

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Our Mission Statement here at SEA reads, "To empower the youth of Southeastern Wisconsin to be champions in life through excellence in swimming."

Our Vision Statement here at SEA reads, "As a swim team without a true home, it is SEA's vision to one day build a pool of our own."

Communication is key here at SEA. There are no 'dumb' questions. If you are confused about anything at all, please reach out to your swimmer's coach or contact our Head Coach Neil Wright at 262.898.4766 or via email at south.eastern.aquatics@gmail.com.

On the Starting Blocks

June 2015

11, Touch the Wall screening
12, Tri-dual w/LGSC & KYST (no practice)
19-20, SEA Summer Sizzler meet
20, No practice
23, Team Trip to Noah's Ark Waterpark
26-28, LAKE WGLO meet
28, OCON meet

July 2015

4, Independence Day, no practice

9, Dual w/OZ

10-12, Bird Bath Invite



15-18, Speedo Champions Series meet

17-19, Silver State meet

24-26, 12&U State meet

28, End of SEASON Time Trials

30-2, 13&O State meet

30-3, Junior Nationals

August 2015

7-9, 14&U Central Zones

3-27, OST

September 2015

19, SEA Family Picnic at Sealed Air YMCA, Noon-5:00 p.m.

21, Tryouts

22, First day of practice