



# Serpent Times

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JUNE 25, 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.*



I'm not sure we could have asked for a more perfect day for the Noah's Ark trip! Compared to years past, this year's trip took place a week later (on a non-youth days event) and honestly, the park was practically deserted. Waiting for any ride took less than 10-minutes. Fifty SEA family members made the trip and if you missed out I hope you can make it in 2017!

We have hosted three of our four meets this summer and I couldn't be prouder of every pulling together and getting the job done! Please take a moment and sign-up to work our final

meet of the season ... 13&O State which will be held in Brown Deer, July 30 -August 2. Next summer's requirements will be most excellent since we are not hosting 13&O State. :)

I have a call in to the Park Athletic Director in regards to the reopening date for the pool there. He's on vacation until the 29th ... keep your fingers crossed it will be ready for us on July 6th!

The Bird Bath Invite entries have been finalized and we are taking an additional nine swimmers to the meet compared to last year! Get ready to have fun!

There's a lot of swimming happening Friday-Sunday. We will be having Saturday morning practice at Sealed Air YMCA, but moving forward all diving practices at the Lakefront YMCA have been discontinued since we have the appropriate water depth needed to teach dives at Carthage.

No recap for our Summer Sizzler yet. As soon as I receive the final results, I'll forward along the high-lights.

Parents with questions, concerns, or comments are encouraged to contact me at 262.898.4766 or [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com).

## Our next meets: WGLO and OCON

Our first "big" meet of the season is finally here. Good luck in Brown Deer and Oconomowoc this weekend!

13&O Prelim warm-ups for Friday and Saturday are assigned (we will warm-up at 7:30 a.m. on Friday and 7:00 a.m. on Saturday).

12&U warm-ups for Friday and Saturday begin at 1:15 p.m.

Sunday warm-ups begin at 11:00 a.m.

Swimmers moving on to Finals will warm-up at 5:00 p.m.

OCON warm-ups begin at 9:00 a.m. and the meet gets

underway at 10:00 a.m.

Coaching assignments this weekend shape up like this: Neil at WGLO Friday and Saturday, Mike at WGLO on Sunday and James at OCON Sunday.

Drive safe, swim fast, have fun! Rock the blocks!!!

## 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.
- Jorden S.
- Stephanie S.
- Ali V.

## 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.



## 30th Anniversary Picnic Planned ... save the date!

Saturday, September 19th from Noon to 5:00 p.m. at the Sealed Air YMCA we will be hosting a SEA Picnic to finish out celebrating 30-years of SEA swimming!

Robin Betthausen, Lydia Bolendorf, and Kim Wergin are leading the charge in the planning process and if you would like to assist, please reach out to them.

We will have exclusive use of the multi generational room and the acres of open green space for games, shade tents, and chairs and the pool and basketball courts will be available for use as well.



Should be loads of fun!

At this time, please save the date and we hope to SEA you there!

## 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.

## Off Season Training Scheduled for August

As usual, we will offer Off Season Training three days a week in the mornings at Meadowbrook Country Club.

This opportunity bridges the gap between the end of the summer and the start of the fall season.

Training sessions will be held on Monday, Wednesday and Thurs-

day, August 3-27.

Practice for Green, Blue and Senior level swimmers will be held 7:45-9:15 a.m. and the cost is \$75,

Practice for Pups, Lions and Dragons will be held 8:15-9:15 a.m. The cost is \$50.

In addition, weight training for

9th-graders to be and higher will be held during August at Sealed Air YMCA Monday, Wednesday, and Friday from 10:00 a.m. to 11:00 a.m.

Please forward payment to Coach Neil in form of check (made out to SEA) or cash.

Take advantage!

## South Eastern Aquatics

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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

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### June 2015

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

8-17, FREST Clinic

14, Returning Family Registration, 6:00-7:30 p.m. at Sealed Air YMCA

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

21, Tryouts

22, First day of practice

### October

15, Sprint Time Trials

### November

1, 6th Annual SEA Fall Starter