

# Serpent Times

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JUNE 5, 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 for \$12.*
- *Diving certification is offered Saturdays at the Lakefront Y from 8:00 a.m. to 9:30 a.m.*



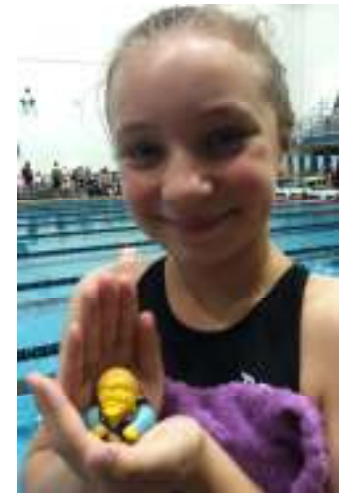
The Case pool will be drained this weekend. We will begin PM practices at Carthage College this Monday, June 8. The locker room doors will not be opened until 5:20 p.m. No one is allowed on deck until a lifeguard is present. Thanks!

Thank you to all families and their extended families for the assistance in running our Inaugural Pirate Plunge. I made a point to speak with all the coaches towards the end of the meet and received a lot of positive feedback (great timeline, cool awards, etc.). A special tip of the 'ol

swim cap to our meet director, Josh Johnson on the successful completion of his first big meet experience. Great job Josh and all parents who went above and beyond in ensuring the meet ran without a hitch!

The Touch the Wall screening is a go ... no practice Thursday, June 11. There are roughly two dozen tickets remaining. Order from the TUGG website.

Did you sign-up your swimmers for our next meet - Summer Sizzler? Email soon! Please don't forget to register to work.



The Inaugural Pirate Plunge was a success thanks to you!

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 meet: EBSC & MMSC

The EBSC 8&U event begins tonight with 5:00 p.m. warm-ups at a 5:50 p.m. meet start. The meet will be held at Brookfield East High School and Coach Jill will be on hand to assist our swimmers. Good luck!

The MMSC runs Saturday and Sunday this weekend at the RecPlex. Warm-ups for 13&O

swimmers will begin at 8:00 a.m. both days (meet begins at 9:00 a.m. and is schedule to finish at noon).

Warm-ups for 12&U swimmers will begin at 12:30 p.m. both dates (meet begins at 1:30 p.m. and is schedule to finish between 4:30-4:45 p.m.).

We are required to supply one

timer during both of the AM sessions (please notify me if you can volunteer).

Also, the MMSC event is positive check in for all events. Please email me ([south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com)). if you are running late and we'll ensure your swimmer is checked in.

## 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!

## Touch the Wall Scheduled for June 11 ... no practice

Mark your calendars and get ready for an event you don't want to miss!

On Thursday, June 11 (6:30-8:15 p.m.) at the Marcus Renaissance Theater in Sturtevant we will be screening Touch the Wall.

Touch the Wall follows Missy Franklin and Kara Lynn Joyce as

they train and prepare for the 2012 Olympic Trials and the 2012 London Olympics.

A small number of tickets are available for purchase for \$12 a piece - deadline to secure tickets is 2:30 p.m., June 11.

Please remember, practice is canceled this evening as all coaches

will be attending the screening.

We hope to SEA you there!

Attend and be inspired!



## 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.

## Don't Forget About Weight Training High School Athletes

Swimmers in 9th-12th 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 oppor-

tunity to grow your muscles and better your swim times with the strength gained through this process.



## Inaugural Pirate Plunge recap

Great efforts last weekend in Brown Deer! We finished with a team wide 73% best time improvement, only 12 DQs and 9th of 16 teams with 415 points.

Picking up new LC State cuts were Natalia Badillo 1Ba, Sofia Badillo 50Fr, and Maya Frodl 50Bf.

Cracking into the Top Ten all time were Sofia Badillo 10th 50Fr, 5th 4Fr, 9th 50Ba, Maya Frodl 6th 50Bf, Natalia Badillo 8th 4IM, Hannah Kehl 10th 4IM, Sara Bollendorf 8th 2Bf, Maren Hoferitza-Palermo 9th

4Fr, 8th 1Br, 6th 2Br, 6th 6Bf, 6th 4IM, Tara Smith 7th 1Br, Hugo Artega 4th 1Fr, 5th 50Bf, and David Gray 10th 4Fr.



Posting 100% best times included Isabelle Buhler, Erin Cain, Rachel Christensen, Maxwell Hidde, Anisha Jain, Cayla Julius, Hannah Kehl, Taylor Knaus, Samyukta Munagavalasa, Ellie Palermo, Mansha Palliyath, Yasho Patil, Chris Pudzisz, Macie Ritter, Ali Scharff, Emily Stouffer, Jordan Stouffer, Stephanie Strange, Alice and Elizabeth Stratan, Nathan Strickland, Laurel Sutherland, Jacob Trask, AJ Wampole, Elise Wember, Neil and Quinn Wright, and Norah Wynstra.

Great job swimmers!

## 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 cancelation 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.

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 ad-

ditional drivers. Don't miss out on this fun team event!



## South Eastern Aquatics

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South Eastern Aquatics  
Racine Family YMCA Swim Team  
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Parent Motto:  
Love, Support, Transport.

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ESTABLISHED

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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

- 5, EBSC 8&U meet
- 8, Parent board meeting at Case, 6:30 p.m. - all welcome
- 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