



Serpent Times

ESTABLISHED 1984.

JULY 28, 2015

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



Neil's Kickboard

Quick reminders:

- *Don't forget to sign-up for OST ... begins this Monday! Swim through August and be that much better before the Fall & Winter Season arrives.*
- *Good luck in Brown Deer and San Antonio this weekend!*



Mark your calendars and bring your neighbors to our next new swimmer Tryout (Monday, September 21 at Park HS beginning at 6:00 p.m.). The more the merrier!

We are hosting our final meet of the season beginning Thursday in Brown Deer. I am so proud of this team. Way back in November of last year your parent board debated whether or not we could pull off hosting four meets in the Spring & Summer Season. If memory serves we tabled the decision for another month too. This summer has been tough in terms of hosting those four meets, but what I find amazing is everyone's attitude ... it's nothing short of incredible. I can feel the

"roll up our sleeves and get this job done" attitude permeating throughout the team. Understand, there's not maybe teams in our state that could do what we have done (or are crazy enough to try it :). I'm humbled by all you give to our team and am thankful beyond words. Congratulations SEA!

If you are looking for something to keep your kids active in August maybe Off Season Training is a good fit? During August, we train three days a week in the mornings to bridge the gap between the end of the season and the start of the Fall & Winter Season. Read about this opportunity on page three and join the fun! Also, our high school

girls are welcome to attend free of charge (this bridges the gap between end of this season and beginning of their high school season ... however, if any of our athletes would rather take a break, now is a good time).

This will be the final newsletter until our Fall & Winter Season. It's been a pleasure serving as your Head Coach for another season and on behalf of myself and our awesome assistant coaches ... good luck this weekend in Brown Deer and San Antonio!

Parents with questions, concerns, or comments are encouraged to contact me at 262.898.4766 or south.eastern.aquatics@gmail.com.

Our next meets: 13&O State & Junior Nationals

Here we go, our final meets of the season (sans 14&U Central Zones) ... good luck!

We have assigned warm-ups for the duration of the meet (please be timely for warm-ups):

Thursday we will warm-up in lane 7, 7:15-7:50 a.m. - meet begins at 9:00 a.m.

Friday we will warm-up in lane

8, 7:50-8:25 a.m. - meet begins at 9:00 a.m.

Saturday we will warm-up in lane 8, 7:15-7:50 a.m. - meet begins at 9:00 a.m.

Sunday we will warm-up in lane 8, 7:50-8:25 a.m. - meet begins at 9:00 a.m.

Swimmers qualifying to swim Finals will check with Coach

Mike on what time to return for warm-ups.

Ivar Iverson will be representing SEA in San Antonio, Texas at Junior Nationals.

Good luck to all swimmers competing during 13&O State and Junior Nationals!

Drive safe, swim fast, have fun!

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!



- Hugo A.
- Natalia B.
- Arev B.
- Collin F.
- Ivar I.
- Austin L.
- Emilie M.
- Abby P.
- Dominic R.



- Emma S.
- Elizabeth S.
- William B.
- Erin C.
- Jacob M.
- Madilynn P.
- Jack S.
- Madeline B.
- Anna G.



- Joanna C.
- Alexandra J.
- Michael W.

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 Thursday, 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! Signed up to date included: Macie Ritter, Megan Schultz, Halina Collins, Pudzisz swimmers, William and Isabelle Buhler, Macie Ritter, Norah Wystra, Rachel Christensen, Nathan Mudry, and Arev Buchaklian.

12&U State Recap

We fielded a smaller team than usual at this summer's 12&U State Championships, but overall posted some nice results.

As a team we notched 40% best times, no DQs and finished 44th of 55 teams with 15 points.

Thank you to Megan Schultz and Macie Ritter for stepping in to fill the holes on the 11-12 girls relays after Hannah Kehl broke her toe. You girls did great!

Sofia Badillo scored points (50Ba)

and notched the 6th fastest time in our history for the 9-10 2IM.

Maya Frodl posted the 8th fastest time in our history for the 11-12 girls 50Fr while CJ Trask posted three of the fastest times in our history for 9-10 boys - 8th (50Ba), 7th (1Ba), and 7th (50Bf).

Macie Ritter and CJ Trask posted 100% best times.

CJ Trask picked up a new State qualifying time in his 50Bf bonus event.

A high five to our 10&U boy relay swimmers who scored points in both their relays! (Hugo Arteaga, Neil Wright III and Quinn Wright).

We have high hopes for our next 12&U State meet since many of our swimmers at this year's event were at the bottom of their age-group. Stay focused and good job!

End of SEASON Time Trial Recap

I was really impressed with our results tonight during End of SEASON Time Trials (results are posted on our website if you want to take a peek).

So proud to be apart of this great organization. Some examples of the greatness I speak of are 1) caring parents who step forward to volunteer with no begging on my part, 2) Dominic Ricchio who was "in the trenches" cheering for all

kinds of younger swimmers tonight, 3) Emily Cain asking to swim the Mile, 4) assistant coaches who help out without having to be told or directed and who ask if I need anything else, 5) a couple swimmers sticking around to count for their teammates during the Mile and cheering during the entire race, 6) our new Meet Director Josh Johnson spending a few minutes bouncing thoughts and

ideas about this week's SEA hosted 13&O State Championships with me during tonight's event (he left early to attend a conference call with some of the other leaders of the meet ... what a shining example of the term volunteer), and 7) all of our student-athletes efforts ... especially with all the new events they experienced tonight.

Thank you one and all for making SEA great!

FREST Clinic Scheduled for September

We will start the Fall & Winter Season off with a FREST Clinic in early September. FREST stands for finishes, relay exchanges, starts and turns.

This clinic will run Septem-

ber 8-17, Monday-Thursday. Location will be finalized sooner to the clinic date.

This clinic is open to any swimmers regardless of their current training

group.

Cost is \$40 per swimmer (due on the first night, September 8). Cash or check made payable to SEA.

Practices will be held 6:00-7:00 p.m. Take advantage!

South Eastern Aquatics

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

ESTABLISHED

1984

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

July 2015

30-2, 13&O State meet

30-3, Junior Nationals

August 2015

7-9, 14&U Central Zones

3-27, OST

25, Parent board meeting

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

17, SEA vs. SSTY

25, J-HK High Point Open

November

1, 6th Annual SEA Fall Starter

7, KENO Invite

13-15, PX3 Invite

15, SSTY Invite

21, SEA vs. TOSA

December

4-6, Team travel meet to Madison

11-13, Y-Finalist