

July 7, 2016



SOUTH EASTERN AQUATICS

Serpent Times

Neil's Kickboard

It's Bird Bath weekend! We have 36 swimmers attending this summer and the weather looks perfect (a little iffy on Friday, but Saturday and Sunday should be great).

We'll have a team dinner pizza party at the hotel Saturday evening. Cost is \$5 per person and will cover pizza, drinks, and cookies. Probably looking at 5-6 p.m. for dinner. More information will be available Saturday during the AM and PM sessions at the pool. If you are planning on attending, please let Coach Mike know.

If you have never attended the Bird Bath meet here are a few suggestions:

1) Pack a shade tent ...

we will live in "Tent City" the whole weekend with a ton of shade tents popping up all over the place

- 2) Don't forget your chairs and the Theme Days - Friday Derby Day, Saturday - Olympic Day, Sunday - Disney Day
- 3) Lawn games are fun too!
- 4) Lots of sunscreen is key to keep from getting burnt
- 5) Although this a team travel meet and we will have A LOT of FUN, attempt to get some good rest ... especially Saturday night!
- 6) Hanging out in Tent

City with your team is one of the highlights of the week (besides the swimming), be sure to track the SEA banner down (it will be hanging on one of the shade tents) before setting up your chairs

Good luck this weekend and safe travels!

In case anyone is wondering, all practices will be held as normal on Friday and Saturday. This includes Friday AM at Meadowbrook, weight training at Sealed Air Y, PM practice at Carthage College and Saturday morning practice at Sealed Air Y ... take advantage!

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

Dual w/OZ & Bird Bath Meet Information

Warm-ups for the SEA & OZ Dual meet will begin at 4:30 p.m. and the meet gets underway at 5:35 p.m. Everything was emailed out yesterday to the families attending ... good luck!

Warm-ups for the Bird Bath Invite are assigned ... please

be on time!

Friday AM (events 1-4), 11:00 a.m. warm-up

Friday PM (events 5-20), 2:30 p.m. warm-up

Saturday AM (events 21-40), 7:00 a.m. warm-up

Saturday PM (events 41-64),

11:40 a.m. warm-up

Sunday AM (events 65-84), 7:00 a.m. warm-up

Sunday PM (events 85-110), 10:50 a.m. warm-up

Good luck swimmers! Drive safe, swim fast, have fun!!!

Upcoming Deadlines

Dual w/SHOR	7/7
Speedo Champions Series	7/12
Silver State	7/7
YMCA Nationals	7/17
12&U State	TBA
13&O State	TBA
14&U Mega Zone	TBA

Special points of interest:

- Don't forget about the Theme Days for this weekend's Bird Bath Invite ... Friday is Derby Day, Saturday is Olympic Day, and Sunday is Disney Day!
- SEA swim caps are required at swim meets and are available from coaches for \$12 for silicone and \$5 for latex.
- Take advantage of Silver State ... it's a great season ending meets for swimmers and the last opportunity to qualify for State.

Coach Mike's Corner

Hi SEA fans! I hope everyone had a great 4th of July! I did, I went barefooting for the first time! I was so sore the next 2 days, I'm finally starting to feel back to normal today, guess I'm getting old haha. Neil and I are looking forward to the Bird Bath this weekend! This is definitely one of the most fun meets we go to every year!

This past week in.....

Bronze: The Bronze have had a blast working with Coach Haley. I always look over and see them smiling, which is the most im-

portant part of any level of swimming, having fun!

Silvers: We've been reinventing how we teach the high elbow catch recently and the Silvers have really caught on to it. Coach Katie has been raving about how well they've been holding their water, great job guys!

Golds: This week we took a more in-depth look at the backstroke pull and last night we made some crazy good progress. The kids are starting to learn that fast swimming is uncomfortable.

Humans are not a natural water mammal we need to twist our limbs to best mimic the animals that are much

Swimmer Shoutout

The swimmer shoutout this week goes to Josh Abel! I love it when I catch my swimmers doing something right. As we were warming up Tuesday at the Recplex Josh was hammering out 8 fly kicks of every wall in an easy freestyle warmup. I always tell my groups good habits in practice will give you good habits at meets. Very nice job Josh!

Fall & Winter SEA Hosted Meet Schedule .. And Team Travel Meets!

We will be hosting three meets in the upcoming Fall & Winter Season.

November 5-6 we will hold a Pentathlon at the RecPlex in the form of a single session. This meet will be similar to our May Early Bird meet where all swim-

mers (regardless of age) swim at the same time.

January 21-22 we will host our Annual Penguin Challenge in Brown Deer.

Our third event will be the Regional Championships at the RecPlex, February 17-19.

In addition, we will attend two travel meets!

December 2-4 we will be back in Madison attending the BAC Open and January 27-29 we will be heading back to Indianapolis for the 34th Annual Circle City Classic. Mark your calendars!

Off Season Training Scheduled for August

Off Season Training will take place at Meadowbrook during the month of August.

This is an opportunity for swimmers to maintain a feel for the water and continue to polish their skill sets prior to the beginning of the Fall season.

Practice will be offered three days a week beginning August 8 and running

through August 31.

Practices will be offered Monday, Wednesday and Thursday.

Practice times for Senior and Gold swimmers will be held 7:45 a.m. to 9:15 a.m.

Practice times for Silver and Bronze swimmers will be held 8:15 a.m. to 9:15 a.m.

The cost for Senior and Gold swimmers is \$75 and the cost for Silver and Bronze is \$50.

Families interested in having their swimmers train the month of August should forward payment to Neil. Take advantage and bridge the gap between Summer Season and the beginning of the Fall Season!

Swim-a-Thon is Underway ... this year we reset the date

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.

Weight Lifting Update

What's up Seniors! Coach James here, just wanting to clarify some things in regards to weight training. Weights are offered Monday, Wednesday, Friday at the Sealed Air YMCA. The starting time will be 1 hour after morning practice ends (this way you guys can run home if you need to and grab some food, I usually hang around with the little ones at Meadowbrook). So when morning practice goes from 6 to 8 weights will begin at 9, and when practice is from 7

to 9 weights will be at 10. With that said, don't be afraid to take advantage of this opportunity! You can get better after just one session and who knows, you might even learn an exercise or two that you can do on your own someday! Those of you who consistently go have been doing great, it's awesome to see our form improving meaning we can up the intensity and really start moving some heavy weight. These swimmers that go to weights AND both

practices MAKE SURE YOU ARE EATING! A balance of carbs, proteins and even FATS! Let's have a hearty breakfast, lunch and dinner with snacks thrown in all day to keep the energy level high, whether it be fruits, veggies, nuts, string cheese, granola, tuna (all my favorites) ANYTHING not heavily processed will really do. Let's get to the strongest and fastest versions of ourselves by being dedicated not only during training but during recovery.

End of SEASON Time Trials Scheduled for August 9th

Come one, come all to this season's End of the SEASON Time Trials.

This summer's meet will be held at Carthage College on Tuesday, August 9 beginning at 5:30 p.m. with warm-ups and getting underway at 6:15 p.m.

ALL current swimmers, Alumni, parents, grandparents, and friends of the team are welcome to attend.

This event was so much fun last March at Park High School. We had around a dozen Alumni and parents attend and the smiles on our current swimmers faces while they watched the "old timers"

swim was priceless.

Most of the coaching staff competed too ... any and all previous SEA coaches are welcome to attend!

Be sure to share this information with people you know out there who used to be associated with SEA and tell them to sign-up!



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

July 2016

- 7, Dual w/OZ
- 8-10, Birdbath Invite
- 15, Dual w/SHOR
- 18, Parent board meeting, 6:00 p.m., Carthage College
- 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

September 2016

- 22, Sprint Time Trials

October 2016

- 1, MFSC Open
- 14-16, OZ Swim Your Own Age
- 23, J-HK Swim Your Own Age

November 2016

- 5-6 SEA Pentathlon
- 6, KYST Invite (only available for boys attending YMCA Nationals)
- 11-13, PX3 Invite
- 13, SSTY Invite (only available for athletes planning on attending YMCA Nationals)

