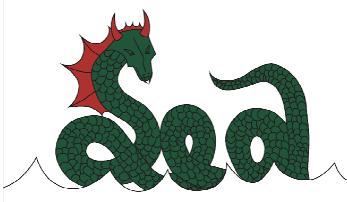


September 28, 2016



SOUTH EASTERN AQUATICS

Serpent Times

Neil's Kickboard

Welcome back! It's been a crazy start to the season with close to 40 new swimmers testing the water here at SEA. New family orientation and registration took place this past Monday and from what Missy Reischl said, we now have close to 30 new swimmers joining us! I guess the Olympic bump is real. Welcome to the team!

In the meantime, I'm happy to announce that we are in the process of hiring Coach Katie as Mike's replacement! Katie has been with us for four years and has an extensive swimming background as a club level and high school swimmer along with all her experiences gained as a coach here at SEA.

In addition to Coach Katie's new roll, Sierra Cook, Jacob

MacKenzie, and Tracy Stouffer have been hired and all three bring a wealth of knowledge to the pool deck and a love of teaching that our age-group program needs.

Coach Alyssa continues to be a mainstay here at SEA and has just finished her first year assisting me with the Senior level athletes after working a few years with the age-group program. She'll be splitting time between the age-group and senior training groups until I solidify one additional age-group coach for the Bronze and Silver level and I truly appreciate her flexibility and commitment.

Thank you to all the parents who stepped forward to help out with Sprint Time Trials last week. Our swimmers did an amazing job ...

read all about their efforts on page four.

The Tri-Dual with LGSC & PX3 is still up in the air. I'll keep you posted on any new updates I receive in regards to this event.

YMCA National Requirements: male swimmers planning on attending this event (whether individually or as part of a relay) must attend the following meets; KENO Invite on 11/6. SSTY Invite 11/13, YMCA Sectionals 3/11-12, and YMCA State 3/17-19. Requirements for female swimmers include; SSTY Invite 11/13, Y-Finalist 12/9-11, YMCA Sectionals 3/11-12, and YMCA State 3/17-19.

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

MFSC Swim Your Own Age Meet Info

We'll be heading to Menomonee Fall High School this Saturday for their Fall Splash event. (There have been some slight changes from the original meet information so please read the following carefully.)

AM warm-ups (6&U, 7, 8,

13, 14, and Senior swimmers) will begin at 7:30 a.m., meet begins at 8:30 a.m. and the meet is scheduled to end at 11:31 a.m.

PM 1 warm-ups (9-10 swimmers) will begin at 11:31 a.m., meet begins at 12:15 p.m., and is sched-

uled to end at 2:35 p.m.

PM 2 warm-ups (11-12 swimmers) will begin at 2:35 p.m., meet begins at 3:20 p.m., and is scheduled to end at 5:53 p.m.

Drive safe, swim fast, have fun!

Upcoming Deadlines

OZ Swim Your Own Age	10/3
J-HK Swim Your Own Age	10/10
SEA Pentathlon	10/20
KENO Invite	TBA
PX3 Invite	TBA
SSTY Invite	TBA
LAKE WGLO	TBA

Special points of interest:

- Diving practice is held on Saturday's (8-9:30 a.m.) at the Lakefront YMCA with Coach Alyssa ... please email Coach Neil if you plan on attending.
- SEA swim caps are required at swim meets and are available from coaches for \$12 for silicone and \$5 for latex.

Katie's Kickboard

Hello and welcome back SEA family! We hope you had a fun filled summer and are ready to dive back in the pool. As we move forward with this season we can't help but notice the absence of one heck of a coach. We learned determination, techniques, and the knowledge to become successful. Building on this we will continue to train as we always have, technical, hard and with a sprinkle of fun.

Coach Katie makes faces at athletes, talks with her hands way too much, and uses the silliest analogies sometimes. But being able to share her passion for swimming with young athletes brings such a smile to her

face.

This season we have put together a plan, not only for the Gold training group but also for the Bronze and Silver training groups. This will allow your athlete to prepare for the week ahead and give them the ability to choose their training focus. There is a stroke of the day with a focus, either turns, starts, or UWDK (underwater dolphin kicks). This is posted on our website, check it out!

Bronze and Silver are taking it slowly, taking a week to get down each stroke. Starting with Freestyle and we will end with Butterfly. For the last

15 min of practice we will focusing on starts, turns, finishes, etc. I look forward to see these athletes in action!

Gold's are sticking with a similar schedule to last season. With dry-land on Tuesday and Thursdays for 15-20 min before getting into the pool. Please be sure on these days your athlete is dressed appropriately with tennis shoes and exercise attire. I am excited to push your athletes to their limits and I'm sure they will push me to mine as well.

Thank you for giving me the opportunity to teach and motivate your athletes.

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

We will be hosting three meets this season.

November 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 swimmers (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!

New Parent Meeting Scheduled

A new parent meeting has been scheduled with Head Coach Neil Wright. All new parents are encouraged to attend to learn more about SEA and some of the ins-and-outs to have a successful season this year.

The meeting will begin at 6:00

p.m. and will take place at Horlick High School on Tuesday, October 18.

Some of the topics to be covered include: Mission and Vision Statements, Philosophy, Communication, Website, Swim Caps, Practice cancella-

tion policy, parents jobs as a swim family, how to sign-up for swim meets, and of course a Q&A opportunity.

Save the Date!!! Tuesday, October 18, 6:00 p.m. at Horlick High School ... hope to SEA you there!

SEA Team Towels Available for Order ... Deadline 10/6

It's been some year's since we have offered an opportunity to order SEA towels.

The order form is posted on the homepage and an example of what the finished product will look like is to the right.

The towels are 100% cotton, made in the USA, are woven (not printed) and are sized 34" x 70".

Personalize the towel with your swimmers name if you like!

Questions? Please reach out

Renee D'Alessandro at
readel04@gmail.com.

Please forward payment and order forms to Coach Katie or Neil.



Officials Recertification & New Officials Clinic in the works

Liz Christensen (she serves on the parent board as your officials chair) is developing opportunities for our officials to become recertified and for parents to become new stroke and turn officials.

Stroke and Turn Judge Clinic will be held on the following dates: October 8 in Pleasant Prairie and October 11

in Madison. A Starter/Referee class will be held October 25 in Madison.

Recertification will be held during the weekend of October 1-2. Details will be posted here when finalized.

Parents interested in becoming officials are encouraged to attend the officials training that will be held in early October at the RecPlex ... de-

tails will be posted here when finalized.

If you need more information about becoming an official, please reach out to Liz at 262.994.4088 or via email at ejchrist@wi.rr.com.

Becoming an official is easy and requires no swimming background. Also, you get the best seat in the house!

How to Sign-up for a Swim Meet

Signing up to have your swimmers attend swim meets listed on our meet schedule is an easy process.

Step one - view the meet schedule on our website (www.sea-y.org) under the MEMBERS dropdown tab / MEET INFORMATION.

Step two - once you find a meet to attend, email Coach Neil your intentions to have your swimmers attend the meet you want -

be sure to inform him which days you want to attend if the meet is more then one day in length.

Step three - Coach Neil will respond to your email with an "All set!" email. You'll be able to double-check that your swimmers have been entered in the meet by checking the uploaded entry PDF file on the MEET INFORMATION page of the website.

Step four - set-up a meet escrow account. Forward a minimum of \$50 (check made to SEA) to cover swim meet fees. You can forward a check to a coach or via snail mail - hover over the MEMBERS dropdown menu and click the MEET ESCROW ACCOUNT link for more information.

Need more help? Contract Coach Neil at 262.898.4766 or via email at south.eastern.aquatics@gmail.com.

Sprint Time Trial Highlights

As a team we posted 62% best times during Sprint Time Trials last week at Case High School.

Our veteran swimming looked pretty sharp and all our new swimmers did a fantastic job during their first real meet type situation.

Our older swimmers who were paired up with our younger swimmers did a great job working with their Little Buddies throughout the meet and ensuring they made it to the blocks on time for their events.

Results are posted on our website under the MEMBERS dropdown menu and then under the MEET INFORMATION tab.

Dropping more than five seconds in a single event during the meet included Joey Abel – 6.79 1IM, Joanna Caro – 6.93 50Ba, Zoe D'alessandro – 8.80 1IM, Drew Esson – 18.81 1IM, Keegan Jacobs – 5.26 50Ba, Shaelyn Jensen – 6.14 25Bf, Carter Johnson – 12.02 50Bf, Brianna Jones – 12.82 50Br, Madhura Patil – 5.76 25Fr, Alex

Pudzisz – 7.04 1IM, Chris Pudzisz – 9.80 1IM, Jorden Stouffer – 5.47 50Bf, and Norah Wynstra – 10.07 1IM.

Posting 100% best times were Joanna Caro, Zoe D'Alessandro, Keegan Jacobs, Nathan Mudry, Madhura Patil, Alex Pudzisz, and Norah Wynstra.

Be sure to visit the MEET INFORMATION page of our website for the most current meet schedule and email Coach Neil your attentions to attend and meets listed on the page.

BW3s Team Fundraiser

Our Fundraiser Chair - Tom Knaus, has worked with BW3s here in Racine at 5880 Durand Avenue and set-up an account with their Home Team Advantage Program ... here's how it works: 1) Bring your Teammate Card to BW3s (through July 31, 2017) , 2) show your card, on your mobile device or via printed copy, 3) the server will add 10% of your total sales to your

team's running total, 4) at the end of the Summer Season, BW3s will donate 10% of sales back to SEA ... which will be allocated to assistance for families who have a desire to swim on SEA, but not the means.

A copy of the Teammate Card is posted on the homepage of our website and has been emailed out to all families as well.

When dining at BW3s be sure to use your card and support swimming here



Happy September Birthday

James Akakpo, Maritxell Chavez-Alvardo, Zoe D'Alessandro, Iman Deanparvar, Savanna Gain, Anisha Jain, Amelia Louly, Maggie Louly, Caitlin Mertins, Samyuk-

ta Munagavalasa, Grace Neumann, Yash Patil, Madi Racine, Adam Ries, Alyssa Skrobis, Nathan Smith, and Aiden Yu.



Hotel Secured for BAC Open, December 2-4 in Madison

Thirty rooms (most are double queen type rooms) have been reserved at the Hampton Inn in downtown Madison for next season's team travel meet - the BAC Open.

Each room comes with a fridge and microwave and includes a hot

breakfast.

The rate is \$109 per night with a \$12 parking fee per 24 hours.

The link to reserve rooms is now live and posted under the MEMBERS/Meet Information page or our website.

We will also host a team travel meet in January

of 2017 when we head back to Indianapolis.

For those wondering, the meet in Madison is open to all swimmers (there are no qualifying times) while the Indianapolis meet has some light time standards).

Hope to SEA you racing at both meets!

Returning & New Family Registration is Underway

Registration for returning and new families is well underway with close to 100 swimmers currently signed up and training towards their goals for the 2016-2017 Fall & Winter swim season.

Missy Reischl is our team's Registration Chair and can assist any families who still need to sign their sons/daughters up for this season. She can be reached via email at mjreischl@wi.rr.com or via phone at 262.989.9065.

At this point, all swimmers should be registered if they are attending practice. If you still need to sign-up, please reach out to Missy. Welcome back!

YMCA National Hotel Information

Families intending on travel to Greensboro, NC for YMCA Nationals can reserve rooms by calling 888.939.5945. The YMCA Sports Housing Office hours are Monday-Friday, 9:00 AM to 5:00 PM EST.

Ten king rooms (you can request a double queen room when calling)

have been reserved at the Drury Inn & Suites located two miles from the competition pool - address is 3220 Gate City Blvd.

Rooms are reserved from April 2-8 and the meet will take place April 3-7.

When you call to reserve your

room, the team block is under Neil Wright and our YMCA name is Racine Family YMCA. You should be able to change your arrival and departure date when you call and you'll need a credit card to hold the room.

The deadline to secure a room is February 17, 2017.



MISSION STATEMENT

To empower the youth of Southeastern Wisconsin to be champions in life through excellence in swimming.

SOUTH EASTERN AQUATICS

Racine Family YMCA
725 Lake Avenue
Racine, Wisconsin 53403

Phone: 262.898.4766
Fax: 262.634.0401
Email: south.eastern.aquatics@gmail.com

***On Twitter @SEAWisconsin
On Facebook too SEA SWIM TEAM***

[On the web at
www.sea-y.org]

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

October 2016

- 1, MFSC Open
- 3, Parent board meeting, Case HS, 6:00 p.m. - all welcome!
- 8, Tri-dual event - may or may not happen, information will be forwarded when available
- 11, AG/SEN Committee meeting, Brookfield City Hall, 10 a.m. - all welcome!
- 14-16, OZ Swim Your Own Age
- 18, Save the date for a very fun team event, 4:30 p.m.-?
- 23, J-HK Swim Your Own Age

24, Tryouts at Case HS, 6:00 p.m.

25, LSC Meeting, Oconomowoc, 7:00 p.m. - all welcome!

November 2016

6 SEA Pentathlon

6, KENO Invite (only available for boys attending YMCA Nationals)

11-13, PX3 Invite

13, SSTY Invite (only available for athletes planning on attending YMCA Nationals)

30-3, AT&T Winter National Championships

December 2016

2-4, BAC Open

7-10, Speedo Winter Junior National Championships

9-11, Y-Finalist

16, Middle Distance Time Trials

