

WWW.SEA-Y.ORG
SEA SWIM TEAM (FACEBOOK)
@SEAWISCONSIN (TWITTER)
262.898.4766

UPCOMING EVENTS:

- No diving practice this Saturday. Please make a note of this change.
- Next board meeting is February 10 at 6:00 p.m. - Case High School. All welcome!
- Team swim caps are now available. Get yours today! \$12 per cap from either Mike or Neil. Team car decals available too!

INSIDE THIS ISSUE:

Team Bowl- ing Outing	2
SCRIP Fundraising	2
Swim-a-Thon Information	3
Wine Tasting Information	3
Titletown Recap	4
Diving Certification	5
I3&O Training Trip	5
Meet Entries Due	5

SERPENT TIMES



EST. 1984

JANUARY 23, 2014

Neil's Kickboard

Tonight is our annual Swim-a-Thon. I'm on pins and needles to SEA if we were able to achieve our pledge goal of \$10,000. SEA you at Case tonight at 5:30 p.m. Parents are brining in desserts, drinks and paper plates/napkins and I'm ordering the pizza.

No diving practice this Saturday (we are short staffed with the meet happening).

We have had 2-3 parents step forward and offer to take the lead on organizing baskets for our upcoming Wine Tasting, Silent Auction and Raffle and that's great! If you are sitting on the bench about helping out please considering contacting Rebecca. Our Wine Tasting event is like hosting a 1-2 day meet and is beginning to become a pretty large fundraiser for the team - pretty easy to host too and lots of fun. If you can organize a basket, please call Rebecca at 414.807.4353. It's our goal to have each training group develop a basket for this event.

Please take a look at the Meet Information page of our website and email me in regards to any meets you would like your student-athletes to participate

in. Meet information for most of the season is now posted and available for your reading pleasure.

There's currently seven swimmers planning on attending this June's I3&O



Can you picture Coach Mike with a Mohawk? Or me bald? Swim-a-Thon pledges are due January 28 and if they tally \$10,000 or more ... you won't have to imagine. Clippers will be at practice Thursday next week if we do!

Training Trip. Still looking for five more to make this trip happen and two chaperones to come along too. If you are planning on attending, please send me an email and I will be happy to add your name to the list.

A high school dual meet was rescheduled and we have lost use of Case on January 30 (the night the Swim-a-Thon prizes will be handed out). I'm working on securing another site and will keep you posted here. Still trying to track a pool down

Still looking for some quality bowlers to join us for our annual bowling outing. Spend a couple hours away from the pool (although we'll still be using "lanes") and come socialize with your teammates.

Although it is taking time, our team is morphing into a different beast. Coach Mike and I have updated the criteria for movement between the groups and you can view the updated standards on our website. More information to follow in the coming months about our development, growth, and the direction we are heading. Exciting times to say the least!

Please call or email me if you ever have any questions or concerns. 262.898.4766 and south.eastern.aquatics@gmail.com.

*** Completely fantastic ***

Distance Time Trials & LGSC Dual Info

Friday night we will run Distance Time Trials at Park with warm-ups beginning at 5:30 p.m. and events kicking off at 6:15 p.m.

Parent volunteer timers are needed and if you can help out, please meet next to the First Aid cabinet at 6:10 p.m.

Heat sheets will be posted on the homepage of our website tomorrow.

Saturday morning we will dual LGSC at Badger High School in Lake Geneva. The school's address is: 220 E South Street, Lake Geneva, WI 53147. Allow at least one hour for the drive.

Warm-ups begin at 7:00 a.m. That's all the information I have at this time in regards to the meet (final entries are posted on our website and this meet does include some relay events).

Please be on time for warm-ups. Drive safe, swim fast, have fun! GO SEA!

Team Bowling is Right Around the Corner



Join your teammates for some bowling? Don't strike out - attend this event and test your skills!

Our annual bowling outing is right around the corner. This year we will bowl from 1:00 p.m. to 3:00 p.m. at Castle Lanes here in Racine off of Green Bay Road on the east side of the street (about halfway between HWY 11 and HWY 20).

The date for this fun event is Saturday, February 8th.

This outing is open to all swimmers and their families (bring along a friend if you

would like too).

The cost is \$12 and will cover shoes, ball and two hours of bowling (this does not include food and drink so bring money if you think you'll get thirsty or hungry).

Those swimmers and families who would like to attend should forward \$12 per person (exact change or check made payable to SEA please) to Neil by February 3.

Many of the coaches will be in attendance so here's your chance to take them on in a friendly game to see who can win.

Sounds like the perfect day to me ... morning practice, weight training and then some fun times bowling.

Hope to SEA you on the lanes and not in them. :)

Jason Lewis is attending.

In regards to our vision to building our own training facility, the YMCA Board of Directors kicked off their Strategic Planning meetings last May (the meetings will conclude at the end October). The Board will discuss the future plans for the Sealed Air Y and a handful of other projects. We will anxiously await their findings.

SCRIP - The Easiest Way to Fundraise

Here are the current order by/delivery on dates for SCRIP: order by order by order by January 20, delivery on January 23; order by February 3, delivery on February 6; order by February 17, delivery on February 20; order by March 3, delivery on March 6; order by March 17, delivery on March 20. Deadline to order is 8 AM. All deliveries will be in the balcony from 5:30 p.m to 6:00 p.m. Individual arrangements can also be made.

Your order can be placed at

www.shopwithscrip.com by using the SEA enrollment code of 173DF3A917711 and registering for PrestoPay a minimum of two days before placing your first order. DO NOT place your first order until the PrestoPay registration process is complete. PrestoPay is safe, simple and the only payment method accepted by SEA. Happy Shopping!

SCRIP Quick Facts

1) www.shopwithscrip.com

2) SEA enrollment code = 173DF3A917711

3) Payment method = PrestoPay

4) Deliveries are scheduled 1-2 times per month during practice. Other options include ScripNow (print at home) and Re-load

Questions? Please contact Brenda Rose at brose7@wi.rr.com or Kim Wergin at kimwergin@aol.com. Thanks!

Aging up, it happens to everyone.



January & February Birthdays

Sebastian B. & Sofia B.

Halina C. & Jake E.

Scott P. & Kaite P.

Abby P. & Vincent P.

Sebastian R. & Marlee R.

Ali S. & Tiffany S.

Drew E. & Adara J.

Jason L. & Alyssa S.

James T. & Cassie B.

Joey D. & Lindsey F.

Abby K. & Sam M.

Zachary P. & Cameron P.

Brett E. & Megan G.

Hannah M. & Aysia P.

Cole S. & Lauren Z.

Snow & Cold is here, when/how is practice canceled?



Frosty says, "If RUSD cancels school or after school activities, no swim practice."

With the arrival of freezing temperatures and our first dumping of snow, it's time to remind the membership of the practice cancellation policy here at SEA ... it's really easy.

If RUSD cancels schools or after-school

activities, swim practice is canceled.

Ways to find out whether or not practice is canceled are numerous.

1) Listen to local radio stations and watch local TV stations. If it is announced RUSD has canceled school or after-school activities, practice is canceled.

2) Read the "NEWS" section

of the website.

3) Check your email.

4) Check facebook - SEA SWIM TEAM

5) Check Twitter - @SEAWISCONSIN

As always, you know best as to whether it is safe or not to attend practice. If practice is not canceled, and you don't feel it's safe to attend, by all means, stay home. :)

Swim-a-Thon is Underway! Are you?

This year's Swim-a-Thon is now underway. During the Halloween Party & Swim-a-Thon Kick-off held November 1, Neil explained all the details for this year's event and handed out packets.

If you need a packet, please speak with Neil or download one from the website.

The Prize Pool for the Swim-a-Thon is huge this year, but the coolest event in conjunction with the Swim-a-Thon is if we reach our goal of \$10,000 the swimmers who participated will get to shave Neil's head and give Mike a Mohawk!

Some of the prizes to be won this year include: a movie party

at the Sturtevant theater for the training group that turns in the most pledges, numerous \$100 gift cards (Best Buy, American Eagle, Toys 'R Us, Dick's Sporting Goods), a raffle for \$200 in swim fees, a limousine ride to February's dual meet and many more. Get out there and solicit those pledges today!



2nd Annual Wine Tasting, Raffle & Silent Auction

This is a reminder that our awesome UNCORKT fundraiser is March 28. Look for more information about this event in the upcoming weeks.

Like last year I am looking to have each swim group put together a basket to raffle off at the event. This was very successful and we were able to raise quite a bit on money. Last year we had some wonderful parents volunteer for some of the groups and this year I am hoping for 100% participation from

parents in all of the groups. If you would like to be the parent volunteer for your child's group please let me know! Once we have the volunteers for each group I will send out more information.

In addition, if there are any parents who would like to assist me in obtaining silent auction donations I would love it. I am trying to have a small group put together for this (a committee of sorts). If you don't have the time, but know businesses we can contact please let me know.

Also, if you have anything you would like to donate you can let me know.

Last year was very successful and was a fantastic time. Let's make this year even better! Thank you parents for all of your help and support of this swim team! Rebecca Scharff - 414.807.4353.



The Raffle & Silent Auction portion of our Wine Tasting event was well received last year. This a call for help to develop our raffle baskets. Your help is needed!

Titletown Freeze Recap



The 8th Annual Odd-ball Challenge was a great SEAccess!

What a great experience we had in Green Bay last weekend. It was amazing to see so many SEA families attending this event. We finished 3rd for the second year in a row scoring 1,540.50 points. We were 661.50 out of 2nd and 821.50 from winning. Significant differences no doubt, but the teams scoring ahead of us had 50+ more swims entered in the meet. With the popularity of this meet growing, maybe we can match their entries in 2015?

Here are some of the highlights achieved throughout the meet:

Athletes taking home a high point trophy included Jake Trask (1st, 11-12 Boys 133 points), Emily Bollendorf (2nd, 13-14 Girls 120 points), Maren Hoferitz-Palermo (3rd, Open Girls 106 points), and Marlee Reischl (3rd, 11-12 Girls 100 points).

Posting some of the quickest times in our history were Bailey Bleser (9th 500Fr), Jake

Trask (4th 11M, 3rd 1Ba, 6th 50Ba, 3rd 50Bf), Marlee Reischl (9th 50Fr), CJ Trask (7th 50Ba), Sara Bollendorf (5th 1Br), and Emily Bollendorf (6th 2Br).

New State qualifying times achieved by Jake Trask (50Br, YMCA State), 200 Freestyle Relay - YMCA State (Marlee Reischl, Maya Frodl, Mackenzie Reischl, Sara Bollendorf), and Sara Bollendorf (1Br, USA State).

... continued below ...

continued ... Titletown Freeze Recap

Improving a single event in excess of five or more seconds were Isabelle Buhler (-22.32 500Fr), Hannah Kehl (-9.81 500Fr), Rachel Zenisek (-7.07 500Fr), Ella Pier (-13.04 1Fr), Josh Abel (-8.19 11M), Jack Scharff (-9.40 11M), Sam Munagalasa (-31.85 1Ba), Emily Cain (-6.08 11M), Taylor Knaus (-6.80 11M), Katie Pogodzinski (-9.75 1Br), Elizabeth Stratman (-5.62 1Ba), Jordan Pier (-18.14 1Br),

Alice Stratman (-5.24 25Br), CJ Trask (-22.38 11M), Erin Cain (-14.62 1Bf), Brie Luchun-Ledvina (-5.34 25Fr), Cole Johnson (-22.57 25Fr), Payton Church (-14.35 1Fr), Elena Renner (-7.21 1Fr), and Sammie Spanske (-5.06 50Fr).

One noticeable difference in our swimmers competing who have been with the team less than one year is we are racing. The coaching staff noticed our young-

er swimmers attacking their races and keeping an eye on the competition. This is great and a huge step in the right direction. To build on this, please never look (turning your head) at other swimmers during breaststroke events, and during practice, be sure you focus. Never swim back-and-froth without truly thinking about some aspect of your stroke development. Good job Serpents!

"It's amazing how much can be accomplished if no one cares who gets the credit." ~ John Wooden

What makes swimming fun?



Before reading any further, think for a moment about what you believe to be 'fun' for your swimmers; the factors you think they would identify as fun. Oftentimes, coaches and parents assume that when age group swimmers talk of fun, they are talking about playing games, goofing around, unstructured practices ...

which would detract from productive, focused practices. However, these swimmers related a much different concept of what is fun regarding their experiences in swimming. A la David Letterman, let us present to you the Top 10 sources of fun in swimming. As you read each factor, reflect on whether or not it is something that is present for your athletes as well as if you can influence this source of fun.

Top 10 Reasons Swimming is Fun for Age-Group Swimmers - 1) Being with friends, 2) Coach compliments and encourages me, 3) Being known as a good swimmer, 4) Winning races, 5) Getting in shape, 6) Varied workouts, 7) Relays where team comes together, 8) Feelings of accomplishments, 9) Cheering for each other/coming together as a team, and 10) Trying to improve my times.

From USA Swimming.

Diving - How to be Certified to Dive off Blocks



USA Swimming has strict guidelines in how to teach athletes the proper (safe) way to dive off blocks.

The water depth is one of the

USA Swimming rules are strict in terms of diving off blocks.

rules that must be followed in allowing athletes to try diving off blocks. Once a swimmer has progressed through the diving progressions, even to attempt to dive off the block the water must be at least six feet deep.

At our local high schools, the water depth is five feet, six inches deep so we are not allowed to teach our swimmers how to dive off the blocks - we do teach them

the progresses up to diving off the blocks though.

Swimmers needing to be certified to dive off blocks can meet with a SEA coach on Saturdays from 8:00 a.m. to 9:30 a.m. at the Downtown Y. This practice is drop in and parents can bring their children in at any time.

This Saturday Coach Rebekah will be looking for swimmers to work with ... come on out and learn the finer points of diving off blocks - it's all about the streamlining. :)

“Tentatively, this year’s 13&O Training Trip will take place June 22-29. We will be heading back to Laguna Beach, FL.”

13&Over Training Trip Information

Every two years we offer a 13&O Training Trip and if you have attended any SEA Banquet and heard the graduating seniors speak, almost everyone shares memories about their training trip and that if you (other swimmers) get a chance to go ... go.

Tentatively, this year’s trip will take place June 22-29. We will be staying in the same location as the past two trips (Laguna Beach, FL) and be training at the same facility as the last two trips (the Panama City Beach Aquatic Center).

Two year’s ago the cost for transportation (via van), lodging and pool rental was \$678 per swimmer.

Swimmers will need additional funds to cover meals and incidentals.

As this is a training-trip, there’s no side excursions really planned except for dinner at the Red Bar in Grayton Beach and an afternoon trip to the quaint town of Seaside (where the movie *The Truman Show* was filmed).

At this time, please forward your name to

Neil if you are planning on attending and if you are willing to chaperone (first come first served).

To date, Will Buhler, Bailey Bleser, Tiffany Steffes, Claire Holewinski, Paige Betthausen, Jacob MacKenzie and Marlee Reischl is planning on attending. A minimum of 12 swimmers are needed for this trip to happen.

More information will be available towards the end of the Fall & Winter Season.

Please contact Neil if you have questions.

Meet Entries Due ...

If you have been using the Meet Information page of the website, you have probably noticed many meet entries are due in the coming days and weeks.

If you have not visited the Meet Information page of the website, please click on over to Members/Meet Information to view the meet information and deadlines for entering any remaining meets on the schedule.

Here is some information not posted

on the website for a few of the upcoming meets ...

SEA vs. LGSC - this meet will be held at Badger High School with 7:00 a.m. warm-ups (entry deadline is January 18.

SEA vs. OZ will be held at Case High School with 5:30 p.m. warm-ups and a 6:15 p.m. meet start - parent volunteers are needed to time!

Distance Time Trials will be held at

Park (no practice that evening) with 5:30 p.m. warm-ups and a 6:15 p.m. meet start - parent volunteers are needed.

In a perfect world ALL swimmers will plan on attending YMCA Sectionals! Check your calendars for March 15-16 to SEA if you can make it!





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

725 Lake Avenue

Racine, Wisconsin 53403

SEA SWIM TEAM (facebook)

@SEAWisconsin (Twitter)

www.sea-y.org (Web)

Phone: 262.898.4766

Fax: 262.634.0401

Email: south.eastern.aquatics@gmail.com

Parent Motto:

Love, Support, Transport.

SEA's Mission:

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

SEA's Vision:

As a swim team without a true home, it's SEA's vision to one day build a pool to call home.

Established in 1984, we are set to celebrate our 30th anniversary this year!

On the Starting Blocks

January 2014

23, Swim-a-Thon

24, Distance Time Trials (moved from the 3rd)

25, SEA vs. LGSC

28, Swim-a-Thon pledges due

29, Swim-a-Thon totals posted on website

30, Swim-a-Thon prizes handed out

31-2, SSTY A+

February 2014

2, 6th Annual SEA Groundhog Grand Prix

7, SEA vs. OZ

8, Bowling Party

15-16, NBSC Open

21-23, Regional Championships

28-2, I2&U State

March 2014

4, Team Picture

6-9, I3&O State

15-16, YMCA Sectionals

21, End of SEASON Time Trials

21-23, YMCA State

28, Wine Tasting, Silent Auction, Raffle

April 2014

1-4, YMCA Nationals

May 2014

3-4, 6th Annual SEA Early Bird

June 2014

20-21, 5th Annual SEA Summer Sizzler

22-29, I3&O Training Trip (tentative dates)

July 2014

31-3, I3&O State (SEA hosted)

August 2014

4-26, OST (off-season training)

September 2014

2-18, OST

22, First day of practice



**Take a look at the months ahead
and stay up-to-date.**