

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

UPCOMING EVENTS:

- We will be combined at Case on 2/4. This is a change from the posted schedule. Jot it down and SEA you there!
- 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!

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SERPENT TIMES



EST. 1984

JANUARY 30, 2014

Neil's Kickboard

Swim-a-Thon update ...

With the crazy cold weather we have been having, everything with the Swim-a-Thon has been pushed back a few days. Tonight is the deadline to submit pledges to be counted towards any prizes that are available. I will post the final tallies on our website tomorrow and handout all awards Tuesday at Case between 5:30 p.m. and 6:00 p.m.

Speaking of Tuesday, February 4th - this evening is now a combined practice and will be held at Case. The LSC meeting scheduled for this past Tuesday was canceled because of the bitter cold and rescheduled for the 4th. Please make a note of this change. And for those curious to know, LSC stands for Local Swimming Committee. The Wisconsin LSC is USA Swimming's arm at the state level.

Don't forget, we are at Horlick tonight (1/30). Enter the building using the doors across the tennis courts and close to Rapids Drive. Pool door can be accessed by walking into the Fieldhouse.

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



Warm sunny beaches and swimming outdoors ... This year's 13&O Training Trip is shaping up to a one of the largest ever. Fifteen swimmers signed up to attend as of today. Contact me if you're interested.

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 (all except State and National level meets) and available for your reading pleasure.

There's currently 15 swimmers planning on attending this June's 13&O Training Trip. Still looking for 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.

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.

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

*** Completely fantastic ***

6th Annual Groundhog Grand Prix Information

We are hosting this meet in Pleasant Prairie this Sunday.

Arrival times for meet workers were included in today's newsletter email (you can also access them on our website under the SEA Hosted Meets dropdown menu / Meet Worker Sign-Up tab.

AM warm-ups for 10&U and 11-12 athletes will begin at 8:00 a.m., the meet begins at 9:05 a.m. and is scheduled to

finish at 11:32 a.m.

PM warm-ups for 8&U, 13-14 and Senior athletes will begin at 11:30 a.m., meet begins at 12:35 p.m. and is scheduled to finish at 3:09 p.m.

A couple of reminders for parents who will be timing during this meet: 1) please do not use electronic devices while timing, 2) do not help swimmers out of the water - those athletes who have difficulty exiting

the water should be directed to swim under the lane lines and exit in lane 1 or 10 using the ladder, 3) ensure you don't obstruct the blocks for the next swimmer due up and in addition, call for the next swimmer after the start of each heat, and 4) keep your eyes on the strobe light during the starts.

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 half-way 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. :)

Kayla Rose, Sara Bollendorf, Liz and Rachel Christensen, Jason Lewis and Caitlin Mertins 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 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. :)

A+ Meet Information

Some of the fastest swimmers in the Midwest are scheduled to take to the waters in Brown Deer this weekend during the A+ meet.

Friday warm-ups begin at 4:30 p.m. and the meet begins at 5:35 p.m.

Saturday Prelim warm-ups for 13&O swimmers begin at 7:00 a.m. and the meet begins at 8:05

p.m.

Saturday 12&U Prelim warm-ups begin at 12:15 p.m. and the meet begins at 1:15 p.m.

Swimmers qualifying for Saturday Finals should check with Neil on what time to warm-up.

Sunday AM warm-ups for 12&U swimmers begin at 8:00 a.m. and the meet begins at 9:05 a.m.

Sunday PM warm-ups for 13&O swimmers begin at Noon and the meet begins at 1:00 p.m.

The meet landing page for this event is linked on our homepage of the website - view and print heat sheets and session reports.

Drive safe, swim fast and have fun!



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!

12&U State Hotel Information



We have secured rooms at the same hotel we stayed at last year.

A block of ten rooms have been reserved under South Eastern Aquatics at the Madison Marriott West.

The address of the hotel is 1313 John Q Hammons Drive in Middleton.

The block of rooms will be held until February 14. Call 608.831.2000 to pull a room from the reserved block.

Each room has two beds and run \$115 per night plus taxes.

The meet this year will be held at the UW-Madison Natatorium. If

you have not heard, the Natatorium is in a fight for its life.

The powers that be want to bring baseball to the UW-Madison campus and will need to eliminate a men's sport ... swimming is its sites. A sad state of affairs to say the least.

Anyone with time and an interest can join in the letter writing campaign in an attempt to save the pool and the men's swimming program.

A link to the Save the Nat facebook page can be found in the SEA SWIM TEAM facebook page.

The 12&U State meet has a rich tradition in Madison and is always a fun experience for the 700+ swimmers throughout Wisconsin that attend the meet annually.

In addition, with the current structure of the WIAA State meet, the UW-Madison Natatorium is the only facility capable of hosting that meet (because of the number of spectators). If the pool is demolished, the WIAA State meet (both girls and boys) will look significantly different in the coming years than it does today.

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

Updated Movement Criteria Now in Place

I have heard many coaches throughout the years state, "Swimmers will swim to the standard." This statement is in regard to athletes achieving qualifying times for xyz meet and the debate always revolves around whether or not the standard is perceived as too difficult or not.

As a member of the Age-Group/Senior Committee of the LSC, one of the issues we deal with ad nauseam is the size of our USA State meets and the standards to qualify

for those meets. Over the last 4-8 years, the meets continue to grow in size even though the standards are tightened.

With a strong developing age-group coaching staff, we are now tightening the standards to move from group-to-group and slowly developing a strong and dedicated 14&U training group at the Blue level.

In previous years, many of the upper level Blues would already be

training in the Senior groups, but with a focus on the long term development of our age-group swimmers, it's best to allow them to marinate and further develop their skill sets in the age-group setting so when it does come time to make the switch from age-group to senior swimming, they are fully ready and capable.

Our team is changing, and changing for better. I will continue to keep you posted and updated in regards to our metamorphoses.

Bird Bath Open ... this summer



Last summer we attended the Bird Bath Open in Appleton at the outdoor 50-meter pool (Erb Park) after not attending this event for many years.

Similar to the Green Bay meet, this travel meet offers our families an opportunity to bond in a

fun and relaxed atmosphere.

The park where the pool is located is surrounded by acres and acres of green grass and trees along with playgrounds and other recreational fields.

Families who attended last year brought their shade tents and folding chairs and relaxed in the shade enjoying each others com-

pany while they waited for their swimmers to compete.

This summer we'll be heading back to the Bird Bath Open and the dates are set ... July 11-13.

Mark your calendars and join us won't you? Good times (both in and out of the pool) are guaranteed to be had by all.

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, Rachel Zenisek, Kayla Rose, Emily Bollendorf, Josh Bote, Ivar Iverson, Caitlin Mertins, Jason Lewis, Maren Hoferitza-Palermo, 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.

Most of the meet information is not

available for viewing ... still waiting on USA and YMCA State documents to be released.

When it comes to USA Regionals and YMCA Sectionals, these two events are open to ALL swimmers. There are no qualifying times for these two meets.

ALL swimmers are encouraged to swim YMCA Sectionals (this meet represents the last chance to qualify

for YMCA State (as USA Regionals represents that last chance to qualify for USA State).

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**

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**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

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

11-13, Bird Bath Open

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.**