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UPCOMING EVENTS:

- Tryouts will be offered again on Monday, October 27 beginning at 6:00 p.m.
- Two new coaches were hired to assist Lions and Dragons ... read more about them next week!
- The next parent board meeting will be held November 10, 6:00 p.m. at Case. All welcome!

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SERPENT TIMES



EST. 1984

OCTOBER 17, 2014

Neil's Kickboard

Molly Buhler has a nearly new size 26 girls Speedo team suit and training fins (size 3-5) for any member who would like them.

I spent last weekend on the campus of Michigan State University attending USA Swimming's Club Leadership Business & Management Seminar. What a great opportunity to be reminded of all the best practices to use when working within the structure of a competitive swim team. In addition, this class is a requirement for all head coaches if their team is to be awarded Level II in USA Swimming's Club Recognition Program. I worked on Level II requirements over the past summer and just needed to attend the class for the final hurdle. Once I returned home I submitted all the necessary documentation to USA Swimming and we were awarded Level II this past Wednesday. With the parent boards help, I hope to submit Level III paperwork in the next few months (there are four levels total). Like the class I took, the Club Recognition Program was established to ensure USA Swimming teams follow best practice and protocol in their day-to-day operations.

I will be hosting another mass tryout at the end of this month (Monday, October

27th, 6:00 p.m. at Park High School to be exact). Our September tryout is our smaller/less advertised tryout, compared to our October tryout which will see flyers going out to some of the local private schools and information dissemi-



Daylight Savings Time happens on the same day as our Fall Starter meet.

Just a little heads-up and reminder to set your clocks back November 1.

nated through the RUSD newsletter. Tell all your friends about tryouts too!

Did you see our ad in Racine's local newspaper? We are advertising our next mass tryout ... I guess we'll see whether or not this type of exposure is worth while or

not depending on the number of student-athletes show up for tryouts.

It seems Park High School has installed new doors and these doors can be triggered. What does that mean? Well, it will not be necessary to prop the doors open with a fin any longer. So, if you walk up to the doors at Park and notice there's no fin, don't worry - one of the doors are open; you need only pull it open.

We will be celebrating our 30th Anniversary all season long! That's right, SEA was 'born' in September of 1984. 30th Anniversary t-shirts can be ordered through November 10th (posted on the homepage of our website) and watch for other 30th Anniversary items for sale in the coming months.

Are you plugged into the SEA SWIM TEAM Facebook page? It's another way to enjoy your time here at SEA. We have a Twitter account too @SEAWisconsin.

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

SEA and SSTY Dual Information

Tomorrow ten of our athletes will be attending a dual meet in Brown Deer against SSTY.

Unlike most meets we attend, we will practice before hand. Please be ready to hop in the water at 10:00 a.m. We will train with SSTY from 10:00 a.m. to Noon,

take a ten minute break and begin the meet at 12:10 p.m.

This is a YMCA meet and represents one of the four required meets for athletes to attend prior to competing in YMCA Nationals in April.

Heat Sheet is posted on the

homepage of our website. Don't forget, we are heading to Bayshore Mall after the meet for a team dinner at BW3s. Hope you and your parents, if they are tagging along, can join the fun.

Drive safe, workout tough, swim fast, have fun!

High School Girls, this ones for you



When should you return to SEA? A lot of it depends on the goals you have established.

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

One of the questions parents of high school girls (and high school girls themselves) have year-after-year is, "When I finish high school swimming, when do I return to SEA?" Great question with many different answers.

There are a couple factors to weigh prior to making a decision:

- 1) Are you feeling burnt out? Do you feel you need a break? If you feel a little flat mentally, now is the time to take a break. How long? One week is good, two weeks is okay, and three weeks is the most you want to take off. Now, understand taking time off does not mean you don't do anything! You should plug into our weight program and still find
- 2) Did your grades slip during high school season? Now is the time to get those grades back in line ... again, 1-3 weeks.
- 3) What are your goals for SEA this year? If they are perceived as difficult, then you probably want to get back to training regularly right away!
- 4) Finally, don't be a follower. If some of your friends end of taking more time off than they

the pool on your own 1-3 times a week for some light swimming ... you know how easy it is to fall completely out of shape and you don't want to start from "zero" when you return.

should, that doesn't mean you should to, especially if you have established goals you want to meet.

Finally, keep in mind how much time remains before the end of this current season - there are 147 days until YMCA Sectionals, 154 days until YMCA State, 165 days until YMCA Nationals, and 587 days until Trials.

All those days include Sundays when we don't train and holidays too (so when it comes to practice days, there are even fewer days remaining).

Give some serious thought where you want to be at the end of this upcoming SEA season and act accordingly. When in doubt, just chat with Coach Neil. :)

Protocol for Canceling Practice

With winter sneaking up on us, it's a good time review the protocol for canceling practice.

If RUSD cancels afterschool activities or school in general, SEA swim practice will be canceled as well.

The notification process is as follows: emails are sent to all members, an announcement is updated on the homepage of our website under the NEWS

section, and notification goes out via Facebook and Twitter too.

When in doubt, please email or call Coach Neil.

Although it does not happen often, sometimes pools have mechanical issues and practices have to be canceled or moved to an alternate site.

In the same manner as a weather cancelation, emails and post-

ings will go into effect.

If you are not receiving email updates from Coach Neil or not yet plugged into one of our social media websites, maybe now's the time?

Finally, sometimes practice will be offered, but the weather is not the greatest. When this happens, please use your best judgment in regards to attending practice or taking the night off.

Sprint Time Trials Recap

What a great intrasquad meet last night! What struck me most was how fast our veteran swimmers were, how much time our swimmers dropped who have been on the team for a year or two, and what great skill sets all the new swimmers have brought to the team. Great job swimmers!

That's not to say there are not things we can improve upon. Please share the following points with your swim-

mers ...

It's important to be quiet behind the blocks when the official is starting the races. There was an awful lot of loud chatter behind the blocks last night. When you are waiting to swim your race, make sure you stay behind the timers until the heat before you leaves the block - then you can step next to or behind the block. When finishing a race, make sure you "smash" the touchpad with force - no

soft touches. Many meets we will attend conduct races using fly-over starts. When these are in affect, be sure to slide to the corner of your lane when you complete your race - when the next heat starts, that is your que to exit the pool. Finally, make sure you are having fun!

Thanks to all the parents who helped out with timing and officiating. Don't forget to sign-up for the upcoming 5th Annual SEA Fall Starter!



Great turnout for Sprint Time Trials last night. Roughly 70% of the team attended this fun event. Thanks to all the parents who volunteered!

Sometimes it's Best to Setup a Carpool



If your swimmers are enjoying attending practice and want to come

If you need help setting up a carpool, please contact Coach Neil or get to know other parents in the stands. to more, but your hands are tied in terms of getting them to additional practices, maybe a carpool is in your future? Setting up carpools can be a little difficult, especially if you are new to the team. In an effort to facilitate the carpool process, please speak with parents in the stands to see if there are any families in your swimmers training group that live close to you.

A bit shy and not sure you can? Just

email Coach Neil or call him and he can put you in contact with a family or two or three who live close by and maybe a carpool would be feasible.

Don't be shy and hey, carpooling is good for the environment right? It's also a great way to free up some time to get ahead of the laundry or dishes or the winter prep on the old home.

Coach Neil can be reached at 262.898.4766 or via email at south.eastern.aquatics@gmail.com.

Take advantage!

Where should I park at Case?

Where should I park at Park?

Please remember

we are guests

and must follow

the high schools'

parking

guidelines.

Where to park at Case and Park

Here are some general rules of thumb when parking at Case or Park High Schools.

When attending practice at Case, please park next to the tennis courts. Do not park in the fire line, next to the building, or in any of the designated parking spaces close to the entrance.

You are welcome to drop your swimmers off close to the building and

then park your vehicle - this strategy comes in handy in heavy rain and bitter cold temperatures. (Although it's been some time, the Case AD has had cars towed when drivers park illegally.)

When attending practice at Park, please park in the non-reserved parking spaces in the small parking lot on the east side of the building. If the small parking lot is full, please park on the street closest to the pool door

(be sure not to park illegally though).

Please remember, as a team without a pool of our own, we rent pool time from the local high schools and universities and as such, are guests. We must follow their rules and treat their pools and buildings with kid-gloves.

All members of SEA (swimmers, parents, and coaches) are expected to follow these guidelines.

Dropping off your Swimmer - Whens the Best Time?

Please remember these basic rules when it comes to dropping off your swimmers for practice:

- 1) A SEA coach must be on deck for you to drop off your swimmers and/or leave your swimmers at practice. SEA coaches are on deck beginning at 5:15 p.m.
- 2) Prior to leaving your swimmers at practice, please ensure a SEA coach is on deck.

- 3) Plan to return to pick-up your swimmers no later than 15 minutes after the conclusion of his or her practice.
- 4) When swimmers are waiting to be picked up, they should wait inside the building until they spot your vehicle.

Please don't use SEA practice as a babysitting service. There have been times when parents miscommunicated

and swimmers were stuck waiting to get picked up from practice for close to an hour. Please don't forget about your swimmers. :)

In addition, swimmers/parents are only allowed in designated areas during practice (pool area, balcony, locker rooms, and rest rooms). Please do not explore or roam through the schools and universities we rent time from. Thanks for your understanding and assistance.



Swim-a-Thon & Halloween Party Practice



Who can forget swimming in the dark at Park with foot long glow sticks? Don't miss out!

Over the past two years, SEA has been hosting a Swim-a-Thon Kickoff & Halloween Party towards the end of October and this year will be no different ... forget about foot long submarine sandwiches, we're talking foot long glow sticks and pumpkin relays.

This year's event will be held at Park High School on Thursday, October 30 beginning at 5:30 p.m. and finishing up at 7:30 p.m.

SEA will provide the pizza and

families are encouraged to supply finger veggies, bite sized fruit, drinks (bottle water and natural juice) and napkins/plates/cups. Please contact Neil if you are able to donate so he can track what items are coming in and what is still needed.

Our annual Swim-a-Thon will take place on Thursday, January 22 at Case. The Swim-a-Thon is one of the easiest fundraisers offered and the prizes for swimmers range from \$100 gift cards to a limousine ride to a dual meet and even a \$250 swim fee

credit. The last two years we have raised close to \$12,000!

Part of the fundraising goals for the team is to continue to fund our 'Build a Pool fund' and live our Vision statement that reads, "As a swim team without a true home, it is SEA's vision to one day build a pool of our own."

Information and documents for this season's Swim-a-Thon will be posted on our website soon ... watch the MEMBERS/SWIM-A-THON section.

"Great minds

discuss ideas.

Average minds

discuss events.

Small minds

discuss people." -

Eleanor Roosevelt

SCRIP, the Easiest Way to Fundraise

Order by October 20 (delivery on 10/23), order by November 3 (delivery on 11/6), order by November 17 (delivery on 11/20), order by December 1 (delivery on 12/4), order by December 15 (delivery on 12/18), order by January 5 (delivery on 1/8), order by January 19 (delivery on 1/22), order by February 2 (delivery on 2/5), order by February 16 (delivery on 2/19), order by March 2 (delivery on 3/5), and order by March 16 (delivery on 3/19). Don't forget you can still purchase Scrip Now! Or Scrip Reload during the off season.

For those who utilize mobile apps, Shop with Scrip has a mobile app for you!!

My Scrip Wallet allows you to purchase and redeem Scrip Now! Or Scrip Reload right

from your phone. In a matter of minutes, you can purchase Scrip, shop and redeem all while earning SEA fundraising dollars.

Currently there are no upcoming order deadlines for SCRIP.

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.

September & October Birthdays

Iman D.

Caitlin M.

Kayla R.

Nathan S.

Kaitlyn W.

Maya F.

Claire H.

Charles J.

Hannah K.

Jonah N.

Ella P.

Quinn W.

Neil W.

Maritxell C.A.

Samyukta M.

Yasho P.

David D.

Jorden H.

Haley K.

Gianna C.V.

Anisha J.

Tierney S.



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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 is SEA's vision to one day build a pool of our own.

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

On the Starting Blocks

October 2014

18, SEA vs. SSTY

23, PLD Time Trial

26, J-HK Open

27, Tryouts for the Fall/Winter Season

28, LSC meeting, UW-Waukesha, 7:00 p.m. - all welcome

30, Swim-a-Thon Kickoff & Halloween Swim Party, Park, 5:30 p.m.-7:00 p.m.

November 2014

2, 5th Annual Fall Starter (SEA hosted)

3, New Family Registration at Case, beginning at 6:00 p.m.

9, KYST Invite

10, Parent board meeting, Case, 6:00 p.m. - all welcome

13, PLD Time Trial

14-16, PX3 Invite

16, SSTY Invite

21, SEA vs. NBSC

27-28, No practice

December 2014

6-7, BAT Prelim/Final Open

8, Parent board meeting, Case, 6:00 p.m. - all welcome

9, PLD Time Trial

12-14, Y-Finalist

18, Middle Distance Time Trials, no practice

24-25, No practice

31, No practice

January 2015

1, No practice

10-11, 9th Annual Oddball Challenge (SEA hosted)

12, Parent board meeting, Case, 6:00 p.m. - all welcome

16-18, Team Travel Meet (TBA)

22, Swim-a-Thon

23, Distance Time Trials

27, LSC meeting, UW-Waukesha, 7:00 p.m. - all welcome



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