

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

UPCOMING EVENTS:

- Tryouts will be offered again on Monday, October 27th beginning at 6:00 p.m.
- Did you order your 30th Anniversary t-shirts yet? Order form can be found on the home page of our website.
- 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 23, 2014

Neil's Kickboard

Next week Thursday at Park we will host our annual Swim-a-Thon Kickoff & Halloween Party. The party will begin at 5:30 p.m. with handouts and information pertaining to this season's Swim-a-Thon. Following the meeting, we'll have a fun practice, glow stick swim, and pizza for dinner. The following families have volunteered to bring items to share at the party: Neo/Pudzisz (paper plates and napkins), Murdy (grapes dipped in white chocolate and toffee pieces), Knight (dessert), Buhler/Bollendorf (fruit), and Wergin (Jell-o). It would be great if a few more families volunteered to bring drinks (no soda please) and vegetables. If your swimmers have never attended this event, they are in for a treat. Be sure to get them there! We'll finish up around 7:00 p.m.

Have you noticed a new yet familiar face on deck at Case coaching? Please join me in welcoming Paige Weslaski to the coaching ranks here at SEA. Paige just finished a mission trip to Guatemala and before she decides on her next adventure, will be living in the area and assisting the age-group swimmers here at SEA. Paige grew up with SEA and developed into a YMCA National level swimmer (she still holds many SEA records), is a graduate of Pepperdine University and is just great when it comes to working with children.

Joining the coaching staff along with Paige will be another SEA alumnus, Jake Wergin. Jake is currently serving in the Coast Guard (Kenosha) and is available to help out one or two days a week. Jake was also a YMCA National level athlete and brings a lot of knowledge to the team and sport.



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.

Our age-group numbers are growing and with another tryout scheduled this Monday, chances are we'll be growing again and their assistance is and will be needed. Welcome aboard Jake and Paige ... we are glad you are with us!

Now that meets are underway, please take a moment and set-up a meet escrow account. A simple process really, simply forward a check (\$50 if you are planning on doing a few meets or \$100 if you will be attending many) to a coach at practice or mail it directly to our treasurer (her address is posted on our website via MEMBERS / MEET ESCROW ACCOUNT). Setting up a meet escrow account saves you time in terms of check writing - instead of writing a check for every meet you attend, you'll only need to write one or two checks during the season.

I will be hosting another mass tryout this Monday, 6:00 p.m. at Park High School. 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 disseminated through the RUSD newsletter. Tell all your friends about tryouts too!

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.

J-HK Swim Your Own Age Information

This Sunday we travel west to Whitewater for J-HK's meet. This event is heavy on the I2&U side and some changes have occurred. All swimmers I2&U have had their event total trimmed to three, all relays have been deleted from the meet, the 500 Free, 400 IM, and 1000 Free will run in a separate session at the conclusion of the session containing the shorter event order, and assigned 20 minute warm-up sessions be rule prior to the meet begin-

ning. No changes to the I3&O session.

Updates to the final entries and entry fees posted on our website have been made and can be viewed at your leisure.

AM warm-ups (I3&O swimmers) begin at 8:15 a.m., meet begins at 9:20 a.m. and is scheduled to end at 12:45 p.m.

PM warm-ups (I2&U swimmers) begin at 12:50 p.m., meet begins at 1:55 p.m. and is schedule to end at 6:00 p.m. for the short-

er events and 7:30 p.m. for the distance events (the order of the distance events is 500 Free, 400 IM, 1000 Free).

Some other rules to follow from the host team in regards to protocol during the meet: flyover starts will be used, no backpacks or large bags in the pool balcony, do not save seats, and eight-and-unders will be staged.

Drive safe, swim fast, have fun!

Titletown Freeze TEAM Travel Meet

For the third year in a row, we will be attending the Titletown Freeze in Green Bay the weekend of January 16-18. For the past two years, we have finished as the third place team overall and this year we really want to move up a spot ... or two.

In order to score more points and position the team higher, we need more swimmers attending the meet! So, with that in mind, take a look at your calendars - if the weekend of January 16-18 is open, please consider spending some quality bonding time with your swim team family. Need convincing? Read on ...

We are staying the Tundra Lodge, Resort - Waterpark & Conference Center (only a handful of miles from the competition pool). Friday night, Saturday and Sunday morning swimmers play and splash around in the waterpark, Saturday night we have a team pizza party, and overall it's a lot fun.

For those interested, the team meets at Curly's Pub at Lambeau Field Friday night for a team dinner.

Finally, the meet timeline can't be beat with the Sunday PM session finishing up around 2:00 p.m.

If there's one drawback to the meet, spectator seating is not the

best, but the host team runs a quality meet and overall, it's a lot of FUN!

30 rooms (with two queen beds) have been reserved at the Tundra Lodge under South Eastern Aquatics. The room rate is \$109 per night. Won't you join us? Please call 920.405.8700 to reserve your room today. Rooms will be released December 16.

Let's send a TON of SEA kids to this year's Titletown Freeze and demonstrate to our neighbors to the north just what a powerhouse SEA is growing up to be!

Protocol for Canceling Practice

With winter sneaking up on us, it's a good time to 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 posted on the homepage of our website under the NEWS sec-

tion, 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 postings 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.

SEA vs. SSTY Recap

The SEA vs. SSTY dual was a fun event and served a couple of purposes.

First, it was a 'Y only' meet. Student-athletes planning on attending YMCA Nationals at the end of March 2015 need to compete in four 'Y only' meets prior to attending Nationals.

Second, the meet was secondary to a cooperative swim practice. The athletes from both teams trained together for two hours prior to the start of the meet. To say they were a

little tired before getting on the block to race is a bit of an understatement. :)

Third, the practice and meet was conducted in a 50-meter pool. We don't get to train/race very often in a 50-meter pool and it was a nice change of pace.

Finally, after the meet finished up, the team went out to an early dinner (or late lunch depending on how you look at it) and watched the Minnesota/

Purdue college football game and basically hung out and bonded. Did you see the 52-yard field goal? Fun times for sure.

SSTY won the dual meet with 370 points to our 284. No best times really to speak too because of the practice held prior to the meet, but Dylan Steffes was tenths off his best time efforts. Good job to Chad Heland who raced his first 50-meter meet. Good job swimmers!



Year number two at the Tundra Lodge in Green Bay for the Titletown Freeze. This year, if the Packers make the playoffs, there could be a home game while we are in town!

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

Wooden



Seventeen swimmers and parents hung out at BW3's after last Saturday's dual meet. With a two hour practice prior to meet, it was great to refuel with good company.

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!

There's a large learning curve when joining a competitive swim team.

Entering your child in a meet is a lot easier than you probably think it is.

How to Enter Your Swimmer in Meets

So you've filled out all the necessary paperwork, you have been following the practice calendar and have been getting your child to practice 2-3 times a week (or more), and even purchased a cool SEA swim cap. Now it's time to sign-up for a swim meet, but how do you do that?

Signing up for swim meets is an easy process and only requires a quick email, phone call, or chat with our Head Coach, Neil.

If you would like your child to attend a meet, simply contact Neil stating the meet name and the day or days you plan on taking your child to the meet - it's that easy.

After a few days you'll be able to double-check your child's events on the SEA website (MEMBERS / MEET INFORMATION - click on ENTRIES).

Meet information is also listed on that page along with entry fees too.

After you sign your child up for a meet,

please open a meet escrow account with the team's treasurer (read more about this process under Neil's Kickboard in this newsletter and also by visiting the website at MEMBERS / MEET ESCROW ACCOUNT).

Finalized arrival times for the meets we attend will be listed in the most current newsletter.

If you need assistance with this process, please don't hesitate to speak with a coach!

PLD Time Trials Begin Tonight

In an effort to have our younger swimmers gain valuable meet experience, the coaching staff have developed PLD Time Trials (PLD stands for Pups, Lions, Dragons - ingenious right?).

PLD Time Trials will be offered once a month beginning tonight. All swimmers will be entered into the time trials - no need to

sign-up (of course not all swimmers will attend, but it's hoped most will).

The events offered will be sprint in nature - 25-yards and 50-yards to start with and as the season progresses, longer events may be added.

Coaches will conduct the trials

and parents need only get their swimmers to practice and enjoy viewing the event from the balcony.

PLD Time Trials will take place during the Pups, Lions, and Dragons normal practice time.

Good luck tonight swimmers and coaches. Have lots of FUN!



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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@SEAWisconsin (Twitter)

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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 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

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

29, Elegant Farmer order forms due

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

12, Elegant Farmer pick-up at Case, 5:00-6:30 p.m.

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



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

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, Titledown Freeze - team travel meet, all welcome!

22, Swim-a-Thon

23, Distance Time Trials

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

29, PLD Time Trial

30-1, SSTY A+