

WWW.SEA-Y.ORG
SEA SWIM TEAM (FACEBOOK)
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UPCOMING EVENTS:

- Practice this Saturday, October 26th as been canceled - the Sealed Air Y is hosting the Skelton Scamper (in the simplest of terms, it's going to be very crowded there).
- Next Board Meeting is November 11 at 6:00 p.m. - Case High School. All welcome!
- I will take additional entries for our November 3rd meet through October 24 - don't miss out!

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Serpent Times



EST. 1984

OCTOBER 24, 2013

Neil's Kickboard

I'm going to use this week's Kickboard to solve a mystery. Peeked your interest? Read on.

During Tuesday night's practice at Case, one or more of our female athletes defaced a poster that was taped on one of our high school swimmers locker.

This poster had words like awesome, amazing, and great on them and someone used red marker to write the word not over those words.

Truth be told, maybe it was not a SEA swimmer(s) who did this, but the fact of the matter is, all the high school athletes had left, and we were the last group in the locker-room prior to the high school team returning for practice the following morning.

If it was indeed one or more of our athletes, I would hope the guilty person(s) step forward and speak with me. Or maybe someone witnessed this act and knows which athlete(s) defaced the poster?

Regardless, this episode gives me an opportunity to remind all swimmers, coaches and parents the importance that

the core values of the Y play in our day-to-day operations.

Life is not that difficult to figure out especially if we give a little thought prior to opening our mouths or acting upon our thoughts. I constantly remind my oldest



As a YMCA Swim Team, we strive to install the core values of the Y in our day-to-day dealings. Our four core values are Caring, Honesty, Respect, and Responsibility. Learn them. Live them.

boy to think before he acts and as a YMCA team, we can think about the core values of the Y - caring, honesty, respect and responsibility. Keeping these values near to our hearts and minds should lead us through the season without any other

incidences.

I've seen a lot of craziness over the past 23-years as a coach with SEA and this episode, although minor, needs to be addressed in the simplest of forms. How would you feel if it was your poster? How would you feel if you made the poster for your teammate? How would you feel if your daughter brought her poster home and explained what happened to you? How would you feel if you were the high school coach and this happened to your swimmer?

As a reminder, we rent pool time from RUSD and we have a strong working relationship with RUSD. On that note, we must arrive and depart RUSD pools with our thoughts and our actions firmly entrenched with the core values of the Y - think before we act and treat one another like we expect to be treated. It's not that difficult. I hope for the remainder of the year, I don't have to report similar incidences to the membership. Thanks for reading.

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

Spooktacular this Sunday in Oconomowoc

Our first "official" meet is this Sunday in Oconomowoc. 18 of our student-athletes will be in action. The posted meet information has the location of the YMCA at Pabst Farms and directions are also posted on the website too (along with final entries and fees).

AM warm-ups (includes 10&U and 11-12 swimmers) will begin at 8:00 a.m., meet begins at 9:00 a.m. and is sched-

uled to finish at 11:45 a.m.

PM warm-ups (includes 8&U and Senior swimmers) will begin at 11:40 a.m., meet begins at 12:40 p.m. and is scheduled to finish at 2:50 p.m.

If this is your first meet, here are a couple of things to remember to bring along - two towels (one for use during the meet and one for after), electronic tablets, a book, personal music player

(items to pass the time away between swims) and of course suit, goggles, and a cap if you use one.

Be sure to check in with a coach when you arrive and also be sure to speak with a coach before and after every swim. As a reminder, coaches jobs are to coach and parents jobs are to love, support and transport.

Drive safe, swim fast and have fun!

Green Bay Team Travel Meet = FUN



Will you be racing in Green Bay in 2014? The Titledown Freeze is a great way to bond with your teammates!

In regards to our vision of 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.

We will be attending the Titledown Freeze meet again this January 17-19. We had a great time last year and this year looks to be even better. Why? Read on.

This year, we will be staying at the Tundra Lodge - Resort and Waterpark. 25 rooms (with two queen beds + pullout sleeper sofa) have been reserved under South Eastern Aquatics at the rate of \$99 + tax (this rate includes 5 water passes to the park for the duration of our stay). Please call 877.886.3725 to reserve your room by January 2, 2014 (after which time, any remaining rooms will be released). The

address of the Tundra Lodge is 865 Lombardi Avenue, Green Bay, WI 54304 and is only 2.79 miles from the Downtown Green Bay YMCA.

The hotel offers a full service restaurant on-site with a breakfast buffet available for \$10.95 (of course you can always pack your own food and drinks - I think this is the only draw back between where we stayed last year and this - last year we had free breakfast).

If you have never been on a team travel meet and are thinking about attending, don't hesitate. Team travel meets are a ton of fun and although we may not swim that

great come Sunday (I think running around the waterpark Friday and Saturday may have something to do with that), the memories made will last a lifetime.

Some of the highlights from last year included, Friday night team dinner at Lambeau Field, excellent swimming (although we were a little tired come Sunday), and a team pizza party Saturday night (the best barbecue chicken pizza ever) that included swimmers playing in the pool/hot-tub/game room and the parents enjoying good company, music and even a little dancing on chairs. Don't miss out!

SCRIP - The Easiest Way to Fundraise

Here are the current order by/delivery on dates for SCRIP: order by October 28, delivery on November 1; order by November 4, delivery on November 7; order by November 19, delivery on November 21; order by December 2, delivery on December 5; and order by December 16, delivery on December 19. 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

Taej D.
Emily D.
Nataile D.
David D.
Maya F.
Jordan H.
Haley K.
Hannah K.
Ella P.

Claire W.
Quinn W.
Neil W.
Elleah Z.
Hannah C.
Maggie D.
Elizabeth S.
Maritxell CA.
Rohan G.

Caitlin M.
Samyukta M.
Kayla R.
Olivia S.
Nathan S.
Anne W.
Claire H.

Tryouts - Monday, October 28, 6:00 p.m. @ Park



Yes, swimming at SEA is that fun. Tell you friends, neighbors, and family!

Our final mass tryout session is slated for this Monday, 6:00 p.m. at Park High School. This tryout session is slotted on the final Monday of October of every year in anticipation of all the football, soccer, cross-country, and volleyball elementary and middle school students finishing up their sports and searching for something to do in the coming winter months.

Tryouts are open to any student with a rudimentary understanding of swimming. Students attending tryouts should be safe in deep water and be able to swim 25-yards of the pool without stopping.

As always, students passing tryouts are extended a free week of swimming to experience what SEA has to offer in terms of the competitive swimming experience.

No need to register prior to attending tryouts as they are "drop in" in nature.

Registration for those students deciding to join SEA will take place on Monday, November 4 beginning at 6:00 p.m. at Case.

Current family members who bring a swimmer to tryouts, and that swimmer joins SEA, are credited \$25 to their fundraising requirement - what an easy way to fundraise.

Please have any potential new families contact Neil with any questions. 262.898.4766 or via email at south.eastern.aquatics@gmail.com.

PX3 Invite or SSTY Invite, which one is for me?

On November 15-17 we will be attending the PX3 Invite in Pleasant Prairie and also swimming in Brown Deer at the SSTY Invite on November 17.

Maybe you are wondering which meet you should attend? Read on.

The SSTY Invite should be

attended by any athletes swimming April in North Carolina during YMCA Nationals. The SSTY Invite should also be attended by any athletes who are close to achieving a National qualifying time or who feel may be involved in any relays that may be contested during the meet - this does include any of our high school girls too.

All other swimmers are encouraged to attend the PX3 Invite.

In addition, swimmers planning on swimming the SSTY Invite are welcome to also compete in Pleasant Prairie on November 15 and 16.

Go SEA!



Annual Swim-a-Thon Kickoff & Halloween Party Planned

Our annual Swim-a-Thon Kickoff & Halloween Party will take place Friday evening, November 1 at Park High School and is open to all swimmers (includes Pups).

The fun begins at 5:30 p.m. with a team meeting explaining this year's Swim-a-Thon (this meeting is for swimmers and parents).

After the meeting, the coaching staff

will lead all swimmers in a warm-up/small practice. When the athletes are completely warmed up, coaches will divide the swimmers into six groups and conduct t-shirt relays, balloon relays and other fun relays.

Finally, at the secret hour, the lights will be turned off and 250 12 inch glow sticks will be distributed to all the student-athletes and a glow stick swim will happen - really, the high-

light of the evening.

Parents are asked to donate drinks, treats, and paper products. If you are able to help, please reach out to Neil so he can keep a list of what will be donated. Last year's event was a hoot, don't miss out!



Remember the dark pool with hundreds of glow sticks? It's back with 250 12 inch glow sticks. Hope to SEA you there!



**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 to build a pool to call home.

Established in 1984, SEA is set to celebrate its 30th anniversary next year!



On the Starting Blocks

October 2013

25, Practice will be Combined @ Case

27, Spooktacular Fall Meet

28, Tryouts

November 2013

3, 4th Annual SEA Fall Starter

8, SEA vs. NBSC

11, Parent Board Meeting, 6:00 p.m. at Case, all welcome!

15-17, PX3 Invite

17, SSTY Fall Invite

28-29, No practice (Thanksgiving)

December 2013

6-8, Nike Challenge

9, Parent Board Meeting, 6:00 p.m. at Case, all welcome!

13, Sprint Time Trials 2.0

14-15, Y-Finalist

24-25, No practice (Christmas)

January 2014

3, Distance Time Trials

11-12, SEA Oddball Challenge

13, Parent Board Meeting, 6:00 p.m. at Case, all welcome!

17-19, Titledown Freeze



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

25, SEA vs. LGSC

31-2, SSTY A+

February 2014

2, 6th Annual SEA Groundhog Grand Prix

7, SEA vs. OZ

15-16, NBSC Open

21-23, Regional Championships

28-2, 12&U State

March 2014

4, Team Picture

6-9, 13&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