

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

UPCOMING EVENTS:

- The upcoming BAT Prelim/ Final meet is a great opportunity for swimmers to compete in a quality meet (bonus is no qualifying times).
- 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!

INSIDE THIS ISSUE:

Team Travel Meet	2
Cancelling Practice	2
Design Heat Sheet	2
Carpool	3
Entering Meets	3
J-HK Recap	3
Sleep More?	4
SCRIP - it's so easy	4

SERPENT TIMES



EST. 1984

OCTOBER 31, 2014

Neil's Kickboard

Don't forget, we are combined at Carthage College tonight and all practices begin 30 minutes later than normal.

Thanks to all families who attended the Swim-a-Thon & Halloween Practice Party last night and donated all the great items. My goal this year was to healthy up the food selection and for the most part it worked out pretty good. Nutrition plays a big part of our student-athletes development and athletic performance and as a group we should teach them to develop a sense of wise nutritional decisions versus poor - which in the long run, will help them become better swimmers, but more importantly give them tools for use later on in life when they are living on their own.

Last night was a lot of fun! My plan with spelling 'SEA' with our swimmers holding glow sticks was to take pictures myself, but that idea fell to the wayside after organizing the athletes with our other coaches. Parents, please forward any and all pictures you took of the athletes spelling 'SEA' - I have an idea for those pictures that I would like to put to use. Thanks!

We are hosting our 5th Annual Fall Starter this Sunday in Pleasant Prairie. Please don't forget to set your clocks back one hour Saturday night. Drive safe, swim fast, have fun!

I worked with 12 new student-athletes



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.

during tryouts this past Monday. They are all great kids and have tested the waters here this week. Hopefully we'll see them registering this Monday at Case beginning at 6:00 p.m.

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.

The Swim-a-Thon is now underway. If you did not receive a packet last night, please see me soon and I'll get you one (they are available on the website too). This is a huge fundraiser for the team and everyone's help is needed (oh, and a lot of great prizes available for the swimmers too).

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

5th Annual SEA Fall Starter Information

Our first hosted meet is this Sunday! Please remember to set your clocks back one hour Saturday night. The meet will be held at the RecPlex in Pleasant Prairie.

AM Session warm-ups will begin at 7:50 a.m., meet begins at 9:05 a.m. and is scheduled to end at Noon. This session includes 9-10 and 11-12 swimmers.

PM Session warm-ups will begin at 11:50 a.m., meet begins at 1:05 p.m. and is scheduled to end at 3:15 p.m. This session includes 8&U, 13-14 and Senior swimmers.

Parents working the meet can view their arrival times via the website (SEA Hosted Meets / Meet Worker Sign-up / page down the page to find the 5th Annual SEA Fall Starter AM

and PM links).

Team caps will be available for purchase at the meet (see Neil, \$12 per cap).

There are a ton of SEA relays entered in the meet this Sunday. Please be on time for warm-ups so that they can be finalized in a timely manner. Thanks.

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. So, what's 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!

Attending to date include: Austin Lentz, Sammie Spanske, and Quinn and Neil Wright.



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

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.

Design a Heat Sheet Cover!

This year we'll return to a practice held way back when Coach Neil used to swim for the team (mid-80s), swimmers can design the cover for our heat sheets! So what's involved in this process ... read on.

Besides the meet we will host this weekend (5th Annual Fall Starter) we will be hosting our 9th Annual Oddball Challenge (January 10-11, 2015) in Brown Deer and our 7th Annual Groundhog Grand Prix (February 1,

2015) in Pleasant Prairie. Swimmers interested in submitting a heat sheet cover can turn in their artwork on December 10 for consideration for our January event and January 1 for consideration for our February 1 event. If more than one submission is received, swimmers will have a chance to vote for their favorite.

A couple of guidelines:

1) please use 8.5x11 inch paper (normal printer sized paper)

2) Leave a 1.5x6 inch section empty for information can be added to the artwork

3) Tie in the meet name to your artwork - there should be something "odd" about the cover for our January meet and something about a Groundhog and Grand Prix for our February meet

Turn in artwork to Coach Neil and have fun with it!

Do you have a swimmer how loves designing art or who loves to color and draw? Maybe your swimmer would like to take a stab at designing a heat sheet cover?

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!

J-HK Fall Starter Recap

Overall we posted great early season results in Whitewater last weekend. As a team we finished 8th of 14 teams with 816 points (team title went to DFAC with 2667.50 points who had 32 more swimmers entered in the meet than SEA - not making excusing though). Digging deeper into the overall team results, we posted 57% best times (38 of 66 swims) and only two DQs.

A lot of new State qualifying times were achieved! Congratulations to Hugo Arteaga (25Fr, 25Ba), Bailey Bleser (1Br), Sara Bollendorf (50Bf), and Bailey Chryst (50Bf,

50Fr) on their achievements.

Cracking into the Top Ten all time for SEA were Mackenzie Reischl (8th 50Fr, 8th 2Fr, 7th 50Ba), Sara Bollendorf (3rd 50Br, 6th 50Bf, 4th 4IM), Hugo Arteaga (7th 25Fr), and William Buhler (8th 1Br, 7th 2Br).

Posting 100% best times included Sara Bollendorf, Isabelle Buhler, Rachel Christensen, Bailey Chryst, and Samyukta Munagalasa.

Dropping more than three seconds in a single event included Sara Bollendorf (-

11.36 4IM), Hannah Kehl (-3.08 50Bf), Samyukta Munagalasa (-4.59 50Ba), and Srika Munagalasa (-4.51 25Ba).

Bringing home High Point awards were Sara Bollendorf (3rd 12-year-old) and Hugo Arteaga (2nd 8-year-old).

We have a huge team meet this Sunday with over 80 Serpents slated to race in Pleasant Prairie. Please don't forget to set your clocks back one hour for Daylight Savings on Saturday before heading to bed.

Great job swimmers!



The Most Effective Supplement



How much sleep is your student-athlete getting each night?

By Dan McCarthy/High Performance Consultant for USA Swimming, posted 10/27/14

Cheri Mah's unexpected discovery during her initial research in 2002 at Stanford has taken root in professional and collegiate sports, focusing coaches and administrators to rethink their approach to helping their athlete's recover. What athlete would not benefit from being sharper, having a more positive mood and possessing quicker reaction times? When she narrowed her study to find specific responses, she turned to the Stanford Men's Basketball Team for a three-year study. Her published work suggests that when supplementing for five to seven weeks, the player's specific skills improved as well. They ran faster, their three-point shooting improved by 9%, as did their free-throw shooting.

Did I mention it is free, organic, non-GMO and available to everyone? The supplement

in question? More sleep!

More specifically, Mah's study examined the concept of Sleep Extension. The players in their basketball study got their normal amount of sleep for two to four weeks. For the next five to seven weeks they added naps to their schedule and tried to get 10 hours of sleep each night. Scientists are not researching exactly why extra sleep seems to produce such improvements. Some interesting and useful investigations have turned up great insight for all athletes, including swimmers.

- 1) The neural pathways of activities from the day's practice are reinforced at night during sleep, but it seems as if the big benefits don't begin occurring until seven hours of sleep.
- 2) Teen athletes that regularly get eight or more hours of sleep each night

are 68% less likely to get injured than those that regularly slept less than eight hours.

- 3) Eliminating certain practices helps athletes get a better night sleep. One the list? Bright lights, iPads and lattes, to name a few. Dim the lights for 1/2-hour before going to sleep to help create a more restful atmosphere; no blue-light emitting electronics in bed (the blue light tricks the brain into thinking it is daytime); and no caffeine or other stimulants after 4:00 PM.

The USCO (United States Olympic Committee), the NBA and the US Army have all invested money in sleep research and either changed or proposed changes to the way they do things, not only to help athletes and soldiers get quality rest, but to improve their performance when it counts.

"Great minds discuss ideas.

Average minds discuss events.

Small minds

discuss people." -

Eleanor Roosevelt

SCRIP, the Easiest Way to Fundraise

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 y 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.
Jordan H.
Haley K.
Gianna C.V.

Anisha J.
Tierney S.
Nathan S.
Richard B.
Sarah M.
Mason W.
Madeline R.
Elise P.



South Eastern Aquatics Racine Family YMCA Swim Team

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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

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

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



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

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+

February 2015

1, 7th Annual Groundhog Grand Prix (SEA hosted)

6, SEA vs. OZ

7, SEA vs. LGSC

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

14-15, LAKE Open

19, PLD Time Trial