

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

- "Opportunity is missed by most people because it is dressed in overalls and looks like work." - Thomas A. Edison
- Next Board Meeting is December 9 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.

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# Serpent Times



EST. 1984

NOVEMBER 21, 2013

## Neil's Kickboard

So there's no confusion, the Green Bay meet is open to ALL swimmers and families. Read more about this fun meet on page two and reserve your hotel room today! (Did I mention the hotel we are staying at has a waterpark?) Don't miss out on all the fun!

A weird request: Any families who have old flip-flops (the thin ones) who would be willing to donate them to me, please do! I was reading an article and some of my peers throughout America have had good success teaching the breaststroke kick to athletes using flip-flops. Thanks in advance!

Believe it or not another ten student-athletes joined the team last week - welcome aboard! It's great to SEA so many new families becoming members of one of Racine's hidden gems.

I have car decals available for pur-

chase. \$4 for one or \$6 for two. Mike has them as well. Support your team with these neat decals!

Families finding it difficult to get their children to practice regularly



**We dodged a bullet last weekend in Southeastern Wisconsin during our meets. Prayers to all those families affected by the terrible storms and tornados that ripped through the Midwest last weekend.**

are welcome to contact me in an effort to set-up a carpool with other families.

As we prepare to celebrate Thanksgiving next week, please remember

there is no practice Thursday or Friday (November 28-29). Take this opportunity to spend some quality time with your family.

You can still sign-up for Sprint Time Trials which will be held December 13. Begin looking at your January 2014 calendars and SEA what meets you will be able to attend - we are hosting our annual Oddball Challenge January 11-12 and traveling to Green Bay the following weekend - don't miss out on all the fun.

For those individuals who may need a SEA swim cap, they are now available (\$12 per cap, cash or check made payable to SEA). Speak with Mike or myself.

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

## 13&0 Training Trip Information

Every two years, we host a 13&0 Training Trip for our student-athletes and every year during our annual banquet, our graduating seniors gush how much fun they had on the trip and that everyone should go. :)

It's hard to believe, but we'll be hosting another training trip in June of 2014.

Previous training trip designations have been held in Ft. Lauderdale, Orlando,

St. Louis, San Diego, and Laguna Beach, FL.

For the past two training trips, Laguna Beach, FL has been our location of choice and will once again, be our destination.

We will host an informational meeting prior to the conclusion of this season - a date will be announced soon.

This trip is open to any 13&0 SEA swimmers (yes, you have to be 13 on the day we depart) regardless of ability.

We also have parent chaperones attend the trip too - in the past, usually 12-15 swimmers attend with 2-3 parents chaperoning.

More information will be available soon and this trip usually runs \$800-\$1000 for the week.

# 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 barbeque 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 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](http://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](http://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](mailto:brose7@wi.rr.com) or Kim Wergin at [kimwergin@aol.com](mailto:kimwergin@aol.com). Thanks!

# November & December Birthdays

Aging up, it happens to everyone.



Corbin C.  
Lauren F.  
Taylor K.  
Helena P.  
Sara B.  
Kayla B.  
Jacob B.  
Rachel C.  
Bailey C.  
Cole J.  
Nick K.

Janavi M.  
Riely P.  
Alex P.  
Chris P.  
Abby S.  
Samantha S.  
Samantha A.  
Sydney A.  
Alexander B.  
Alyssa C.  
Meredith F.

Stephanie G.  
Keegan L.  
Cayenne M.  
Eric O.  
Taylor P.  
Solomyn C.  
Jacob G.  
Sinclair R.  
Breona R.  
Carmen S.  
Josephine R.

# PX3 & SSTY Recaps



During the 3-day meet in Pleasant Prairie we finished the meet with 115 new best times (57%) and only five DQs.

New State qualifying efforts were recorded by Sofia Badillo (50Fr), Nick Galis (2Bf), and Ivar Iverson (1K).

Athletes notching some of the quickest times in the history of our team included Sofia Badillo (7th 50Fr), Jake Trask (9th 1Ba, 6th 50Bf, 6th 1Bf), Ivar Iverson (5th 1K, 7th 2Fr, 4th 4IM), and Jacob MacKenzie (9th 1K,

**We posted solid results last weekend at the RecPlex & WSAC.**

10th 4IM).

Achieving 100% best times were Halina Collins, Samyukta Munagavalasa, and Ali Verwey.

Dropping more than five seconds in a single event included Isabelle Buhler (-16.38 2Fr), Emily Cain (-6.32 2Fr), Erin Cain (-27.18 500Fr), Rachel Christensen (-5.32 2IM), Corbin Coe (-9.69 2Fr), Halina Collins (-5.71 25Ba), Ivar Iverson (-58.42 1K), Hannah Kehl (-11.84 2IM), Taylor Knaus(-16.63 1IM), Austin Lentz (-7.63 1Ba), Jacob MacKenzie (-10.34 4IM), Mackenzie Reischl (-6.28 1Br), Marlee Reischl (-12.70 1Bf), Jack Scharff (-5.54 1Fr), Tiffany Steffes (-8.79 1Fr), CJ Trask (-16.28 50Fr), and Grady Trask (-25.15 1Fr).

During the SSTY Invite (55% best times as a team) Emily Bollendorf (1Ba), Ivar Iverson (Mile) and Jacob MacKenzie (1Bf) achieved new State qualifying times.

William Buhler (7th 1Br), Ivar Iverson (4th Mile and 1K) and Jacob MacKenzie (6th Mile, 7th 1K, 10th 500Fr) posted some of the quickest times ever in the history of SEA.

William Buhler posted all best times, Maren Hoferitza-Palermo dropped 1.32 in the 50Ba while Abby Polzin posted two best times cutting 2.11 in the 50Ba.

Great swimming everyone!

## Swim-a-Thon is Underway! Are you?

This year's Swim-a-Thon is now underway. During the Halloween Party & Swim-a-Thon Kick-off held November 1, Neil explained all the details for this year's event and handed out packets.

If you need a packet, please speak with Neil or download one from the website.

The Prize Pool for the Swim-a-Thon is huge this year, but the coolest event in conjunction with the Swim-a-Thon is if we reach our goal of \$10,000 the swimmers who participated with get to shave Neil's head and give Mike a Mohawk!

Some of the prizes to be won this year include: a movie party

at the Sturtevant theater for the training group that turns in the most pledges, numerous \$100 gift cards (Best Buy, American Eagle, Toys 'R Us, Dick's Sporting Goods), a raffle for \$200 in swim fees, a limousine ride to February's dual meet and many more. Get out there and solicit those pledges today!



## Who Really Wins?

In any given meet there can only be one winner per race. True or not? I like to think of ALL the ways our student-athletes "win" over the course of a swim meet and practice and focus less on the winner of any event (even if that's all the mainstream media tends to report these days).

For example, Austin Lentz has been tirelessly working on his BF in attempt to complete a 50 legally in a meet. Well, it finally happened last weekend and he dropped a lot of time in the process. No, he didn't win, but completing his first ever

50Bf legally and dropping time are, in my eyes, victories.

Of course, you can win your heat during a meet too - winning!

Performing a start off the block for the first time in a meet - winning!

Struggling to hold 10x100 Freestyle on 1:15 one week (or even missing a few send offs) and then making the set a week or two later - winning!

Only attending two practices per week and

then upping your attendance to three or four per week - winning!

I guess what we have to remind ourselves is that winning is fun, but there are many ways to win.

Next week, I will explain the difference of focusing on the process versus the outcome to achieve goals and success in our awesome sport.



**If we gaged our performance in terms of finishing first all the time, this sport would have very few winners. Keep winning in perspective and always love your children.**



**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 next year!**

# On the Starting Blocks

**November 2013**

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)

31, No practice

**January 2014**

1, No practice (Happy New Year)

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

23, Swim-a-Thon

25, SEA vs. LGSC

28, Swim-a-Thon pledges due

30, Swim-a-Thon prizes handed out

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, 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



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