

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

UPCOMING EVENTS:

- "Eighty per- cent of success is showing up." - Woody Allen
- Next Board Meeting is January 13 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. Team car decals avail- able too!

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Serpent Times



EST. 1984

DECEMBER 12, 2013

Neil's Kickboard

Welcome to the bitter cold days of winter! And yet, we continue to log our laps in the 80 degree pools :)

Those still sitting on the fence about attending the Green Bay meet have nine more days to contemplate whether or not you would like to join the 32 SEA kids attending to date. Remember, rooms are only \$99 and come with five waterpark passes. While in Green Bay we will have dinner at Lambeau Field Friday night and a team pizza dinner Saturday night. Join the fun!

As I type this newsletter up, I still have not received final results from the Nike Challenge. Overall, I thought our efforts were solid with our athletes qualifying through to finals posting faster swims than their Prelim times. Keep your nose on the grind stone as we head into Christmas training. :)

I will take additional entries for our Sprint Time Trial meet (to be held tomorrow night, 5:30 p.m. warm-ups, 6:15 p.m. meet start time at Park High School) through tonight's practice. I will post the heat sheet tomorrow late morning/early

afternoon. Take advantage of this opportunity to race!

We need a minimum of 13 parent volunteers for tomorrow's time trial. Please meet next to the First Aid closest at 6:05 p.m. if you are able to assist.



We have some practice dates taking place at UW-Parkside. Please take a look at the Practice Calendar posted on the website. Also be aware UW-Parkside practices are different than our normal practice times.

The Distant Time Trial event scheduled for January 3 has been rescheduled. No one wants to swim a Mile in the UW-Parkside 86 degree pool. Right? Distance Time Trials will take place Friday, January 24. Please make note of this

change.

Our annual Bowling Party has been scheduled for Saturday, February 8 from 1:00 p.m. to 3:00 p.m. at Castle Lanes here in Racine. More information will be posted in the newsletter as the we get closer to the date. Our Bowling Party is open to swimmers and their families. The more, the merrier.

Planning ahead ... meets we will host during the Spring & Summer season include the following - May 3-4 in Brown Deer, June 20-21 in Pleasant Prairie, and July 31-August 3 in Brown Deer. Mark your calendars!

I have car decals available for purchase. \$4 for one or \$6 for two. Mike has them as well. Support your team with these neat decals!

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.

YMCA Finalist Meet Information

We will be action this weekend in Brown Deer as we make a return trip back to the YMCA Finalist meet. This is a YMCA only meet and offers an opportunity to compete against some of the Y teams throughout Wisconsin that we normally don't see until YMCA State.

Friday warm-ups begin at 4:30 p.m., meet begins at 5:30 p.m. and is scheduled to end at 8:20 p.m.

Saturday AM warm-ups (13&O and 8&U swimmers) begin at 8:00 a.m., meet begins at 9:00 a.m. and is scheduled to end at 1:00 p.m.

Saturday PM warm-ups (9-12 swimmers) begin at 12:30 p.m., meet begins at 1:30 p.m. and is scheduled to end at 5:00 p.m.

Sunday AM warm-ups (13&O and 8&U swimmers) begin at 7:00 a.m., meet begins at 8:00 a.m., and is scheduled to end at

12:09 p.m.

Sunday PM warm-ups (9-12 swimmers) begin at 11:40 a.m., meet begins at 12:40 p.m. and is scheduled to finish at 3:30 p.m.

The meet landing page is linked on the home page of our website. View meet information, live results, psych sheets, heat sheets (will not be available at the meet), etc.

Drive safe, swim fast, 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 to 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 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.



November & December Birthdays

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.

Snow is on the way, when/how is practice canceled?



Frosty says, "If RUSD cancels school or after school activities, no swim practice."

With the arrival of freezing temperatures and our first dumping of snow, it's time to remind the membership of the practice cancellation policy here at SEA ... it's really easy.

If RUSD cancels schools or after-school

activities, swim practice is canceled.

Ways to find out whether or not practice is canceled are numerous.

1) Listen to local radio stations and watch local TV stations. If it is announced RUSD has canceled school or after-school activities, practice is canceled.

2) Read the "NEWS" section

of the website.

3) Check your email.

4) Check facebook - SEA SWIM TEAM

5) Check Twitter - @SEAWISCONSIN

As always, you know best as to whether it is safe or not to attend practice. If practice is not canceled, and you don't feel it's safe to attend, by all means, stay home. :)

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 will 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!



Attending Practice Regularly is the First Step

Last week we discussed the difference between outcome and process and the week before we chatted about who really wins in swimming.

This week we'll take a look at the "first step" in striving towards goals and that's attending practice regularly.

When families first tryout for SEA they are told, "There are no requirements on the athletes, but as a parent run team, there are requirements for the family." This is still true today, but it needs to be taken with a grain of salt.

Each group has recommendations in terms of

the number of practices to attend. These can be good starting points for all swimmers plugged into the team for a target to shoot for in attending practice.

As swimmers develop over time, and they begin establishing goals, it's important practice attendance matches the goals set.

Think of the process our student-athletes go through to achieve high marks in school. They attend school practically every day, knockout homework after school and study for important tests. They apply themselves to the process of learning to achieve desired outcomes (good grades).

Nothing changes in terms of becoming better swimmers and striving towards goals set.

If the goal is to achieve a State cut, then swimmers need to attend practice regularly as the first step.

Next week we'll chat about the difference between attending regularly and "attending" practice regularly. :)



Attending practice regularly is the first step in the long process of achieving goals - both short and long term goals. Are you in?



**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

December 2013

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 (moved to the 24th)

11-12, SEA Oddball Challenge

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

17-19, Titledown Freeze in Green Bay

23, Swim-a-Thon

24, Distance Time Trials (moved from the 3rd)

25, SEA vs. LGSC

28, Swim-a-Thon pledges due

29, Swim-a-Thon totals posted on website

30, Swim-a-Thon prizes handed out

31-2, SSTY A+

February 2014

2, 6th Annual SEA Groundhog Grand Prix

7, SEA vs. OZ

8, Bowling Party

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

May 2014

3-4, 6th Annual SEA Early Bird

June 2014

20-21, 5th Annual SEA Summer Sizzler

July 2014

31-3, I3&O State (SEA hosted)



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