

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

- We will offer a practice for all groups on December 31 and January 1. Read all about these opportunities on page 2.
- The next parent board meeting will be held January 12, 6:00 p.m. at Case. All welcome!
- Need a swim cap? Please speak with Coach Neil or Coach Mike. \$12 per cap.

INSIDE THIS ISSUE:

Team Travel Meet	2
Your Help is Needed	2
Practice on Dec. 31 & Jan. 1	2
Block Certified	3
Y-Finalist Recap	3
Final New Parent Meeting	3
Swim-a-Thon is Underway	4
SCRIP - it's so easy	4

SERPENT TIMES



EST. 1984

DECEMBER 15, 2014

Neil's Kickboard

Sign-ups for the Titledown Freeze are awesome! 49 swimmers attending to date. This is a great weekend in Green Bay and if you are free, I hope you can join us - read more on page two. [The drop deadline for the hotel is tomorrow, December 16](#) - that's tomorrow, you seriously want to attend ... you know you do! :)

Although it's only been one week, I'm enjoying working with the Lions and Dragons again. Their energy is contagious and they are a ton of fun to coach. Looking forward to getting to know them all and help them learn about this great sport of swimming and all the opportunities it can offer.

Did you sign-up for our Oddball

Challenge yet? There's 65 swimmers attending to date. Don't miss out on this opportunity to swim in one of the state's fastest pools and with



Yoga will now be offered to any Blue level swimmer interested in attending. Monday & Wednesdays, 5:30-6:15 p.m. Take advantage!

some many of your teammates!

Please be timely when picking up your swimmers from practice. All swimmers should be

picked up by 8:15 p.m. Thanks.

The Swim-a-Thon is now underway. If you did not receive a packet, please see me 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 and if we reach our team goal of \$10,000 I'll allow the swimmers to shave my head and Mike said he'll let them give him a pink Mohawk).

This will be the last newsletter of 2014. On behalf of the entire coaching staff - Merry Christmas and Happy New Year!

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

Middle Distance Time Trials Information

This Thursday at Case we will conduct Middle Distance Time Trials. Maybe you are asking yourself what a middle distance event is? Primary they are the events from 200- to 500-yards in distance. I will be offering some 100-yard events for our younger swimmers (which is like a middle distance

event for them - especially if they are new to the team.

Warm-ups begin at 5:30 p.m. and the meet will begin at 6:15 p.m. A heat sheet will be posted on the home page of the website on Wednesday.

The coaching staff will cover the timing of events so no need to

volunteer this go around.

If you would like your swimmer entered in this event, please forward an email to me at south.eastern.aquatics@gmail.com.

Remember, there is no practice offered Thursday night because of this event. Take advantage!

Titletown Freeze TEAM Travel Meet



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!

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 of fun.

For those interested, the team meets at Curly's Pub at Lambeau Field Friday night for a team dinner (with the Packers doing so well, Friday night dinner is now on your own - chances are many families will still head over to Curly's, but a team reservation will not be made).

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!

49 swimmers attending to date ... take advantage!

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

Your Help is Needed ... Oddball Challenge

Our 9th Annual Oddball Challenge will be held January 10-11 in Brown Deer.

Sign-up to work the meet has been great, but there's still a little more work to do.

For this event, the 11&U swimmers race in the AM Session and the 12&O swimmers compete in the

PM session.

Most sessions look pretty solid ... where we need the most help is Sunday PM (currently there are 22 worker spots that still need to be filled).

Total for the meet, there are 36 open spots (so, you can see Sunday is where we need the most help).

To date, there are a handful of families who still need to sign-up to work. Please take a moment before Christmas hits and get this task off your plate so our Meet Director can coordinate the worker spots well before the meet date.

Thanks for your help and support!



Swim with your teammates on December 31 and January 1 to welcome 2015 the right way!

December 31 & January 1 Practices Planned

This year, pool time has been made available for the team on December 31 and January 1 at the Sealed Air YMCA.

All swimmers are welcome to attend as all training groups will be given pool time.

Here are the practice times for December 31:

Pups: 12:30-1:15 p.m.

Lions/Dragons: 12:30-1:30 p.m.

Senior 12:30-2:30 p.m.

Blue: 12:45-2:30 p.m.

Green: 12:45-2:00 p.m.

Here are the practice times for January 1:

Senior: 9-11:30 a.m.

Lions/Dragons: 9:00-10:00 a.m.

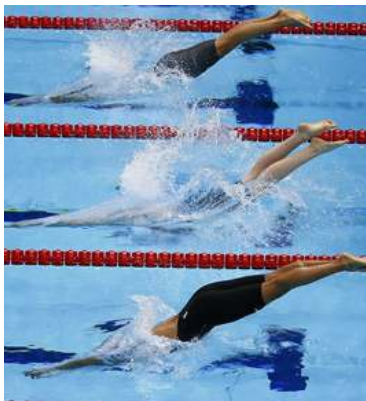
Pups: 9:00-9:45 a.m.

Green: 9:45-11:00 a.m.

Blue: 9:45-11:30 a.m.

Come enjoy the company of your teammates and coaches on the last day of this year and the first day of new year!

Becoming Block Certified ... it's pretty easy



New swimmers to the team must be block certified to dive off the

Come hang out with Coach Alyssa Saturday's at the Lakefront YMCA to become block certified.

blocks during practices and/or meets. To become block certified, simply attend Saturday morning diving practice at the Lakefront YMCA from 8:00 a.m. to 9:30 a.m. (There is no diving practice January 10 - we will be hosting a meet in Brown Deer.)

Coach Alyssa is on deck for the 1.5 hours, but the practice is drop

-in so arrive anytime.

USA Swimming has strict requirements in terms of water depth for instructing new swimmers how to dive off the blocks (must be six feet deep - the high school pools are only 5.5 feet deep while the Y is 9 feet deep).

Once swimmers are certified, they are ready to dive off the blocks during any practice they attend (and the meets they attend too).

Take advantage!

We had a good weekend of swimming to finish up our last meet of 2014. Six team records and two new State qualifying times were achieved.

Y-Finalist Recap

Our records took a beating last weekend and we finished 6th of 19 teams with 259.50 points. Nice job!

Sara Bollendorf broke the 11-12 50 Breaststroke team record with her effort of 33.39 (old record was held by Caitlin Mertins from 2012, 33.62).

Jacob Trask broke or reset five team records - 50 Backstroke, 28.38 (old mark was held by Craig Lashley, 1996, 29.40); 100 Backstroke, 1:00.87 (old mark Trask, 1:03.06); 100 Butterfly, 57.99 (old mark

Trask, 59.83); 100 IM, 1:02.76 (old mark Ivar Iverson, 2010, 1:03.31), and 200 IM, 2:15.43 (old mark Chris Lashley, 1997, 2:16.68).

Cracking into the Top Ten included Mackenzie Reischl (5th 1Fr, 6th 1Bf, 3rd 1IM), Sara Bollendorf (3rd 1Br, 5th 1IM, 4th 4IM), Isabelle Buhler (8th 1Br), Natalia Badillo (9th 1Br), Emelia Selky (5th 500Fr), Emily Bollendorf (8th 500Fr, 5th 1Bf, 6th 2Bf, 6th 4IM), and CJ Trask (8th 25Fr, 10th 50Fr, 9th 25Ba, 3rd 25Bf).

Dropping more than five seconds in a single event included Sofia Badillo -13.65 2IM, Isabelle Buhler -5.19 1IM, Emily Cain -6.97 1Ba, Erin Cain -13.99 500Fr, Carter Johnson -7.60 25Bf, Cole Johnson -10.00 50Fr, Ava Knaus -5.87 50Br, Parker Palermo -8.71 1Fr, Mackenzie Reischl -5.65 1Bf, Emelia Selky -9.18 4IM, CJ Trask -7.07 25Br, and Eden Wember -5.70 4IM.

Achieving all best times were Bailey Chryst, Taylor Knaus, Packer Palermo, and CJ Trask. Way to go!

New Parent Meeting Scheduled for January

The third and final new parent meeting will take place on Monday, January 26th in the Case cafeteria beginning at 6:00 p.m. and ending by 6:30 p.m.

New parent meetings offer our families an opportunity

to sit down with our Head Coach and learn a bit more about SEA and what is involved in becoming a competitive swim team family.

This meeting will also see a SEA Alumni parent in attendance to share his experience

of having two national level swimmers grow-up and graduate from SEA (both went on to swim in college).

Take hold of this great opportunity and bring any questions you may have about the team too!



Swim-a-Thon is Underway



For the second year in a row our team goal for this year's Swim-a-Thon is \$10,000. Help your team build a pool by participating!

This season's Swim-a-Thon will take place on Thursday, January 22, 2015 at Case High School from 5:30 p.m. to 8:00 p.m.

Swim-a-Thon fundraising packets were handed out during the Swim-a-Thon Kickoff and Halloween Practice Party held at Park on Thursday, October 30. If you need a packet, please reach out to Coach Neil or Mike (or download and print your own from our website).

Our Vision Statement reads, "As a swim team without a true home, it is SEA's vision to one day build a pool of our own." Our annual Swim-a-Thon is a large part of our

efforts to continue to grow our "Dream Account" and one day, build a pool.

There are great prizes available to swimmers participating in this year's Swim-a-Thon.

The top two training groups will win a private showing at the Sturtevant Renaissance Theater on February 8.

Other prizes available include a limousine ride to the February 6th dual meet, two \$100 Speedo shopping sprees, \$100 gift card to Toys 'R US, \$100 gift card to Best Buy, \$100 gift card to American Eagle, \$100 gift card to Dick's Sporting

Goods, and a \$100 gift card to iTunes.

There will also be a raffle for a \$200 swim fee credit too.

Finally, USA Swimming also supplies prizes too - Bag Tag, Swim Cap, T-Shirt, Towel, or a Backpack.

Our Swim-a-Thon is an easy way to meet your \$150 family fundraising obligation and help support a good cause ... building a pool future generations of SEA swimmers can train in. Collect pledges today and through January 22.

Good luck!

SCRIP, the Easiest Way to Fundraise

"Great minds discuss ideas.

Average minds discuss events.

Small minds

discuss people." -

Eleanor Roosevelt

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 anytime.

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 fund-

raising dollars.

Deadline to order is 8 AM. All deliveries will be in the balcony from 5:30 p.m to 6:15 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!

November & December Birthdays



Aging up, it happens to everyone.

- Lauren F.
- Ashton K.
- Taylor K.
- Mansha P.
- Helena P.
- Jade R.
- Tara S.
- Sara B.

- Rachel C.
- Bailey C.
- Morgan C.
- Ella D.
- Cole J.
- Nick K.
- Janavi M.
- Riley P.

- Alex P.
- Chris P.
- Josephine R.
- Abby S.
- Sammie S.
- Jordan W.



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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 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

December 2014

16, Drop date for Tundra Lodge (Green Bay team travel meet)

18, Middle Distance Time Trials, no practice

24-25, No practice

January 2015

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+

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

20-22, Regionals

27-1, I2&U State

March 2015

5-8, I3&O State

9, Team Picture

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

13-15, YMCA Sectionals

19, End of SEASON Time Trials

20-22, YMCA State

26-9, OST

27, Wine/Beer Tasting & Raffle Event

30-3, YMCA Nationals

April 2015

13, First day of practice

May 2015

2-3, Early Bird Open (SEA hosted)



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