

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

## UPCOMING EVENTS:

- "We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort." -Jesse Owens
- 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 available too!

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# Serpent Times



EST. 1984

DECEMBER 19, 2013

## Neil's Kickboard

This represents the final newsletter of 2013. Hard to believe, but we are getting ready to celebrate our 30th anniversary next year! How time flies.

This Saturday from 1:00 p.m. to 3:00 p.m. we'll be hosting the first ever SEA Alumni meet. It should be interesting to say the least. I'm looking forward to catching up with some swimmers I have not seen in (for some) well over a decade. I'll take pictures and post them on facebook.

The Green Bay team trip is getting huge!!! In fact, with 40 swimmers attending to date, I'm pretty sure this trip will be the largest team travel meet in the history of our team. Those still sitting on the fence about attending have two more days to contemplate whether or not you would like to come along. 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!

The 2013-2014 team shirts are in ... finally. I won't bore you with the sorted details, but I'm not sure we'll be ordering from our current t-shirt provider in the future. As it stands, if you ordered youth sized t-shirts, I have yet to receive them. All other shirts

are in and will be available for pick-up beginning tonight during practice.

We had a strong turnout for the final Sprint Time Trial event of the Fall & Winter Season last Friday. Results are posted on our website. I believe this was the first



**On behalf of all the coaches here at SEA, we wish you a very Merry Holiday SEASON and hope to see your children at the upcoming UW-Parkside practices as much as possible. Don't miss out, plug in!**

time I can remember where we had too many volunteers and had to turn some parents away. Thanks a lot!

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.

## 8th Annual Oddball Challenge information

Entries for our second hosted meet of the Fall & Winter season are due by December 30. To enter your children in this meet simply send Neil an email. Since this is a multi-day meet, please ensure to include which days your children will be competing. Yes, most swimmers will race both days, but some are

unable to because of prior commitments.

Families are required to work two sessions for this team hosted meet / fund raiser. To sign-up to work, please visit the website and run your cursor over the SEA HOSTED MEETS button and then click on the MEET WORKER SIGN-UP button

located directly under it. Follow the on screen prompts and you should be fine (please email or call Neil if you need any help).

To date, 54 of 115 SEA swimmers are entered to swim. Don't miss out on this opportunity to swim with your SEA Family in one of the states best pools!

# 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 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 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!

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 and "Attending" Practice Regularly

In one word it comes down to effort. You're attending practice regularly and you go to your next competition and do so-so. Maybe you didn't achieve all best times. Maybe you didn't drop as much time as you wanted. Maybe you added time in a handful of events. Well, you have been attending practice regularly right? But remember, that's only the first step.

If you truly are "attending" practice regularly then your EFFORT needs to attend practice regularly too.

I have seen, like all coaches, the most talented swimmers waste their abilities for lack of effort during practice bouts, day in and day out. It's

sad really. It's sad because as a coach, I was unable to inspire an athlete to believe that he or she was capable of so much more. It's also sad because the athlete wastes his or her talent.

To that end, honest effort needs to be put forth daily in order to succeed in this sport. I don't care if you are a National level athlete or just starting out, if you come to practice regularly and give honest effort daily, then the next rung on the ladder of success in terms of moving on to Junior Nationals, or moving from Green to Blue, or sliding under the minute barrier in the 100 Freestyle, will be reached - it's almost guaranteed.

As coaches, I would say teaching swimmers the difference between an effort and a honest effort in practice is one of the most difficult concepts to instill. It's difficult because we are trying to breakdown the swimmers self-imposed limitations so they can achieve a competitive advantage.

It takes time, trust and an athletes understanding that the only limits are in their minds.

Where's your effort?



**Is your effort attending practice regularly too? Remember, there are no speed limits in swimming - only the limits self-imposed.**



**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**

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.**