

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

- "There is no substitute for hard 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

DECEMBER 5, 2013

## Neil's Kickboard

There was an excitement in the air tonight at practice. I think it could be that we are only 20 days away from Christmas, or it was because we were swimming at Horlick for the first time in many years. Everyone enjoys Horlick's warm wall behind the blocks. :)

With 16 days remaining to sign-up for our annual winter travel meet, we currently have 19 student-athletes attending. Last year 30 of our swimmers attended the meet and we finished 3rd overall. Don't miss out on all the fun (and water-park) - sign-up today!

Thanks to Liz Christensen and alumni mom Anne Hutler for the flip-flops. Our up-and-coming swimmers learning the breaststroke kick will certainly have an easier time of it because of your kind donation. I tried them out on one of our Pup and Senior I swimmers

tonight and I'd have to say ... they do help!

The Distant Time Trial event scheduled for January 3 will be rescheduled. No one wants to



The Saturday best time poster made by Becky Schraff for the 2013 Green Bay travel meet. The meet was attended by 30 of our swimmers and we finished 3rd overall. Will you be joining us this year!

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.

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.

## Nike Challenge Information

With over 800 swimmers entered in the meet, the Nike Challenge is a great opportunity for some fast swimming towards the end of the year for our athletes.

Warm-ups Friday night begin at 4:30 p.m., meet begins at 5:35 p.m. and is scheduled to finish at

9:17 p.m.

Saturday and Sunday Prelim warm-ups begin at 7:00 a.m., meet begins at 8:00 a.m. and should finish up at 12:20 p.m. on Saturday and 12:44 p.m. on Sunday.

Saturday and Sunday 12&U warm

-ups are assigned and will begin at 12:30 p.m. on Saturday and 12:45 p.m. on Sunday.

The meet landing page is linked on the home page of our website. View meet information, live results, psych sheets, 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 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.

# Focus on the Process, not the Outcome



**Process >  
Outcome**

How often do we wish for something? I wish I lived in a better home? I wish I had a better car? I wish I had more money? I wish I was in better shape? I wish, I wish, I wish.

When we wish for something, we focus on an outcome. I don't like my overall health and fitness and I wish I was in better condition. Focusing on something we want to change is the first step in developing the necessary skill set to fine tune our thoughts and desires into a process driven mindset.

When it comes down to swimming here at SEA, I have heard a million wishes float from the mouths of our athletes. I wish I was in the Green group, I wish I could get a state qualifying time, I wish I could beat so-and-so, I wish I could notch a YMCA National qualifying time, I wish, I wish, I wish.

These comments are great and represent the tip of the iceberg in establishing process driven goals. Let's break one wish down to size. I wish I was in the Green group.

First we turn that wish into a goal. My goal is to swim in the Green group. Next, we sit down and take a look at the training goals for Dragons. How many have you achieved? How many more do you need? Where are your strengths?

Where are your weaknesses?

Next we establish daily and weekly goals. Daily goals would be - being on time for practice, being first in the water, listening closely to the coaches, trying your very best every send off, staying focused while swimming (not "spacing out" and thinking about school, video games, food, etc.), but instead thinking about your stroke mechanics, head position, timing of your kick, etc.

Weekly goals could be attending practice "x" amount of times, challenging the swimmer during a set who is just a little bit faster than you, getting good nutrition and proper sleep, **(continued at the bottom of this page)**

## 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!



## Focus on the Process, not the Outcome ... continued

and consistently maintaining a PSA (positive swimming attitude).

It's tough for anyone, let alone our developing student-athletes to sustain 100% focus on the process of reaching their goals. We all have "bad" days - days that are difficult to handle emotionally, days where we just don't feel "it" and struggle to make it to practice let alone perform up to the standards we know we are capable of holding.

On those days where it's tough to maintain your process driven mindset (no one can

work at 100% best effort 100% of the time), it's extremely important to ensure the efforts put forth through those days and practices have purpose (think of the "little things" - streamlining, stroke mechanics, and if there happens to be swims that are timed, even if those swim times are not your best, the efforts given have too be).

Continually maintaining a focus on the process of getting better and reaching towards your goals gives you concrete points to concentrate on during your training bouts.

Athletes that continue to think about the outcome miss the boat in terms of improving day-in, day-out.

So, what will it be? Process driven mindset or Outcome? Of course the choice is yours, but those that want to reach their goals will strive towards the process. ... daily. Good luck!



**Stay focused on the process of reaching your goals and you'll be surprised at the results.**



**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**

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 (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



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