

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

- Spring & Summer returning registration will be held at Sealed Air YMCA on Monday, April 14th from 6:00 p.m. to 7:30 p.m.
- Next board meeting is April 7 at 6:00 p.m. - Sealed Air YMCA. 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

MARCH 5, 2014

## Neil's Kickboard

Excellent swimming in Madison last weekend! Good luck this weekend in Pleasant Prairie!

We are combined at Case tonight (3/5). This is a change from the posted practice calendar.

Please don't forget we will be at Carthage College next week, Monday-Friday. Please read the article on page 4 for all the details and some updated practice times (we don't gain access to the pool until 6:00 p.m.).

Prayers and thoughts go out to the family of Nick Knautz. Nick passed away March 2. He was a SEA Alumnus and State Qualifier who graduated in 2002 and was only 29-years-young. A visitation is scheduled this Friday at Draeger-Landerdorf Funeral Home 4-6:30 p.m. with a service honoring and celebrating his life beginning at 6:30 p.m..

Diving practice will conclude on March 22. Diving practice is held at

the Downtown YMCA from 8:00 a.m. to 9:30 a.m. on Saturdays. The final practices of the season will be held on March 8, 15, and 22. Take advantage!



**Good luck to our 13&O athletes during State this Thursday through Sunday in Pleasant Prairie. GO SEA!**

With YMCA Sectionals & YMCA State approaching, be aware a swimmer's age for these meets is determined by the date of December 1, 2013 and not the first day of the meet as every other meet we attend.

What does this mean? How ever old a swimmer is on December 1, 2013 is the age s/he will compete in the meet. It's an antiquated YMCA rule which needs to go away, but seems to have a life of its own.

We have a missing jacket ... please check your swimmers bag for a black North Face jacket as one was inadvertently taken from the bench at Case.

Please save the date (April 14th) when Missy Reischl and her band of merry board members conduct Spring & Summer registration at the Sealed Air YMCA from 6:00 p.m. to 7:30 p.m. You don't want to miss swimming outdoors at Meadowbrook Country Club in the summer!

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

## 13&O State Information

13&O State runs Thursday through Sunday this week.

Warm-ups for Thursday: 3:00 p.m. - Bailey and MacKenzie. 5:15 p.m. = Will, Josh, Jason, Ivar, Nick, Collin, Emily, Emelkia, Marlee, and Caitlin.

Warm-ups for Friday: 8:00 a.m. = Emelia, Caitlin, Emily, Marlee, Bailey, Will, Jason, Josh, Collin, Ivar, Jacob, and Nick. 10:00 a.m. = Maren.

Warm-ups for Saturday: 8:00 a.m. = Emily, Marlee, Kayla, Caitlin, Bailey, Will, Josh, Jason, Ivar, Nick, Collin, and Jacob. 8:30 a.m. = Sinclair. 11:00 a.m. = Emelia.

Warm-ups for Sunday: 8:00 a.m. = Maren, Emily, Jacob, and Ivar. 8:45 a.m. = Collin, Marlee, and Nick. 9:45 a.m. = Caitlin. 10:30 a.m. = Kayla, Will, Bailey, Josh, and Jason.

Swimmers competing in Finals should check with Neil for warm-up times for evening swims (Be sure to nap/rest/relax between Prelims and Finals).

If you have any questions during the meet, please call or text Neil at 262.994.3157.

Drive safe, swim fast, have fun!  
 GO SEA!!!



One of the strengths of our team is the strong pool of officials we have. Please think about becoming an official.

Sometimes it seems the process of building a pool lasts forever. As of the end of February, the powers that be at the YMCA are in the final stages of pulling together three committees to research the following needs 1) expanding Sealed Air, 2) doing something with the Downtown Y, and 3) expanding to Burlington. Pat Lewno and Coach Neil have been nominated to serve on the Sealed Air committee. More to follow.

Aging up, it happens to everyone.



# Become an Official ... it's easy

It's that time of year again ... time to solicit parents to take that step to become officials.

We had an outstanding response last year and certified six new officials during our current Fall & Winter Season. Thanks to those who went through the process!

At this point, we are just taking names of interested parents who would be willing to take the first officials

class - Stroke & Turn Officials Clinic.

Parents who desire to become a USA Swimming Official will pay for their class and Background Check and once they have gone through their apprenticeship, SEA reimburses all expenses incurred during the process.

Moving forward, parents who continue to maintain their USA Swimming Membership as an Official and

support our hosted meets as officials, SEA will continue to cover their membership fees.

Once we have 5-6 parents listed in this section, we'll schedule a clinic.

Parents interested in becoming an Official, please contact Neil at 262.898.4766 or via email south.eastern.aquatics@gmail.com. Thanks!

# SCRIP - The Easiest Way to Fundraise

Here are the current order by/delivery on dates for SCRIP: order by order by order by order by order by order by March 3, delivery on March 6; order by March 17, delivery on March 20. 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!

# March & April Birthdays

Isabelle B. & Noura D.  
 Kobe G. & Carter J.  
 Sirkar M. & Jordan P.  
 Oliver R. & Jake T.  
 Grace Z. & Rishi A.

Josephine B. & Lizzy B.  
 Bailey B. & Emily B.  
 Brandon C. & Tanner C.  
 Kate J. & Cayla J.  
 Cyrus L. & Emma L.

Mackenzie R. & Alice S.  
 Mariska T. & Grady T.  
 Sophie H. & Alaina K.  
 Marissa K. & Cole L.  
 Alexis M. & Tessa P.

# Save the Dates for our Spring & Summer Meets



Please mark your calendars and update your smart phones for our upcoming meets.

We will be hosting three meets during the upcoming Spring & Summer Season. These events are huge fundraisers for our team and all families benefit for the revenue generated from these events with economical swim fees.

Our first meet will be the 6th Annual SEA

Early Bird. This meet will be held May 3-4 in Brown Deer at Schroeder.

The second meet we host will be the 5th Annual SEA Summer Sizzler. This meet will be held June 20-21 in Pleasant Prairie at the Rec Plex.

The final meet of the summer we are hosting will be the 13&O State Championships. This meet will be held July 31-August 3 in Pleasant Prairie at the Rec Plex.

To give families an idea of what kind of meet income is generated from the meets we run ... this year's budgeted meet revenue is \$65,000, roughly 40% of the operating budget.

With our vision to build a pool, hosting meets also builds a next egg for that project.

Your continued support working SEA hosted meets has been and always will be greatly appreciated.

## End of SEASON Time Trials

We have been finishing each season for the past couple years with End of SEASON Time Trials and this one is no different.

End of SEASON Time Trials is open to all swimmers not participating in YMCA State and will take place Friday, March 21 at Case High School beginning with 5:30 p.m. warm-ups. The meet will begin at 6:15 p.m.

Parent volunteers will be need to help with timing. If you are able to help out, please meet on deck next to the pool office at 6:05 p.m.

Entries to date are posted on our website under the Members dropdown page / Meet Information.

This event also represents the final practice of the season for those

athletes not competing in YMCA Nationals.

Registration for our next season will be held Monday, April 14 from 6:00 p.m. to 7:30 p.m. at the Sealed Air YMCA. The Spring & Summer season begins Monday, April 21 and runs through July 30. We hope to SEA you there!



## 2nd Annual Wine Tasting, Raffle & Silent Auction

This is a reminder that our awesome UNCORKT fundraiser is March 28. Look for more information about this event in the upcoming weeks.

Like last year I am looking to have each swim group put together a basket to raffle off at the event and as of February 27th all groups have been covered. Thanks to Lydia Bollendorf, Stacy Suprak-Spanske, Beth Gilmore, Stacy Kehl, Missy Reischl, Andrea Gendreau, and Molly Buhler. When these great

volunteers reach out and contact you, please help them out in any way you can. Thanks!

In addition, if there are any parents who would like to assist me in obtaining silent auction donations I would love it. I am trying to have a small group put together for this (a committee of sorts). If you don't have the time, but know businesses we can contact please let me know. Also, if you have anything you would like to

donate you can let me know.

Last year was very successful and was a fantastic time. Let's make this year even better! Thank you parents for all of your help and support of this swim team! Rebecca Scharff - 414.807.4353.



The Raffle & Silent Auction portion of our Wine Tasting event was well received last year. Tickets will be available soon. Won't you join us?



Jake Trask won the 11-12 Boys 100 Butterfly last weekend in Madison!

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

## 12&U State Recap

All our hard work and dedication to the training process paid big dividends last weekend in Madison as Jake Trask won the 11-12 Boys 100 Butterfly in a team record effort of 59.83. The previous team record was 1:01.65 from 2000 by J.J. Lipor.

We finished 13th as a team with 99 points, 86% best times and no DQs.

Jake broke two more records during the weekend. He broke Andy Fall's 2003 50Bf

record of 26.99 with an effort of 26.72 and Ivar Iverson's 2010 2BF record of 2:21.76 with an effort of 2:18.15.

Maya Frodl and Mackenzie achieved YMCA State qualifying times in the 50Fr.

Posting Top 10 times in our history included Natalia Badillo 9th 50Fr, 6th 1Fr, 9th 50Br, 5th 1Br, 7th 1IM, Mackenzie Reischl 8th 50Ba, 10th 1Ba, Sara Bollendorf 7th 2Br, 6th 2Bf, 4th 4IM, and Jake Trask 4th 50Ba, 2nd 1Ba.

Notching all best times were Natalia Badillo and Jake Trask.

What a great weekend of swimming! But, keep your attention in practice as YMCA Sectionals and State is right around the corner. :)

This weekend the torch is past to our senior athletes as they travel to Pleasant Prairie to compete in 13&O State Thursday through Sunday.

Good job 12&U swimmers and good luck 13&O swimmers!

## Carthage College, Week of March 10

With RUSD's Spring Recess right around the corner, this section of the newsletter serves as a reminder and contains important updated practice times as the Carthage pool is not available until 6:00 p.m.

We will practice at Carthage College March 10-14. RUSD keeps outside organizations from using their facilities when

school is not in session (if you are wondering why we can't train at Case and Park).

Practice times for March 10-14 will be:

Pups/Lions - 6:00-6:45 p.m.

Dragons - 6:00-7:00 p.m.

Green - 6:15-7:30 p.m.

Blue - 6:15-8:00 p.m.

Senior 1 & 2 - 6:00-8:00 p.m.

At this point in the season maybe you are wondering where our Spring & Summer practices will be held?

Well, currently Carthage College for all PM practices and once school ends we will offer AM practices at Meadowbrook Country Club. There is an attempt to keep Park High School open this Spring & Summer ... time will tell.

## Bird Bath Open ... this summer



Last summer we attended the Bird Bath Open in Appleton at the outdoor 50-meter pool (Erb Park) after not attending this event for many years.

Similar to the Green Bay meet, this travel meet offers our families an opportunity to bond in a fun and relaxed atmosphere.

The park where the pool is located is surrounded by

acres and acres of green grass and trees along with playgrounds and other recreational fields.

Families who attended last year brought their shade tents and folding chairs and relaxed in the shade enjoying each others company while they waited for their swimmers to compete.

This summer we'll be heading back to the Bird Bath Open and the dates are set ... July 11-13 and rooms have been blocked off at the same hotel as last year

(County Inn & Suites). The rate is \$105 + tax. Five rooms are king suites (w/ pullout sofa) and 25 rooms are come with two queen beds (all rooms are equipped with microwaves and refrigerators). The hotel offers a hot breakfast too. Call 920.830.3240 by June 11 to reserve your room.

Mark your calendars and join us won't you? Good times (both in and out of the pool) are guaranteed to be had by all.

# The Winning Team's Mindset from BridgeAthletic



When you're competing for a team championship, each event contributes points to the team total. Conference meets pack all the events into 3-1/2 days while NCAA's squeeze everything into three days. Over the course of six sessions of prelims and finals, the number of races starts to add up, not to

**Your biggest asset heading into a big meet is your positive attitude.**

mention the relays and additional yardage from warming up and warming down for each performance. By the end, it can feel like a marathon. Let's talk about how to maintain a winning mindset throughout a competition.

Your biggest asset heading into a tough competition is a positive attitude. On the 5th or 6th session of a meet, when you're 10 races in and have a number of them to go, you'll need as much mental endurance as physical to nail your races. Where des that come from? It begins by keeping a level head throughout the course of the meet. You cannot live and die with every race that comes your way. In any given meet,

there will be ups and downs, but the key is to ride the momentum of the high points while moving forward from the low ones. This will give you the emotional energy to get as excited for your last day as you were for the first. The physical endurance to race hard all weekend will come from the work you have put in this season. Trust in your training in the pool and in the weight room to perform at your highest level each day of the meet.

Perhaps the greatest part of championship meets is getting swept up in the success of your team's racing. Paying attention to your teammates' events and sharing in their success not only helps you get excited, but also quiets your nerves. When you're invested in how your whole team does, your races become part of a bigger picture. All it takes is one person to get the ball rolling ...

**"Tentatively, this year's 13&O Training Trip will take place June 22-29. We will be heading back to Laguna Beach, FL."**

## 13&Over Training Trip Information

Every two years we offer a 13&O Training Trip and if you have attended any SEA Banquet and heard the graduating seniors speak, almost everyone shares memories about their training trip and that if you (other swimmers) get a chance to go ... go.

Tentatively, this year's trip will take place June 22-29. We will be staying in the same location as the past two trips (Laguna Beach, FL) and be training at the same facility as the last two trips (the Panama City Beach Aquatic Center).

Two year's ago the cost for transportation

(via van), lodging and pool rental was \$678 per swimmer.

Swimmers will need additional funds to cover meals and incidentals.

As this is a training-trip, there's no side excursions really planned except for dinner at the Red Bar in Grayton Beach and an afternoon trip to the quaint town of Seaside (where the movie *The Truman Show* was filmed).

At this time, please forward your name to Neil if you are planning on attending and if you are willing to chaperone (first come

first served).

To date, Erin Cain, Rachel Zenisek, Kayla Rose, Emily Bollendorf, Josh Bote, Ivar Iverson, Caitlin Mertins, Jason Lewis, Maren Hoferitza-Palermo, Will Buhler, Bailey Bleser, Tiffany Steffes, Claire Holewinski, Paige Betthausen, Jacob MacKenzie and Marlee Reischl is planning on attending. A minimum of 12 swimmers are needed for this trip to happen.

More information will be available towards the end of the Fall & Winter Season.

Please contact Neil if you have questions.

## Locker-room Behavior

A couple of locker-room issues have been brought to the attention of our Head Coach and what follows are a couple of reminders to share with your swimmers. Thank you in advance for your assistance in getting the word out about acceptable locker-room behavior.

- 1) Please keep voices to a conversational tone. Appropriate language and content should be used at all times, especially when younger swimmers are present.
- 2) USA Swimming and SEA have adopted

a No Bullying Policy that is applied to all swim participants - swimmers, parents, coaches, officials, etc. Please remind your children about the rules we all learned growing up - keep your hands to yourself, if you don't have anything nice to say, don't say anything at all.

- 3) Please be respectful of your teammates and their belongings.
- 4) No running or horseplay.
- 5) As a YMCA Swim Team, we strive to live by the four core values of the

YMCA and these four words really cover all the bases in terms of locker-room behavior - caring, honesty, respect and responsibility.

- 6) Do not use cell phones or cameras while in the locker-room.

Again, please share this information with your swimmers. SEA is and will always be a safe place to be.

Let's ensure our swimmers understand the value of their teammates and the boundaries for their behavior. Thank you.





**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 this year!**

## On the Starting Blocks

### March 2014

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  
7, Board Meeting, 6:00 p.m. - all welcome  
14, Returning Registration, 6:00-7:30 p.m. at the Sealed Air Y

### May 2014

1, Sprint Time Trials  
3-4, 6th Annual SEA Early Bird  
8, Annual Awards Banquet - no practice  
9, SEA vs. NBSC  
16-18, BDSC Open  
22, Packers vs. Brewers Dual (for Pups, Lions and Dragons)

30-1, PX3 Invite

### June 2014

5, Packers vs. Brewers Dual (for Pups, Lions and Dragons)  
6, EBSC 8&U Swim Your Own Age  
6-8, SHOR Open  
13, Tri-Dual w/LGSC & KYST  
20-21, 5th Annual SEA Summer Sizzler



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

22-29, I3&O Training Trip (tentative dates)

### July 2014

11-13, Bird Bath Open  
31-3, I3&O State (SEA hosted)

### August 2014

4-26, OST (off-season training)

### September 2014

2-18, OST  
22, First day of practice