



# Serpent Times

ESTABLISHED 1984.

APRIL 19, 2015

**South Eastern Aquatics  
Racine Family YMCA Swim Team**



## Neil's Kickboard

### Quick reminders:

- *The only required piece of equipment is a team swim cap (it is wore at the meets we attend). Purchase one from Neil for \$12.*
- *Diving certification began Saturday at the Lakefront Y from 8:00 a.m. to 9:30 a.m.*



Welcome back to another exciting SEASON of swimming here in our little corner of the world. I trust everyone had a safe and enjoyable break and are ready to dive into our LC season ... I know the coaches are!

We will offer long course training again this summer at the RecPlex when RUSD school ends. Tentative dates are Tuesdays and Thursdays beginning the week of June 15. Times are still in the works (hopefully 10 a.m. to noon). Information will be listed in the newsletter when finalized.

I have been pulling together the awards order for our upcoming Annual Awards Banquet (May 14) and did you know over the past year we

have set or broke 68 team records? Although we may not be the "deepest" team out there when it comes to the total number of swimmers on our team, the quality we have is second to none.

At the LSC level (LSC stands for local swim committee), USA Swimming has athlete representative requirements and Ivar Iverson currently serves as our voting athlete delegate with Emily Bollendorf as the back-up rep. It's time to line-up a back-up rep for Emily when she takes over for Ivar when he graduates next year. Swimmers interested should contact me and should be a sophomore beginning in the Fall or 2016.

Parents with questions, con-



Ryan Lochte was at this year's YMCA Nationals.

cerns, or comments are encouraged to contact me at 262.898.4766 or [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com).

## Our next meet: Sprint Time Trials

We will be running our traditional Sprint Time Trials Thursday, April 30 at Case HS beginning at 5:30 p.m.

With warm-ups beginning at 5:30 p.m., we hope to see all swimmers on deck at 5:20 p.m. at the latest.

The time trial event will begin

at 6:15 p.m. and usually finishes up between 7:00-7:30 p.m.

If you would like your student-athlete entered in this fun event, please email our Head Coach Neil Wright at [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com).

A heat sheet will be posted on

the home page of our website (it will be emailed as well) a few days prior to the meet date.

If you are wondering whether or not your swimmers are ready for this experience ... they are!

Hope to SEA you there!

## Spiritware Sale is Scheduled and Orders are due Soon

Missy Reischl has developed a Spiritware Sale for SEA's members and order's are due May 1. All orders are made payable by



**CHECK ONLY** to *Kiefer*  
... payment must accompa-

ny each order.

Please forward orders to Missy through Coach Neil at practice or feel free to mail orders to:

Missy Reischl  
2833 Northbridge Drive  
Racine, Wisconsin 53404  
Please visit the SEA web-

site and hover over the MEMBERS dropdown menu and then click on TEAM APPREAL to view all your ordering options.

If you have any questions about the orders please email Missy at [mjreischl@wi.rr.com](mailto:mjreischl@wi.rr.com) or call 262.989.9065.

## Reserve Your Hotel Room for this Summer's Team Travel meet

**THE BIRD BATH MEET IS A FUN EXPERIENCE FOR ALL LEVEL OF SWIMMERS AND TAKES PLACE AT ERB PARK IN APPLETON. JOIN THE FUN!**

We will be attending the 17th Annual Bird Bath Invite in Appleton July 10-12. Last year's event was a great time for

swimmers, parents, and coaches alike and this year's meet should be

no different.

We have 35 hotel rooms reserved for this team trip. The hotel we stayed at last year could not accommodate all 35 rooms so we have some there and some at their sister property (less than a .25 mile away). Here at the details for both hotels:

- 1) Country Inn & Suites, 355 Fox River Drive, Appleton, 920.830.3240 - 12 double

queen rooms and 8 king suits with pullout sofa, rate is \$105, call by 6/15 to reserve a room from the South Eastern Aquatics block

- 2) Grandstay, 300 North Mall Drive, Appleton, 920.993.1200 - 15 double queen rooms, rate is \$105, call by 6/19 to reserve a room from the SEASWM block

Hope to SEA you there!

## Meet Entries are Due

Although it's early in the season, there are a few meet entry deadlines right around the corner.

Specifically, if you would like your student-athletes to compete in our upcoming Sprint Time Trials (entry deadline 4/27), our 7th Annual Early Bird meet (entry deadline 4/19) or the MMSC Open

event (entry deadline 4/24) please email Coach Neil at [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com) or speak with him at practice.

Beyond that, please visit our website for the latest information about the meets we are attending this season. Hover over the MEMBERS dropdown link and

then click on MEET INFORMATION to view information you need.



## 2014-2015 Fall & Winter Changes in a Nutshell

Posted on our website and emailed out in early April were details about upcoming changes scheduled to take affect this Fall & Winter Season.

In a nutshell, here are the changes taking place:

- 1) The current Green training group will see their practice time extended 30-minutes (their swim fees will be the same as the current Blue rate)

That's it really. The other changes taking place are just house keeping and they look like the following:

- 1) Pups name changes to Dragons

- 2) Lions and Dragons name changes to Green



- 3) Green and Blue combine to be called Blue

- 4) Senior 1 and 2 combined to be called Senior

There has been some chat about developing four new training group names so the tentative names may change.

Finally, there is a plan to have Neil and Mike flip roles in the Spring of 2018 (Neil will coach the Age-Group pool and Mike will coach the Senior pool).

Please share any questions or concerns you may have with Neil. Thanks!

## New Parent Meeting Scheduled ... Monday, May 11

Coach Neil will be holding a New Parent Meeting for all new parents who signed up for SEA for the first time this season.

Come learn about the philosophy of the team, how to sign-up for meets, how many practices to attend, and many other important topics that will enable you and your student-athletes to have an enjoyable experience

this season and for year's to come.

The meeting will be held in the cafeteria at Case High School on Monday, May 11 beginning at 6:00 p.m. (this meeting will not run past 6:30 p.m.).

Also, please make sure you are receiving email updates from [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com). If you are not, please email

that address and request your address be added to the distribution list.

If you can't make the meeting, please call Neil at 262.898.4766 and he'll be happy to help you.

**COME CHAT  
WITH OUR HEAD  
COACH NEIL  
WRIGHT AND  
LEARN MORE  
ABOUT ONE OF  
RACINE'S  
HIDDEN GEMS.**

## Social Media ... Why and How We Use it



### Stay in the loop ... plug in.

If you are not plugged into our social media websites here's the information you need to locate us.

We use Facebook to share meet photos and news (includes short notice pool changes and the like). You can find us on Facebook at SEA SWIM TEAM.

We also use Twitter. We can be found on Twitter @SEAWisconsin. This account is used for "breaking news" revolving around SEA (usually changes to practices).

We also post videos on YouTube from time-to-time. The YouTube page is listed under thepowerofSEA.

In regards to staying "plugged in" to the day-to-day happenings, be sure you are receiving email updates from Coach Neil. If you are not, please email him to add your address - [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com).

## Reminders of Where to Watch Practice and Where to Park



Here are some reminders about watching practice and parking at the facilities we rent pool time

from.

**Case** - please watch practice from the balcony. Parents are welcome to drop-off their swimmers at the pool doors, but please park in the south lot next to the tennis courts.

**Carthage** - please watch practice from the balcony. Park in designated parking spots located next to the football field or on the upper level next to the

entrance of the building.

**Meadowbrook Country Club** - please watch practice from the upper patio area next to the bath houses. Park in designated parking spots located east of the pool.

**Park** - please watch practice from the balcony. Park in the lot next to the pool door (be aware of reserved parking spots).

## March & April Birthdays



Isabelle B.  
Helena C.  
Noura D.  
Ava D.  
Carter J.  
Amanda L.  
Nathan M.  
Srikar M.  
Jordan P.



Oliver R.  
Laurel S.  
Jacob T.  
Elisa W.  
Bailey B.  
Emily B.  
Tanner C.  
Cayla J.  
Tessa P.



Mackenzie R.  
Alice S.  
Mariska T.  
Grady T.  
Eden W.  
Norah W.  
Sophie H.  
Cole L.

## How Many Practices Should My Swimmer Attend?

The number of practices to attend really depends on the swimmer. There are a number of reasons swimmers train here at SEA ... some want to lose weight, some dislike "tradition" sports (football, baseball, soccer, etc.), some want to stay in shape for their high school season, some want to win a state event, and some want to qualify for the next level meet - Zones, YMCA Nationals, Speedo Champion Series, Junior Nationals, USA Nationals, and Olympic Trials. There are no wrong reasons to swim

SEA and our coaches train your swimmers with their goals in mind.

As a general rule of thumb, Pups, Lions and Dragons should attend 2-3 practices a week, Green and Blue should 4-5 days, and Seniors should attend 5-6 days.

Our coaches do a really good job of breeding an environment where swimmers want to be at practice as much as they can.

Attending practice regularly is the best course of action for consistent development



of our swimmers skills.

## Annual Awards Banquet is Right Around the Corner

Our annual awards banquet is right around the corner and will be held at Infusino's Banquet Hall on Rapids Drive (about one mile west of Horlick High School) on May 14.

The registration flyer has been emailed and can also be found on our website under the MEMBERS dropdown menu by clicking on the ANNUAL RECOGNITION BANQUET.

This event is one of the highlights

for many swimmers and families and recognizes everyone's hard work and dedication over the past year (some of the awards handed out include a participation medal, Iron SEA Serpent Award, Dedication Award, Top Ten Award, and Team Record Award).

One of the highlights of the evening is listening to our graduating seniors speak about their experiences through SEA ... you don't want to miss out!

Deadline to sign-up is May 1. Cost for 5&U is free, 6-10 \$7 and adults \$14. Hope to SEA you there!



## Restructure of Parent Board Underway ... open positions

The parent board here at SEA is restructuring and is currently looking for caring, well-balanced parents who can help lead the team forward with a focus on all swimmers involved with SEA.

At this point we are looking for parents willing to serve in the capacity of vice president, treasurer, and official.

Interested parents should reach out to Coach Neil and share their desire to serve.

As the parent board restructures, we

would like to have members of board reach out and develop a committee to work with said board member. In this way, we begin developing possible future candidates for the board.

Currently, the board is transforming into the following positions: CEO/Head Coach, President, Vice President, Treasurer, Registration, Meet Director, Secretary, Official, and Fundraising.

Please consider volunteering! Meetings are once a month from 6:00 p.m. to 8:00 p.m.

Coach Neil can be reached at 262.898.4766 or via email at [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com).



## Don't Forget About Weight Training High School Athletes



Swimmers in 9th-12th grade are encourage to attend our weight training program at Sealed Air YMCA.

Weight training is offered on Monday, Wednesday, and Friday from 3:30 p.m. to 5:00 p.m. and on Saturday from 9:45 a.m. to 11:00 a.m.

Beginning June 15, tentative weight training schedule will be Monday, Wednesday, and Fri-

day from 9:30 a.m. to 11:00 a.m. and on Saturday from 9:45 a.m. to 11:00 a.m.

Take advantage of this opportunity to grow your muscles and better your swim times with the strength gained through this process.

## Stroke & Turn Officials Class in Kenosha?

There is an attempt from Chad Chatterton to establish a Stroke & Turn Officials class in Kenosha sometime in May.

Now, you may be thinking, “No way am I going to become an official, I never swam and I don’t know anything about swimming.” Don’t sell yourself short, believe it or not, experience is not necessary to become an official.



SEA has a strong contingent of

officials currently on the team, but with each passing year, their children move closer to graduation and the pool of SEA officials need to be replenished.

Please consider becoming an official and contact Chad Chatterton at 262.914.1692 or via email at [chaddrec11@gmail.com](mailto:chaddrec11@gmail.com) to express your interest. (SEA will reimburse the cost of the class once you become an “official” official.)

## Practice Location for Spring & Summer ... as of today

**THIS SUMMER IS BETTER THAN PAST ONES, BUT RUSD WILL NOT HAVE A POOL OPEN FOR THE ENTIRE SUMMER FOR OUR PRACTICES.**

Unlike past year’s when we would already be practicing at Carthage College, we have been granted pool time at Case through June 9 this Spring.

Beginning June 10 we will transplant PM practices to Carthage College through July 17.

Park High School is scheduled to open for our use on July 19 through the end of the season (fingers crossed).

We’ll still offer a full slate of AM practices weather permitting beginning Monday, June 15. Please view the Practice Schedule post-

ed online for practice times and weather cancelation procedures.

If your family struggles to make it to practice because you can’t get your swimmer there because of work, please reach out to Coach Neil and he’ll see if he can’t facilitate a carpool experience for you if he can ... feel free to chat with parents in the balcony too.

## Team Trip to Noah’s Ark Planned

Save the date for this summer’s bi-annual trip to Noah’s Ark in Wisconsin Dells.

Details are still under development, but the plan is to attend Noah’s Ark on June 23.

Traditionally we depart Racine from the Sealed Air YMCA at

7:15 a.m. (caravan up), arrive around 9:45 a.m., check-in as a group, enjoy the day in the park, and depart (caravanning back to Sealed Air YMCA) around 5:00 p.m.

Please watch this section of the newsletter for more information

as it comes available. Don’t miss out on this fun team event!



## South Eastern Aquatics

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South Eastern Aquatics  
Racine Family YMCA Swim Team  
Attn: Neil Wright  
725 Lake Avenue  
Racine, Wisconsin 53403

Office: 262.898.4766  
Mobile: 262.994.3157  
Email: south.eastern.aquatics@gmail.com



Parent Motto:  
Love, Support, Transport.

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ESTABLISHED

1984

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Our Mission Statement here at SEA reads, "To empower the youth of Southeastern Wisconsin to be champions in life through excellence in swimming."

Our Vision Statement here at SEA reads, "As a swim team without a true home, it is SEA's vision to one day build a pool of our own."

Communication is key here at SEA. There are no 'dumb' questions. If you are confused about anything at all, please reach out to your swimmer's coach or contact our Head Coach Neil Wright at 262.898.4766 or via email at south.eastern.aquatics@gmail.com.

## On the Starting Blocks

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### April 2015

25, LSC Swimposium  
27, New Family Registration  
30, Sprint Time Trials

### May 2015

2-3, SEA Early Bird meet  
14, Annual Awards Banquet  
21, PLD Time Trials  
25, Memorial Day, no practice  
29-31, SEA Pirate Plunge meet

### June 2015

1, Summer Tryouts  
5, EBSC 8&U meet

12, Tri-dual w/LGSC & KYST

15, New Family Registration

16, PLD Time Trials



19-20, SEA Summer Sizzler meet

23, Team Trip to Noah's Ark Water-park

26-28, LAKE WGLO meet

28, OCON meet

### July 2015

2, PLD Time Trials  
4, Independence Day, no practice  
9, Dual w/OZ  
10-12, Bird Bath meet  
15-18, Speedo Champions Series meet  
17-19, Silver State meet  
24-26, 12&U State meet  
28, End of SEASON Time Trials  
30-2, 13&O State meet  
30-3, Junior Nationals