

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

**UPCOMING
 EVENTS:**

- We will offer normal practice at Sealed Air Y and Diving practice at the Downtown Y this Saturday. Take advantage!
- Next board meeting is May 8 at 6:00 p.m. - during our banquet. All welcome!
- Team swim caps are 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

APRIL 24, 2014

Neil's Kickboard

Sometimes I think it would be best if we didn't take a break after YMCA State & Nationals as every year we jump into the Spring Season and it's like ... well, in a word ... crazy. With the 6th Annual Early Bird event, Sprint Time Trials, the LSC meeting, registration for returning and new swimmers/families and the Banquet all hitting at the same time, it's amazing we can keep our heads on straight ... guess we are the duck then, everything looks smooth above the water, but we are paddling like mad underneath. Nonetheless, WELCOME BACK!!!

What a refreshing experience this Spring Season us turning out to be with RUSD maintaining at least one high school up and running through June 5th. I hope this is a trend and we see more pool time available at the high school pools next year.

Did you send in your reservation

forms and payments for our upcoming Annual Recognition Banquet? Deadline is May 1. Please remember, there will be no practice May 8 because of the banquet.



I will take entries for our 6th Annual Early Bird meet through Saturday, April 26th, 7:00 p.m. This meet is conducted as a single session each day. Don't miss this opportunity!

A week from today we'll run Sprint Time Trials at Park (no practice this evening). ALL swimmers should attend this event if their schedule allows it. In addition, parents are

needed to help time (just meet at the First Aid closet on the pool deck at 6:05 p.m. if you can help).

Not waiting for our first parents to express interest in volunteering to become an official thanks to Jose and Anna Arteaga. According to USA Swimming there are Seven Traits of Successful Swim Teams and having a pool of USA certified Officials is one of the traits. We currently do house a quality pool of officials, but no one can stop the hands of time and as our officials swimmers move through the school system, they eventually graduate and head to college (and their "official" parents move on to other adventures). Won't you volunteer?

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

Sprint Time Trials ... Thursday next week

Sprint Time Trials will take place at Park High School on Thursday, May 1. Warm-ups will begin at 5:30 p.m. (it's best to be on deck around 5:15 p.m.). Timers meeting will begin at 6:05 p.m. The meet will begin at 6:15 p.m. and usually finishes up by 7:15 p.m.

ALL swimmers should swim this

event if their schedules allow for it as it's a great opportunity to see where their times are early in the season and if they are relatively new to competitive swimming, it affords an opportunity to get a feel for a meet-type situation.

Events offered for 8&U swimmers include all the 25s and the 100 IM.

Events offered for 9&O swimmers include all the 50s and the 100 IM.

Neil will post a heat sheet on the homepage of our website a day or two prior to the event (it will also be emailed too - if you have not forwarded your email address to Neil so you receive email updates ... it's probably a good idea to do so).



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 information to follow as it become available.



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 and/or the WI LSC 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.

To date, Jose and Anna Arteaga and Heather Hoferitza-Palermo have expressed interest.

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 April 21, delivery on April 24, order by May 5, delivery on May 8 (our Banquet), order May 19, delivery on May 22 (dual meet), order June 2, delivery on June 5, order by June 16, delivery on June 19, order by July 7, delivery July 10, and order by July 21, delivery on July 24. 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 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!

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 (each day is offered as one session only).

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 (this is a all day Friday and Saturday meet - Sunday is off).

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 (all day Thursday-Sunday).

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.

Not Every Swimmer Needs Incentive

Beginning this Spring & Summer SEASON, attending practice regularly will garner a custom SEA swim cap. Cool, huh?

The "cool prize" is pictured to the right ... the golden SEA cap for swimmers attending 100 practices in the upcoming season.

Of course this golden cap will be difficult to get as this season is

only 15 weeks long and our double practice schedule will be cut short because of how long RUSD will be in session this school year, but it's still possible to achieve if you put your mind to it - and, if not this season, we'll continue this incentive program in the Fall & Winter (practices from one season to the other do

not carry over). Nice try.

Not only are there golden caps, but silver (75 practices), green (50 practices), and black (25 practices) too.

What color will you aim for? Regardless, just attend practice regularly and you'll get one or two or three or even four caps.



Something new for Pups, Lions & Dragons

In an effort to supply our younger swimmers more meet-type situations, a dual meet schedule has been adopted in which swimmers training with Pups, Lions and Dragons will be split into two teams - Packers and/or Brewers and fun dual meets will be held throughout the course of the season.

The Packers vs. Brewers meet schedule is as follows, May 22, June 5, June 19, July 10, and July 24.

Parents who would like their swimmers entered in any of these meets need only email Neil - the more the merrier!

Attending meets can be a scary

experience for some swimmers and the experiences gained from our Packers vs. Brewers dual meets should help in easing those feelings. Take advantage of this opportunity and watch your swimmer grow!



This season the Pups, Lions and Dragons will be split into two teams - the Packers and/or the Brewers. Will you be a Packer or a Brewer? Hope to see you racing!



Not posting best times?
Can't sleep 8-9 hours?
Trouble with grades?
Could be you're not eating
enough good food.

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

7 Signs the Young Swimmer isn't Eating Enough Food

Food is fuel. Just like a car needs fuel to operate, so does the body. Without enough food, changes happen in the body affecting a number of daily functions, including athletic performance. Young swimmers may be at risk for under-eating or poor eating. Combined these with the high calorie demand of swimming and ongoing growth and it's easy to see that low food intake can be a real problem.

These seven signs may signal the young swimmer needs more food:

- 1) **Weight loss or lack of weight gain.** Sudden weight loss is an obvious sign that food consumption is too low. In the growing athlete, a lack of expected annual weight gain is also a red flag. For instance, an average 7-year-old is expected to gain about 4 to 5 pounds per year, while an average 10-year-old will gain about 9 to 10 pounds per year. Adolescents, during their peak growth spurt, may gain even more. If expected weight gain isn't happening, look for eating patterns that may be responsible.
- 2) **Lack of growth.** Persistent of long-term shortages on food intake may affect a child or teen's height. This can be seen as stunting - a lack in height growth. Poor weight gain or weight loss is the first sign in this scenario, so be sure to act before it progresses to this irreversible outcome.
- 3) **Concentration.** The brain relies on glucose and other nutrients to operate effectively. Enough food provided at intervals of every 3 to 4 hours helps growing swimmers pay attention in class, stay focused for competition, learn and think.
- 4) **Chronic Fatigue.** Swimming burns calories and is physically demanding, making even some of the best swimmers struggle with fatigue. Poor food intake can amplify fatigue, and many promote a vicious cycle of exercise, exhaustion and not eating enough. Watch food intake so ... continued on next page

Annual Recognition Banquet

Each year we celebrate our swimmers successes with our annual banquet.

This year's banquet will be held Thursday, May 8th at Infusino's Banquet Hall (3201 Rapids Drive - down the road from Horlick High School) from 6:00 p.m. to 9:00 p.m.

This is a great opportunity to reflect on a year's worth of hard work and success and to

spend time with your swim team family - and also a night you don't have to cook dinner.

Every swimmer receives an award; team record plaques, Iron SEA Serpent awards, and dedication awards are handed out and our graduating seniors share their experiences of swimming with SEA.

Dinner includes salad, bread & butter, mostaccioli, baked

chicken, pizza, Italian potatoes, milk, coffee, soda, cake and cash bar.

Cost is \$13 for adults, \$6 for children and 4&U are free.

The deadline to send in your registration form is May 1 and the registration form was included in today's email as an attached and is posted on the homepage of our website.

Won't you join us!?!

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.

OST (off season training) Scheduled



When pool time is available, we like to offer OST (off season training) between seasons.

At the end of this season, OST

Not every swimmer wants to take a break between seasons. OST is the perfect solution.

will be offered three days a week in the mornings at Meadowbrook Country Club.

Pups, Lions, and Dragons will train from 8:15 a.m. to 9:15 a.m.

Green, Blue, Senior 1, and Senior 2 will train from 7:30 a.m. to 9:15 a.m.

The cost is \$50 for Pups, Li-

ons, and Dragons.

The cost is \$80 for Green, Blue, Senior 1, and Senior 2.

Practices will be offered Monday, Wednesday, and Thursday and run August 4-August 28.

Families who want their swimmers entered in OST should email Neil and forward payment prior to August 4 (cash or check made payable to SEA). Take advantage!

“This year’s 13&O Training Trip will take place June 22-29. We will be heading back to Panama City Beach, FL.”

13&Over Training Trip Information

The final swimmer/parent meeting for this year’s trip will take place on June 17 following Sprint Time Trials (roughly 7:30 p.m.) at Carthage College. All swimmers and at least one parent need to attend this meeting (please be sure to bring along dentist/doctor/insurance information).

This year’s trip will take place June 22-29. We will be staying at the Shores of Panama (Panama City Beach, FL) and be training at the same facility as

the last two trips (the Panama City Beach Aquatic Center).

Cost of this trip will be \$740 and includes the following: lodging (high-rise condos beachside, transportation (two 15 passenger vans), training pool rental, and dinners (Sunday-Saturday).

Swimmers will need additional funds to cover meals and incidentals (\$150-\$200).

As this is a training-trip, there’s no

side excursions really planned except for dinner at the Red Bar in Grayton Beach, an afternoon trip to the quaint town of Seaside (where the movie *The Truman Show* was filmed), and an afternoon at the local mall.

Chaperones for the trip this year will be Neil, Mike, Lydia Bollendorf and Kim Wergin. Please contact Neil if you have questions.

This is the largest attended trip ever!

7 Signs ... continued

... the body has the nutrients available for growth and proper physical recovery.

- 5) Frequent illness. Illness is the enemy of athletic improvement. Getting sick with common colds, infections and viruses can be due, in part, to poor nutrition. Lack of nutritious food can also interfere with getting over an illness, prolonging the recovery period.
- 6) Trouble sleeping. With vigorous and frequent exercise, one would think sleeping would be easy. However, poor nutrition may be linked to short-

er duration of sleep, according to a 2013 study from the University of Pennsylvania. Researchers found that people who slept for 5 to 6 hours a night had diets that missed out on certain nutrients and had less variety overall. Those who slept longer (8-9 hours) had better diet quality. More research is needed in the area of nutrition and sleep, especially for athletes.

- 7) Poor swimming performance. Training hard and not improving? Flat times?

Higher than normal race times? These may be signs that the amount of quality of food is off. Remember, food is fuel for working muscles. If nutrition is lackluster, swimming will be too. The good news - it’s an easy fix!

Jill Castle, MS, RDN is childhood nutrition expert and co-author of *Fearless Feeding: How to raise healthy Eaters from High Chair to High School*. She is the creator of *Just the Right Byte*, a childhood nutrition blog. On the web at www.fearlessfeeding.com and www.justtherightbyte.com.





**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

April 2014

28, New family registration, Case, beginning at 6:00 p.m.
30, Deadline to sign-up for BDSC Open

May 2014

1, Sprint Time Trials - no practice
1, Deadline to sign-up for Annual Banquet
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)
26, No practice
30-1, PX3 Invite

June 2014

2, Tryouts for the Summer Season
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

17, Sprint Time Trials

17, Final I3&O Training Trip meeting after Sprint Time Trials (7:30 p.m.)

19, Packers vs. Brewers Dual (for Pups, Lions, and Dragons)



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

20-21, 5th Annual SEA Summer Sizzler

22-29, I3&O Training Trip

July 2014

4, No practice
10, Packers vs. Brewers Dual (for Pups, Lions and Dragons)
11-13, Bird Bath Open
17-20, Speedo Champions Series

18-20, Silver State

24, Packers vs. Brewers Dual (for Pups, Lions and Dragons)

29, End of SEASON Time Trials

31-3, I3&O State (SEA hosted)

August 2014

4-26, OST (off-season training)

September 2014

2-18, OST

15, Tryouts for the Fall/Winter Season

22, First day of practice