

# Serpent Times

ESTABLISHED 1984.

MAY 1, 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.*



Have you RSVP'ed for the banquet yet? Registration forms are due! Please either mail them in to Brenda Rose or hand them to me at practice.

Saturday practice will not be offered this weekend since we are hosting a meet (this includes Sealed Air and Lakefront locations).

Last weekend five SEA members attend the WI LSC Swimposium in Brookfield. The Swimposium covered the House of Delegates meeting and extended an opportunity for each arm of the Wisconsin swimming membership (athlete, coach, official, board member, etc.) to attend a conference of sorts. Some of the good news coming out of the House of Delegates meeting was we were awarded the 2016 Regional meet (will host it at the RecPlex in February) and I was voted in

as the Sectary for the Board of Directors. Don't forget, in the next year, I'm looking for an alternate Athlete Rep to replace Emily Bollendorf as she moves into Ivar's Athlete Rep position. You should be a sophomore this Fall - reach out to me if you are interested.

Also last weekend I sent Coach Mike to a LGI class (lifeguard instructor) and he is now able to train all SEA coaches in First Aid, CPR, and Lifeguard so that we may maintain our USA membership.

Nice job last night during Sprint Time Trials. I feel everything went off without a hitch. Thanks to all the parents who step forward to time and to Sheri Lentz for stepping in as our Starter.



**We are hosting this movie - read more on page 2.**

Parents with questions, concerns, or comments are encouraged to contact me at 262.898.4766 or south.eastern.aquatics@gmail.com.

## Our next meet: Early Bird in Brown Deer

Please remember this meet is conducted as a single session event each day - all swimmers will arrive for warm-ups at the same time regardless of age. With that being said, here are the warm-up times ...

Saturday warm-ups begin at 10:00 a.m., meet begins at 11:05 a.m. and is scheduled to finish at 2:15 p.m.

Sunday warm-ups begin at 8:00 a.m., meet begins at 9:05 a.m. and is scheduled to finish at 11:41 a.m.

This meet will take place in Brown Deer at the Walter Schroeder Aquatic Center, 9240 N. Brown Deer Road.

Drive safe, swim fast, have fun!

## Long Course Training Finalized

Once again this summer, we will offer 50-meter training for those swimmers currently swimming in Green, Blue and Senior.



Practices will be held at the RecPlex in Pleasant Prairie

on the following days June 16, 18, 25, 30, July 2, 7, 9, 14, 16, and 21.

Practice times for Blue and Senior level swimmers will be 10:30 a.m. to 12:30 p.m.

Practice times for Green level swimmers will be 10:30 a.m. to Noon.

Parents, do not send your

swimmers to three practices a day! If you plan on attending the 50-meter training sessions, do not attend the AM practice at Meadowbrook.

Take advantage of this opportunity which allows our swimmers to acquaint themselves with the differences between yards and meters.

## 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!

## Touch the Wall Scheduled for June 11 ... no practice

Mark your calendars and get ready for an event you don't want to miss!

On Thursday, June 11 (6:30-8:15 p.m.) at the Marcus Renaissance Theater in Sturtevant we will be screening Touch the Wall.

Touch the Wall follows Missy Franklin and Kara Lynn Joyce as they train and prepare for the 2012

Olympic Trials and the 2012 London Olympics.

Tickets will be available for purchase beginning May 8 and are \$12 a piece.

Tickets will only be available to SEA families from May 8-May 15 after which, they will be made available to other swimmers/teams in

our area. Take advantage of this opportunity.

We hope to SEA you there!



## 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. 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.

## 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-

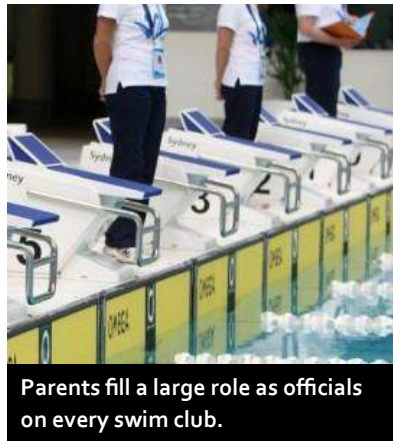
day from 9:30 a.m. to 11:00 a.m. and on Saturday from 9:45 a.m. to 11:00 a.m.

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  
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Parent Motto:  
Love, Support, Transport.

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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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### 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 Waterpark  
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

### August 2015

7-9, 14&U Central Zones

3-27, OST

### September 2015

21, Tryouts