



UPCOMING EVENTS:

- Saturday practice is scheduled this weekend at Sealed Air and Downtown Y. Take advantage!
- Did you sign-up for our Summer Sizzler? Can will reach 100% participation?
- One of the fastest meets in the State this summer is the WGLO event. Are you qualified? You should attend if you are.

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Neil's Kickboard

We are now back to "normal" practice times in the evenings at Carthage College. Pups, Lions, Dragons, and Senior level swimmers begin practice at 5:30 p.m. while Green and Blue athletes start at 6:15 p.m. Be advised, the lifeguard tends to open the pool area around 5:20 p.m. My apologies for not being more explicit in regards to last week's start time changes only applying to last week's practices.

Weather permitting, morning practices will begin June 18th at Meadowbrook Country Club.

Did you sign-up your swimmers to participate in our upcoming Summer Sizzler? Did you sign-up to work the meet as a volunteer? Don't miss out on all the fun!

July 11-13 we will be attending (as we did last summer) the Bird Bath Invitational in Appleton. This is a fun team event and all swimmers are encouraged to attend. Reserve your hotel today! (See page 4 for more information.)

mation.)

Those swimmers registered for the Summer Season will be in the water with us beginning this Monday. Welcome back!



Did you enter your swimmers in our upcoming Summer Sizzler? I wonder if we can reach 100% participation?

One swimmer at a time. Currently, 40 swimmers entered in the meet.

I have a handful of "GOALS" t-shirts remaining and have made them available for \$10 per shirt. Read more about the sizes and colors available on page five!

Please look over our MEET INFORMATION page of the website and email me any meets (include the days of the meet too) you would like your children to compete in. We are already finishing the fifth week of a very short 15 week season and many meet entry deadlines for June and July are already here. Take advantage and be sure to double-check the entries to ensure no mistakes were made (I'm very detailed, but not perfect).

Carthage College is looking for swim instructors for the summer. If you are 16&O and have an interest to share your knowledge of swimming with the next generation, please speak with me.

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.

PX3 Invitational Information

We have our third 50-meter meet of the season this Friday through Sunday in Pleasant Prairie. Remember, there are only five more 50-meter meet opportunities remaining this season (excludes State and Speedos).

Friday evening warm-ups begin at 4:30 p.m., meet begins at 5:35 p.m.

and is schedule to end at 9:30 p.m.

Saturday and Sunday AM warm-ups for 13&O athletes begin at 7:30 a.m., meet begins at 8:35 a.m. and ends 11:43 a.m. Saturday and 12:10 p.m. Sunday.

Saturday PM warm-ups for 10&U and 11-12 swimmers begin at Noon, meet begins at 1:10 p.m.

and is scheduled to end at 4:27 p.m.

Sunday PM warm-ups for 10&U and 11-12 swimmers begin at 12:30, meet begins at 1:40 p.m. and is scheduled to end at 4:48 p.m.

Drive safe, swim fast, have FUN!

Become an Official ... it's easy



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.

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 order by 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!

Aging up, it happens to everyone.



May & June Birthdays

- Joey A.
- Josh A.
- Paige B.
- Emily C.
- Payton C.
- Maren HP.
- Dylan S.
- CJ T.
- James W.
- Rachel Z.

- Josh B.
- Emma C.
- Parker P.
- Elena R.
- Tia R.
- Colton S.
- Stephanie S.
- Megan T.
- Alisa D.
- Maddie H.

- Chad H.
- Toni M.
- Will M.
- Laura S.
- Ali V.
- Megan M.
- Nick G.
- John P.
- Shannon R.
- Jodi V.

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.

SEA Spiritware Sale

The SEA Spiritware Sale is going on now! Don't miss out on all the cool apparel items for the summer.

Order forms can be found on the SEA website under TEAM

APPAREL.

Completed orders with payment are due on or before June 2nd. Please submit to Missy Reischl at practice or via mail to 2833 Northbridge Drive, Racine, Wisconsin

53404.

If you have any questions about the orders please email Missy at mjreischl@wi.rr.com or call 262.989.9065.



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: June 5, June 19, July 10, and July 24.

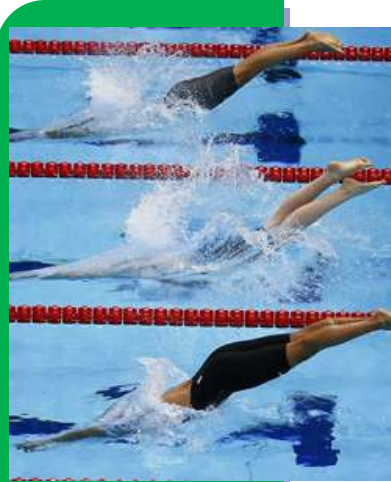
Parents who would like their swimmers entered in any of these meets need only email Neil - the more the merrier!

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!



Is your swimmer certified to dive off starting blocks? If not, you should be taking advantage of diving lessons on Saturdays at the Downtown Y.

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

Diving Practice @ Downtown Y

USA Swimming requires a minimum of six feet of water depth in order for our athletes to practice diving off any starting blocks.

In an effort to expedite the certification process, Coach Alyssa meets with our swimmers at the Downtown Y on Saturdays from 8:00 AM to 9:30 AM to help them learn the

proper way to dive off the blocks we use.

This practice is a "drop in" practice and swimmers can swing by anytime between 8:00 AM and 9:30 AM - it's probably best to show up no later than 9:00 AM to make it worth your while.

At this point, Saturday diving practices will be offered on all dates within our Spring & Summer Sea-

son except for June 21 and August 2.

Remember, this practice is for swimmers not currently certified to dive off starting blocks. Once Alyssa certifies you, then you'll be practicing polishing up your diving skills during your normal scheduled practices.

Take advantage of this opportunity!

50-meter Training Opportunities

A few months ago a survey was sent out to see if there was any interest in training in the outdoor 50-meter pool in Kenosha (Anderson). 19 responses were recorded and the results were evenly split with nine wanting to keep things as are posted and ten wanting to see some type of 50-meter training opportunity extended to the swimmers.

In the past (over a decade ago), we used to train at Wilson Park in Milwaukee three days a week.

After Meadowbrook Country Club became available, we got away from driving to Milwaukee.

As it turns out, Anderson pool does not have lane-lines or backstroke flags and is probably not our best option for 50-meter training.

However, RecPlex is available and 10 days of practice have been added to our current training schedule.

The RecPlex practices are available

for swimmers training in the Green, Blue, Senior 1 & 2 groups and will be held on the following dates (Tuesdays & Thursdays): June 19, July 1, 3, 8, 10, 15, 17, 22, 24, and 29 (10:30 a.m.-12:30 p.m.).

All Meadowbrook Country Club practices will be offered during the above dates and swimmers can attend either practice (it's not advised to attend both :).

Take advantage of this great opportunity!

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!

SEA “Goals” T-shirts available ... \$10

One of the coolest t-shirts ever designed for SEA is now available for only \$10 per shirt. Email Neil if you would like to purchase any of them (cash or check made payable to SEA). Be advise, there are a limited number of sizes and colors. All shirts are unisex unless specified and are 100% preshrunk cotton.

Ladies sizes and colors:

Small - one orange and one gray

XL - one orange and one gray

Unisex sizes and colors:

Small - four turquoise and one royal

Medium - three black, four turquoise, seven royal, two gray, one red, and one yellow

Large - five black, two turquoise, two royal, and one gray

XL - four black, three turquoise, one blue, four gray, and three red

2XL - one black and two turquoise

3XL - one gray and one yellow

These shirts will be gobbled up fast so don’t wait to send an email.

The design on the back is located to the right. The design on the front includes the team logo with est. 1984 under it.





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

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@SEAWisconsin (Twitter)

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Fax: 262.634.0401

Email: south.eastern.aquatics@gmail.com

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

May 2014

30-1, PX3 Invite

June 2014

2, Apparel orders due

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)

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



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