



Serpent Times

ESTABLISHED 1984.

MAY 8, 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 worn at the meets we attend). Purchase one from Neil for \$12.*
- *Diving certification is offered Saturdays at the Lakefront Y from 8:00 a.m. to 9:30 a.m.*



At this point, if you are planning on attending the banquet this Thursday, please call Brenda Rose directly at 262.488.3154 and pay her when you arrive at the event. Please remember practice will not be offered this Thursday, May 14.

I have been speaking with some parents about the reason why it seems we are hosting so many meets this Spring & Summer. We are hosting one extra event this summer compared to previous years and this was not taken lightly at the parent board level. The idea in adding the Pirate Plunge is to end the need of hosting the 13&O LC State meet and for 2016 we will not be hosting it ... in the hopes

of meeting our meet revenue with all SEA hosted meets (not LSC meets - although we did receive the bid for Regionals - which is a meet all SEA swimmers can attend unlike the 13&O State meet).

As we progress through the season, please make every attempt to sign-up early to work at the meets we are hosting and if you are available please work above and beyond your requested minimums.

I heard from the Park AD that the tentative reopening of the pool there has been updated from July 20 to July 6. Keep your fingers crossed!

Parents with questions, concerns, or comments are en-



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

couraged to contact me at 262.898.4766 or south.eastern.aquatics@gmail.com.

Our next meet: Pirate Plunge

This is our new meet and all swimmers pirates should plan on swimming this fun event.

Heat winner awards are swashbuckling rubber ducks. For 12&U swimmers custom medals 1st-3rd, custom ribbons 4th-

16th, and high point trophies 1st-3rd. For 13&O swimmers high point trophies 1st-16th are available.

If you need to enter your swimmer simply email Coach Neil at [mail.com.](mailto:south.eastern.aquatics@g</p>
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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).

May & June Birthdays



- Joey A.
- Josh A.
- Paige B.
- Emily C.
- Payton C.
- David G.
- Justin H.
- Maren HP.
- Megan M.



- Riley S.
- Dylan S.
- CJ T.
- James W.
- Rachel Z.
- Emma C.
- Chad H.
- Parker P.
- Elena R.



- Tia R.
- Colton S.
- Laura S.
- Jorden S.
- Stephanie S.
- Ali V.

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.

7th Annual Early Bird Highlights

We enjoyed 77% best times team wide during our meet last weekend in Brown Deer. Thanks to all the parents who volunteered during the two-day event!

Hugo Arteaga broke Ivar Iverson's 2006 8&U 50 Freestyle team record of 38.19 with his effort of 38.00

Congratulations to Anna Carrillo, David Gray, Maxwell Hidde, Macie Ritter, Megan Schultz, Emily Stouffer, Jordan Stouffer, and AJ Wampole on their first official meet with SEA!

Caitlin Mertins (8th 1Br), Hugo Arteaga (4th 1Fr, 5th 50Ba, 3rd 1Ba, 4th 2Fr), and Jacob Trask (6th 1Bf) posted some of the fastest times in team history.

Posting all best times included Joey and Josh Abel, Natalia and Sofia Baddillo, Rachel Christensen, Halia Collins, Iman Deanparvar, Anisha Jain, Nathan Mudry, Janavi and Samyukta Munagavalasa, Ellie and Riley Palermo, Mansha Palliyath, Yasho Patil, Madilynn Peterson, Alex and Chris Pudzisz, Elena Renner, Alice and Eliz-

abeth Stratman, Laurel Sutherland, Kaitlyn Weyenberg, and Quinn Wright.

Full results and pictures are posted on our website. Don't forget to sign-up for our upcoming Pirate Plunge!



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.



Don't Forget About Weight Training High School Athletes



Swimmers in 9th-12th grade are encouraged 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 Chaddr11@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 (updated)

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 3.

Park High School is scheduled to open for our use on July 6 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

South Eastern Aquatics
Racine Family YMCA Swim Team
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Parent Motto:
Love, Support, Transport.

ESTABLISHED

1984

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

May 2015

8, Touch the Wall tickets go on sale
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
11, Touch the Wall screening
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