



UPCOMING EVENTS:

- Practice will be held at Sealed Air, but not at Lakefront this Saturday.
- Attendance awards will be handed out again on July 21.
- The next parent board meeting will be held August 25th, 6:00 p.m. at Charco Grill on HWY 20. All welcome!

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Neil's Kickboard

1) Although we had a small turnout for last night's dual, the results were quite good. Paige Betthausser posted 100% times slashing 7.49 from her IBf, Emilie Miller notched 100% best times too, after a week long vacation Dominic Ricchio posted solid results in his freestyle events while his sister Tia swam the IFr and IBa for the first time in her young swimming career, and Neil Wright III went 2/3 for best times while his brother Quinn posted a PR in the 25Ba. Great job swimmers!

- 2) Diving practice will not be held on the following Saturday - July 12.
- 3) We have another Packers vs. Brewers dual meet tonight.

I hope to SEA a lot of Pups, Lions and Dragons in attendance. Take advantage!

- 4) Please take this shirts off my



Big meet this weekend in Appleton. Please drive safe, swim fast and have FUN!

hands. :o) I have about 20 "Goals" t-shirts remaining. \$10 per shirt ... get yours today!

- 5) Please ensure you are dou-

ble-checking your swimmers entries on the Meet Information of our website. Many meets are now listed as Final Entries. Contact me if you find a mistake.

- 6) There's only four weeks of the season remaining ... can you believe it? If you plan on swimming in August please forward names/payments over the coming weeks.
- 7) Swimmers - you guys are kicking butt! Keep attending practice and keep trying your best.

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

Bird Bath Information

Finally made it to the Bird Bath weekend! I have provided a link on our homepage for the meet landing page (heat sheets are posted for your convenience).

We have assigned warm-ups for this meet (please be ready to jump in the water prior to the start of warm-ups). Also, swimmers must provide two timers and a counter for the 400/800 Fr and

400 IM (just timers).

New this year is a traveling trophy for the team that demonstrates Team Spirit: theme days for the meet include Friday (Prom Night), Saturday (Salute to Military), and Sunday (dress like your favorite coach).

Friday Session 1 (events 1-4) warm-up (11:00-11:55) in lane 8. Friday Session 2 (events 5-18) warm-up (3:25-4:00) in

lane 7.

Saturday AM warm-up (9-10, 11-12 swimmers) in lane 2, 7:40-8. Saturday PM warm-up (8&U, 13-14, Senior swimmers) in lane 3, 1:20-1:40.

Sunday AM warm-up (9-10, 11-12 swimmers) in lane 2, 7:40-8. Sunday PM warm-up (8&U, 13-14, Senior swimmers) in lane 7, 12:20-12:40.

Drive safe, swim fast, have FUN!



We will be hosting the 13&O State Championships July 31 - August 3 at the RecPlex.

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

13&O State Championships

We were once again awarded the privilege of hosting the 13&O State Championships this summer (the voting process took place over a year ago during one of the LSC meetings in Waukesha). In addition, we have also been awarded the 2015 summer meet as well.

The meet will take place Thursday-Sunday, July 31 - August 3 at the RecPlex facility. The Meet Worker Sign-up page on our website is live. Please take a moment and sign-up to work (each family is required to work two Prelim sessions and two Final sessions).

There's an awful lot of work that goes into hosting a meet this size and everyone plays an important role in ensuring the meet is conducted in a successful manner.

Everyone's help is needed! Please don't think you will not be missed if you don't sign-up to work ... you will be missed!

A handful of the parents serving on the parent board have already logged a number of hours in preparation for this summer's meet. Melissa Abel is the Meet Director for this event and her contact number is (262) 331-0225. Please contact her if you have any ques-

tions regarding this meet.

Everyone benefits from this meet in the form inexpensive swim fees (yes, SEA's fees are some of the most inexpensive fees in South-eastern Wisconsin).

We host six meets annually (12 days) and between those meets, \$62,500 is generated on the income side of the operating budget or roughly 45% of the budget. Hosting swim meets is a team wide fundraiser. To that end, any additional help you can volunteer will be well received. Thank you for your continued support of one of Racine's hidden gems.

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 back-stroke 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 will be offered three days a week in the morn-

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

ings 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, Lions, 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!

Signed up to date include: Jacob MacKenzie and Bailey Chryst.

It doesn't have to be

expensive or

involve a lot of

preparation to

offer healthy,

tasty foods

that will fuel

swimmers.

Confessions From The Concession Stand

My Nephews swim on a local swim team, and at a recent meet I saw a swimmer with "eat my bubbles" painted on her back. Eating bubbles might have been a better choice than what I saw for sale in the concession stand. Hostess chocolate cupcakes, candy bars, pepperoni pizza, soft drinks, potato chips, gummy candies, and chocolate sandwich cookies were all on sale for \$1.00. I saw many young swimmers going back and forth from mom or dad's wallet to the concession stands between races.

I know that concessions are fun by swim

meet supporters as a way to raise money for the team, but why not raise money by raising the bar on snacks offered to young athletes and to those in attendance? It doesn't have to be expensive or involve a lot of preparation to offer healthy, tasty foods that will fuel swimmers. Here are my top choices for a concession stand makeover: instead of chocolate cupcakes, candy bars, pepperoni pizza, soft drinks, potato chips, gummy candies, and chocolate sandwich cookies; offer: banana bread or pudding cups, granola bars with rolled oats, peanut butter and jelly sandwiches, bottle

water, fitness water or light sports drinks, whole grain cheese crackers, raisins or raisins, and fig or berry bars.

Other good choices include trail mix (buy or make trail mix and measure 1/2 cup portions into sandwich bags), frozen grapes, watermelon slices, string cheese sticks, 6-ounce cups of fruit yogurt, soy nuts, cups of mixed berries, and bananas

So next swim meet try to replace some concession stand standards with some new, healthier treats.

Chris Rosenbloom, PHD, RDN, CSSD

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 size and color:

XL - one orange

Unisex sizes and colors:

Small - one royal

Medium - three black, six royal, two gray

Large - four black, one tur-

quoise, one royal

XL - four black, one red

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.





One of the strengths of our team is the strong pool of officials we have. Please think about becoming an official.

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!

"Great minds

discuss ideas.

Average minds

discuss events.

Small minds

discuss people." -

Eleanor Roosevelt

SCRIP - The Easiest Way to Fundraise

Here are the current order by/delivery on dates for SCRIP: 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.

July & August Birthdays

Hugo A.

Natalia B.

Collin F.

Ivar I.

Austin K.

Austin L.

Emilie M.

Abby P.

Dominic R.

Elizabeth S.

William B.

Erin C.

Jacob M.

Madilynn P.

Jack S.

Emelia S.



**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

July 2014

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)
25-27, I2&U State
29, End of SEASON Time Trials
31-3, I3&O State (SEA hosted)

August 2014

1-3, I4&U Central Zones
4-26, OST (off-season training)

September 2014

2-18, OST
15, Tryouts for the Fall/Winter Season
22, First day of practice

October 2014

16, Sprint Time Trials, no practice

23, Packers vs. Brewers

November 2014

2, 5th Annual Fall Starter (SEA hosted)

13, Packers vs. Brewers

December 2014

11, Packers vs. Brewers

18, Middle Distance Time Trials, no practice

January 2015

10-11, 9th Annual Oddball Challenge (SEA hosted)



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