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## UPCOMING EVENTS:

- Practice will be held at Sealed Air & Lake-front this Saturday - take advantage!
- Attendance awards will be handed out for the final time this season on July 30.
- The next parent board meeting will be held August 25th, 6:00 p.m. at Charcoal Grill on HWY 20. All welcome!

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# SERPENT TIMES



EST. 1984

JULY 24, 2014

## Neil's Kickboard

Great job last weekend in Brown Deer and Iowa. It's always so exciting when the championship portion of the season rolls around. Just remember to keep everything in perspective. Swimmers swim, coaches coach and parents love, support, and transport ... regardless of the outcome. Our coaching staff is pumped up to SEA a lot of fast swimming over the next three weeks during 12&U State, 13&O State, and Zones, but let's never forget that this is suppose to be FUN and nothing we do as swimmers, parents and coaches is life or death in the construct of competitive swimming. This is a youth sport activity and not larger than the importance of our families/friends, school, and church. Good luck swimmers!!!

The number of swimmers planning on attending OST is slowly rising. OST is an opportunity for those

athletes who do not want to take a break from training to maintain a feel for the water during our off-season. It's just three days a week and is held at MCC. Won't you join



**Good luck to all of athletes participating in this weekend's 12&U State Championships. Rock those blocks!**

us?

Our final Packers vs. Brewers time trial will be held tonight. Hope to see a lot of Pups, Lions and Dragons racing.

Sorry again for the confusion with our LC practice this morning. Our final LC practice will be this Tuesday, July 29.

I want to thank all the families who stepped forward to make their children available for the relays during 12&U and 13&O State. I know it bites into your weekends, but the experiences the swimmers will gain could be that spark to ignite a greater passion for the training process and focus in practice.

I have updated the number of GOALS t-shirts I have remaining (only 19) and you can view the sizes and colors on page three. You know you want one! :)

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 ...

## 12&U State Information - GOOD LUCK!

Friday warm-ups (Sara, Mackenzie, Jacob, Maya, Bailey, Nathan, and Isabelle) 12:30-1:00 p.m., meet begins at 2:05 p.m. and is scheduled to finish at 5:43 p.m. Austin should be on the deck at 4:00 p.m. for warm-ups (400 Free).

Saturday AM (10&U) warm-ups (Austin) at 9:00 a.m. and 100 Free begins at 10:36 a.m. Relay only swimmers (Neil, CJ, and Hugo) should be on deck at 11:30 a.m. (the relay is scheduled to begin at 12:30 p.m.).

Saturday PM (11-12) warm-ups (Jacob, Nathan, Chris, Alex, Mackenzie, Bailey, Maya, Sara, Isabelle) at 12:45-1:15 p.m. and meet begins at 1:55 p.m. 400 Medley Relay swimmers (Mackenzie, Sara, Bailey, Maya, Josh, Nathan, Jacob, Alex) should be on deck at 3:30 p.m. for warm-ups - meet is scheduled to end at 5:12 p.m.

Sunday AM (10&U) warm-ups (Austin) at 10:00 a.m. and 200 Free begins at 11:02 a.m. Relay only swimmers (Hugo, Riley,

Neil) should be on deck at 11:15 a.m. (the relay is scheduled to begin at 12:12 p.m.).

Saturday PM (11-12) warm-ups (Mackenzie, Sara, Bailey, Maya, Alex, Josh, Jacob, Chris, Isabelle) at 1:15-1:45 p.m. and meets begin at 2:00 p.m. 400 Freestyle Relay swimmers (Mackenzie, Maya, Bailey, Sara, Jacob, Alex, Josh, Joey) should be on deck at 4:45 p.m. for warm-ups - meet is scheduled to end at 6:54 p.m.

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*



Emily with Aqua Hawk in Iowa City last weekend during Speedo Sectionals.

## 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 of 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 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!

## Silver State & Speedo Sectional Champions Recaps

We posted some solid results in Brown Deer and Iowa City last weekend.

Congratulations to our new State qualifiers from Silver State: Isabelle Buhler (50Br), Bailey Chryst (50Fr), Collin Flynn (50Fr/1Fr), and Emelia Selky (50Fr).

Posting efforts in the Top Ten were Emelia 10th 50Fr, 9th 4Fr, Caitlin Mertins 6th 2Br, Rachel Zenisek 8th 4Fr, Tara Smith 7th 1Br, 4th 2Br, CJ

Trask 10th 50Fr, 5th 1Ba, 3rd 50Bf, Jacob Trask 2nd 50Fr, 2nd 2Ba, 4th 2Br, 2nd 2Bf, 3rd 2IM, 2nd 4IM, Dominic Ricchio 9th 4Fr, Collin Flynn 6th 1Ba, 6th 2Ba, 6th 4IM, and Charles Julius 4th 1Br, 4th 2Br.

Notching 100% best times included Paige Bethausser, Josh Bote, Bailey, Charles, Caitlin, Emaleigh Neo, Emelia, CJ, and Jacob.

Dropping more than ten seconds in a single event were Paige -19.49 2Ba,

Rachel Christensen -31.67 4Fr, Jack Esson -30.57 1Bf, Collin -11.34 2IM, Emaleigh -11.75 1Ba, Dominic -12.57 4Fr, Tia Ricchio -16.11 1Ba, CJ -18.8 50Fr, and Jacob -12.8 4IM.

Meanwhile in Iowa City, Emily Bollandorf broke our 15-16 Girls 1Bf team record of 1:06.53 (Carina Tennesen, 1995) with her effort of 1:05.62. Emily also posted the 4th fastest time in our history for 15-16 Girls 2IM (2:35.47).

Great job swimmers!

# 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

**Not every swimmer wants to take a break between seasons. OST is the perfect solution.** 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, 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: Maya Frodl, Mariska Thoennes, Hannah Kehl, the Alemy children, Rachel Christensen, the Pudzisz swimmers, Isabelle Buhler, Jacob MacKenzie and Bailey Chryst.

*We gained an important weekend in Brown Deer last weekend in Appleton. Beginning in 2015, we'll be able to host a 2.5 day meet the first weekend of June.*

## Good news for the meet schedule

With the long history of meets held at Walter Schroder Aquatic Center and the growing history of meets being held at the RecPlex, a pattern of "good" weekends to host meets can be discerned if one was to look the meet entries from year-to-year.

Our Early Bird May meet we host in Brown Deer has been steadily growing each year and as a single session meet, has been well received in the swimming community. We could even look at expanding that meet into two days/two sessions to accommodate additional teams and swimmers.

Recently though, a team has decided to no longer host their long course meet in Brown Deer and we were approached to see if we would be interested in taking that weekend over.

We accepted that offer and beginning in 2015, we will begin hosting a 2.5 meet in Brown Deer the weekend after Memorial Day (May 29-31, 2015).

This is exciting news as this weekend is traditionally a strong attended meet in Brown Deer (we'll keep our fingers crossed this pattern continues).

The parent board will need to look at the schedule of meets we currently host and decide whether or not to trim them down with the addition of this new event.

Our current list of meets we host include: Fall Starter (November), Oddball Challenge (January), Groundhog Grand Prix (February), Early Bird (May), Summer Sizzler (June), and when awarded by the voting delegates I3&O State (July).

These meets are team wide fundraisers and help bring us closer to one day building a pool or our own.

## 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.

### Unisex sizes and colors:

Medium - two black, two gray, six royal

Large - one royal, two black

XL - one gray, two red, three black

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.



# 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.

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.

It looks like the Lake Geneva YMCA will be hosting an officials clinic in September. I hope a handful of SEA moms and dads can attend!

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 is the current order by/delivery on dates for SCRIP: 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](http://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](http://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](mailto:brose7@wi.rr.com) or Kim Wergin at [kimwergin@aol.com](mailto: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

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)  
25, parent board meeting

### 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, PLD Time Trial

### November 2014

2, 5th Annual Fall Starter (SEA hosted)

13, PLD Time Trial

### December 2014

11, PLD Time Trial  
18, Middle Distance Time Trials, no practice

### January 2015

10-11, 9th Annual Oddball Challenge (SEA

hosted)

### February 2015

1, 7th Annual SEA Groundhog Grand Prix  
20-22, Regional Championships  
27-1, I2&U State

### March 2015

5-8, I3&O State  
14-15, YMCA Sectionals  
20-22, YMCA State  
31-3, YMCA Nationals



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