



Serpent Times

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JULY 9, 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, Mike, or Katie for \$12.*
- *Good luck in Mequon and Appleton!*



A team dinner has been planned for Saturday night during this weekend's Bird Bath meet. Dinner will be pizza and the cost is \$5 per person (please forward payment to me by Friday evening). We will meet in the dining area of the Country Inn & Suites. Dinner will be served at 6:00 PM. Please supply your own side dishes and drinks. Hope to SEA you there!

Please take a moment and sign-up to work our final hosted meet of the summer ... 13&O State (this event will be held in Brown Deer). The deadline to sign-up is this Monday, July 13 at 6:00 p.m. After the deadline please contact your Meet Director, Josh Johnson at

262.939.5724 to sign-up.

Congratulations to Emily Bollandorf and Ivar Iverson on their recent selection as USA Swimming Scholastic All-Americans (athletes must carry a minimum of a 3.5 GPA and have achieved a Junior National bonus qualifying time).

At Monday evenings parent board meeting I presented and the board voted on next season's slate of meets. I have updated our website to reflect the meets we will be attending in the Fall & Winter 2015-2016 season. You'll notice January's traditional team travel meet to Green Bay is not listed ... that's because we will be hosting our Oddball Challenge the same weekend in Brown Deer. In its place we

will be heading to Madison to swim at the Nat on the campus of UW-Madison during the first weekend of December. Hope you can make it!

If you are looking for something to keep your kids active in August maybe Off Season Training is a good fit? During August, we train three days a week in the mornings to bridge the gap between the end of the season and the start of the Fall & Winter Season. Read about this opportunity on page three and join the fun!

Safe travels this weekend!

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

Our next meets: Bird Bath Invite

This Friday morning through Sunday evening we will be racing at the Bird Bath Invite in Appleton. Here are the warm-up times:

Friday AM warm-ups begin at 11:30 AM, meet begins at Noon and the session ends at 1:45 PM.

Friday PM warm-ups begin at 3 PM, meet begins at 4 PM and the session ends at 7:35 PM.

Saturday AM warm-ups (9-12) begin

at 7 AM, meet begins at 8 AM and is scheduled to end at 11:45 AM.

Saturday PM warm-ups (8&U and 13&O) begin at 12:10 PM, meet begins at 12:45 PM and is scheduled to end at 5 PM.

Sunday AM warm-ups (9-12) begin at 7 AM, meet begins at 8 AM and is scheduled to end at 11 AM.

Sunday PM warm-ups (8&U, 13&O) begin at 11 AM, meet begins at Noon

and is scheduled to end at 4:30 PM.

This meet has Theme Days! Friday is Glow in the Dark Day. Saturday is Orange and Purple Day (in remembrance of the Trestle Trial Bridge Shooting victims). Sunday is Outer Space Day.

Heat Sheets are available at the meet landing page.

Drive safe, swim fast, have fun! Rock the blocks!!!

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.

Sealed Air YMCA - please watch practice from the lobby or from the tables next to the lobby just on the pool deck.

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).

July & August Birthdays



- Hugo A.
- Natalia B.
- Arev B.
- Collin F.
- Ivar I.
- Austin L.
- Emilie M.
- Abby P.
- Dominic R.



- Emma S.
- Elizabeth S.
- William B.
- Erin C.
- Jacob M.
- Madilynn P.
- Jack S.
- Madeline B.
- Anna G.



- Joanna C.
- Alexandra J.
- Michael W.

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.



30th Anniversary Picnic Planned ... save the date!

Saturday, September 19th from Noon to 5:00 p.m. at the Sealed Air YMCA we will be hosting a SEA Picnic to finish out celebrating 30-years of SEA swimming!

Robin Betthausen, Lydia Bolendorf, and Kim Wergin are leading the charge in the planning process and if you would like to assist, please reach out to them.

We will have exclusive use of the multi generational room and the acres of open green space for games, shade tents, and chairs and the pool and basketball courts will be available for use as well.



Should be loads of fun!

At this time, please save the date and we hope to SEA you there!

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 8 we will transplant PM practices to Carthage College through July 20.

Park High School is scheduled to open for our use on July 20 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 posted 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.

Off Season Training Scheduled for August

As usual, we will offer Off Season Training three days a week in the mornings at Meadowbrook Country Club.

This opportunity bridges the gap between the end of the summer and the start of the fall season.

Training sessions will be held on Monday, Wednesday and Thursday, August 3-27.

Practice for Green, Blue and Senior level swimmers will be held 7:45-9:15 a.m. and the cost is \$75,

Practice for Pups, Lions and Dragons will be held 8:15-9:15 a.m. The cost is \$50.

In addition, weight training for 9th-graders to be and higher will be held during August at Sealed Air YMCA Monday, Wednesday, and Friday from

10:00 a.m. to 11:00 a.m.

Please forward payment to Coach Neil in form of check (made out to SEA) or cash.

Take advantage! Signed up to date included: Arev Buchaklian, Dayna and Kira Aлемy.

South Eastern Aquatics

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

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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

July 2015

9, Dual w/OZ
10-12, Bird Bath Invite
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



8-17, FREST Clinic

14, Returning Family Registration,
6:00-7:30 p.m. at Sealed Air
YMCA

19, SEA Family Picnic at Sealed
Air YMCA, Noon-5:00 p.m.

21, Tryouts

22, First day of practice

October

15, Sprint Time Trials

November

1, 6th Annual SEA Fall Starter