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UPCOMING EVENTS:

- D2 State Champions! Congratulations swimmers and parents.
- Saturday practice will begin again on September 27.
- 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

AUGUST 8, 2014

Neil's Kickboard

What an exciting four days of swimming last week in Pleasant Prairie. If you have not heard, SEA is your new D2 State Champions finishing the meet with 503 points ... rounding out the top three teams was J-HK at 404 points and WBSC at 262 points. Congratulations swimmers and parents.

OST has started and is open to all current SEA members. Take advantage of this opportunity to swim your way through the remainder of summer and begin the Fall & Winter Season in better shape. Read more on page three.

The Fall & Winter Season is scheduled to begin on Monday, September 22 and run to Friday, March 20. Returning Registration will take place at Sealed Air from 6:00 p.m. to 7:30 p.m. on Monday, September 15th. Families may also

sign-up on the first day of practice at Case, September 22nd from 5:30 p.m. to 8:00 p.m.

We will offer another OST opportunity in September prior to the



It's not every day the team you represent wins the State Championship. Congratulations swimmers and parents!

start of our Fall & Winter Season. I have already updated our website to reflect this opportunity (can be found under MEMBER / OFF SEASON TRAINING), but I will also

email a reminder later this month. Take advantage if you can!

Mike will continue offering weight training during August while OST is taking place. Weight training is available to any swimmer in or entering high school.

I have a handful of GOALS t-shirts remaining and they will be available for purchase during September's Returning Registration.

It's been a pleasure serving as your Head Coach this season and on behalf of all the coach staff, please enjoy what's left of the summer and we are looking forward to SEAing everyone this fall.

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

Sprint Time Trials Information

Sprint Time Trials will be our next team meet. Watch this area for more information.

SEA Captures First State Championship



We won our first State Championship last weekend in Pleasant Prairie and I could not be more proud of our swimmers and parents commitment over this season and over the years. Congratulations to EVERYONE.

When the waves settled Sunday evening, we had scored 503 points to runner-up J-HK 404 and third place finishing team WBSC 262.

Our victory was supported well by our relays that scored 234 points throughout the four day event.

Emily Bollendorf reset the 15-16 girls 1Bf record with her effort of 1:05.27, Ivar Iverson broke the senior 1Ba record with his swim of 1:01.25 (old mark was held by Josh Griffey, 2004,

1:02.40), Jacob MacKenzie broke the senior 8Fr record with his swim of 9:10.56 (old mark was held by Adam Lewno, 2001, 9:19.62), and Kayla Rose, Caitlin Mertins, Emelia Selky, and Marlee Reischl broke the 13-14 2M Relay with their effort of 2:16.22 (old record was set last year by Maria Villalobos, Caitlin Mertins, Emily Bollendorf, and Emelia Selky, 2:16.37).

Posting some of the fastest times in our history were Bailey Bleser 3rd 8Fr, 4th 4IM, 7th 2Ba, 4th 4Fr, 7th 2IM, 2nd Mile, Emily Bollendorf 6th 1Fr, 5th 2Fr, 10th 50Fr, William Buhler 4th 2Br, 3rd 1Br, Collin Flynn 5th 1Ba, 9th 2IM, Maren Hoferitza-Palermo 5th 1Ba, Ivar Iverson 4th 1Fr, 4th 2Fr, 2nd 1Br, 3rd 1Bf, 2nd 50Fr,

Charles Julius 4th 1Br, Jacob MacKenzie 3rd 2Fr, 5th 4IM, 3rd 4Fr, 5th 1Bf, 2nd Mile, Caitlin Mertins 2nd 1Br, Emelia Selky 10th 2Fr, 10th 1Fr, 9th 4Fr, 10th 50Fr, and James Weslaski 6th 1Fr, 5th 1Bf, 4th 50Fr.

Posting 100% best times included Charles Julius, Jacob MacKenzie, Marlee Reischl, Kayla Rose, and Cooper Scarmardo.

Overall all, we posted 85% best times as a team and only recorded one DQ during the meet. Fantastic results!

Congratulations again swimmers and parents on all your hard work and commitment. The coaching staff could not be prouder. Enjoy your final month of summer ... you deserve it.

A handful of swimmers were still at the meet when we were crowned D2 State Champions!

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

Fall & Winter Registration Schedule

The first day of practice for the upcoming Fall & Winter Season will be Monday, September 22. The Fall & Winter Season will run September 22 to March 20 and represents our 30th Anniversary!

Returning Registration will be held at the Sealed Air Y on Monday, September 15th from 6:00 p.m. to 7:30 p.m. and again during the first day of practice

at Case High School on Monday, September 22 from 5:30 p.m. to 8:00 p.m.

Families comfortable wit the registration process may also mail documents and payments to Missy Reischl as well (click on MEMBERS / REGISTRATION & FEES on our website for more information in regards to this).

Remember, families recommending their friends to join

SEA are credited \$25 towards their fundraising obligation.

Tryouts for the Fall & Winter Season will be held on Monday, September 15 beginning at 6:00 p.m. at Park High School and again on Monday, October 27 beginning at 6:00 p.m. at Park High School.

If you have any questions regarding registration, please call Missy Reischl at 262.989.9065.



Jacob Trask and Mackenzie Reischl represented the WI LSC in Oklahoma recently during Zones.

14&U Central Zone Recap

Jacob Trask and Mackenzie Reischl were in Oklahoma City, August 1-3 to represent the WI LSC in this summer's 14&U Central Zones.

Team Wisconsin finished fourth of 10 teams with 1966 points.

During the 50 Backstroke,

Jacob broke the 11-12 boys team record that Andrew Griffey held since 2003 at 32.54 when he touch at 32.47.

Jacob went on to have numerous top six finishes - 2nd 50Bf, 4th 2Ba, and 5th 1Bf.

Jacob helped out the 200 and 400 Medley Relays finish third

participating on the Backstroke legs.

Mackenzie notched a personal record in the 50 Freestyle at 30.08 and became the third fastest 11-12 girl in our history.

Congratulations Mackenzie and Jacob. We are very proud of your successes.

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

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

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.

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.

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: Riley Schmidt, Nick Galis, Tiffany Steffes, Jack Esson, Maya Frodl, Mariska Thoenes, Hannah Kehl, the Alemy children, Rachel Christensen, the Pudzisz swimmers, Isabelle Buhler, Jacob MacKenzie and Bailey Chryst.

If you feel your swimmer is not improving, did you really investigate it or are you living race by race?

My swimmer is not improving ... or is she?

Every now and then, a parent will ask me why their child is not improving. My kneejerk reaction is to compare the swimmer today to where they were this time last year and usually, when you look at a swimmers development through that amount of time, you can see a marked improvement.

The trap parents (and even coaches too) fall into is looking at each race as the end all, be all of a swimmers career. I know it sounds weird to use the word career when we discuss swimmers as young as eight or ten, but for those that stay plugged into the sport through high school and even college, that's what it is ... a career. And in a swimming career just as in

other careers, there will be ups and downs.

But, for the most part, if you were to track best times via a graph, there would be a positive trend of development throughout the swimmers career.

Now, how do we keep things in prospective? First and foremost, NEVER compare your swimmer with other swimmers. I call this keeping up with the Jones and if you play this game, you will never be satisfied with your swimmers achievements.

Secondly and more importantly, always love, support, and transport your swimmer to and from practices/meets regardless of the out-

come. Let's be honest, we are all part of a youth sport experience and the bottom line is, this is suppose to be a fun experience. Placing stress on your swimmer - and it can even be in the form of a bet, "if you go 'x' time, I'll buy you this or take you there." - is not necessary and only forces the swimmer to focus on the outcome and not the process of a good race.

In the end, 99% of the time, your swimmer is improving ... it's just difficult to see if you maintain your focus on each and every race or practice, versus paying attention to the long term development of your swimmer. (You know, you don't see your swimmer grow, but it happens - thus the marks on the doorway.)

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 - one black, two gray, four royal

Large - one 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.





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

“Great minds

discuss ideas.

Average minds

discuss events.

Small minds

discuss people.” -

Eleanor Roosevelt

Aging up, it happens to everyone.



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.

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!

SCRIP - The Easiest Way to Fundraise

We have completed all Scrip Team orders for Spring & Summer. Don't forget you can still purchase Scrip Now! Or Scrip Reload during the off season.

For those who utilize mobile apps, Shop with Scrip has a mobile app for you!!

My Scrip Wallet allows you to purchase and redeem Scrip Now! Or Scrip Reload right from your phone. In a matter of minutes, you can purchase Scrip, shop and redeem all while earning SEA fundraising dollars.

Currently there are no upcoming order deadlines for SCRIP.

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!

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

August 2014

4-26, OST (off-season training)
25, parent board meeting

September 2014

2-18, OST
15, Returning Registration at Sealed Air, 6:00-7:30 p.m.

15, Tryouts for the Fall/Winter Season

22, First day of practice

22, Returning Registration at Case, 5:30-8:00 p.m.

29, New Family Registration at Case, beginning at 6:00 p.m.

October 2014

16, Sprint Time Trials, no practice

23, PLD Time Trial

27, Tryouts for the Fall/Winter Season

November 2014

2, 5th Annual Fall Starter (SEA hosted)

3, New Family Registration at Case, beginning at 6:00 p.m.

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 Groundhog Grand Prix (SEA hosted)

20-22, Regional Championships

27-1, 12&U State

March 2015

5-8, 13&O State

14-15, YMCA Sectionals

20-22, YMCA State

31-3, YMCA Nationals

April 2015

20, First day of practice

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