

4/23/24



Welcome back! We hope you are as excited to be back in the water as we are to be coaching some of Southeastern Wisconsin's best athletes!

With each new season comes a sense of hope for excellence (both in and out of the pool). There's no doubt in our minds we can achieve great things when our "big" meets arrive. However, it's important to keep it simple and maintain a fierce attention on the process of getting better. Talk is cheap in the world of sports and we expect everyone to talk big with their efforts in practice and during competitions. Over the coming weeks, we'll work together to define our individual and team goals and set sail on achieving them ... together.

This is day one of a 96-day season. If your first thought is that 96-days is a long time, you're not even in the game yet. Quickly subtract 14-days for Sundays in which you are given a day of rest. Now we are down to 82-days. How many meets do you plan on attending? You know as well as we do, we never cover the same amount of volume during a meet versus practice. How many days will you miss for vacation? For school? For church functions? For social activities? Do you have a job? We can count on one hand how many people attend every practice. Give it some thought now ... What are your goals and what will your practice attendance need to look like to achieve those goals?

Here are our expectations:

- 1) We expect you to make 5 to 6 practices per week.
- 2) Competing in meets is an important part of the maturation process of all swimmers. If you have firmly established goals, training without competing in meets makes your goals very difficult to measure.
- 3) If you are going to miss a practice, please inform us.
- 4) You should have your equipment at every practice - includes water bottles.
- 5) Be on time.
- 6) Nutrition and sleep are VERY important.
- 7) Follow the four character traits of the Y and you'll have no problems.
 - a. Caring, Honesty, Respect and Responsibility
- 8) We promise you we will support you in each and every way we know.
 - a. We expect you to push yourself deep into the uncomfortable zone during training bouts. If you insist on being a Sally or Sammy Save-Up or a swimmer who only trains in the comfort zone, do not expect to achieve your goals.
- 9) Technique is HUGE. Think about building sound strokes mechanics with every stroke you take.
- 10) You will be a teammate who is supportive and attentive to the peers around you.
- 11) Gossip has no place on this team. We will build you up and in turn you will support and build each other up. Simply put ... Take care of yourself, take care of each other, the rest will take care of itself.
- 12) We are not mind readers. You are growing into young adults and as such; if you need something from us or you need to speak with us, do not wait for us to ask you, "What's wrong?"
- 13) It goes without saying, have fun.

I can be reached via email at south.eastern.aquatics@gmail.com or via my mobile phone at 262.994.3157. Be sure to plug into the SEA Facebook (SEA SWIM TEAM) and our Instagram (seaswimteam) sites if you have not done so yet.

We'll be spending the first three weeks or there about building our base. Unlike previous seasons, this one will revolve more around training (strictly because how short our season is). Stay focused, day-in and day-out.

Welcome back!

Coach Neil & Coach Parker