

Serpent Times

newsletter for

Southeastern Aquatics

Racine Family YMCA Swim TEAM

est. 1984



TEAM SEA's Mission:

To empower the youth of Southeastern Wisconsin in a safe and supportive environment to be champions in life through excellence in swimming.

March 6, 2024

Neil's Notes

The meets just keep on coming as tomorrow we'll be racing in the TYR Pro Series meet in Illinois and then we host YMCA Sectionals this weekend. The excitement is building towards YMCA State and Nationals!

Great sign-up for this weekend's team hosted YMCA Sectional event (86 TEAM SEA swimmers ready to race out of 102 on the team). Amazing job signing up to volunteer too ... thank you!

Don't forget, Daylight Saving Time begins at 2 AM, Sunday March 10 (our clocks will "Spring" ahead one hour).

The tentative entries for YMCA State have been posted on our website. 51 TEAM SEA swimmers are scheduled to race (that's half of our team)! Please carefully look over the entries and notify me right away if your swimmer is unable to attend. Please remember, relay only swimmers are allowed to race in two individual events and that all relays currently posted on our website are subject to change depending on the results of YMCA Sectionals this weekend. The final draft of YMCA State entries will be posted Sunday evening after YMCA Sectionals. Look for an email to order YMCA State TEAM SEA t-shirts and/or sweatshirts Sunday night (the online store will not be open very long so order right away if you need anything).

Our Swim for a Cause event information has been handed out during practices and is available on our website. If your swimmer did not bring home a packet, they are available for pick-up at practice. Save the date, Sunday, May 19.

Please take a look at the escrow reports and zero out any negative balances from the last two seasons. Additionally, if you are paying swim tuition monthly, please stay current. All remaining payments were due February 15. Thanks in advance!

Our final practice of the season will be held Friday, March 15. Be sure to take

advantage of Off-Season Training (read all about it on page two of this newsletter).

If you have a Facebook account, please considering joining TEAM SEA. We use Facebook to send out reminders and post pics from the meets and events we attend. Joining will help you stay in the loop with all things TEAM SEA related.

I can be reached at 262.994.3157 or south.eastern.aquatics@gmail.com. Please contact me when you have any questions, concerns, or comments.

Are you social? TEAM SEA is - find us at Instagram (seaswimteam) and Facebook (SEA Swim Team - this page is set to private and you'll need to request to join).

TYR Pro Series Meet Information

Thursday through Saturday Mac and Hugo will be racing with some of the best athletes in the world during the second of three stops of the TYR Pro Series Meet (this one is in Westmont, IL). Among other athletes in attendance, the world record holder in the Men's 100 Butterfly and Women's 100 Breaststroke are in the field.

Warm-ups begin 8:00 AM all days of the meet and racing begins at 9:00 AM is scheduled to end by 11:00 AM each day.

This event will be broadcast live and taped delay. March 7 and 8 at 6:00 PM on Peacock, March 9 at 1:30 PM on CNBC, and March 10 at 10:30 AM on CNBC.

Drive safe, swim fast, have fun!

YMCA Sectional Meet Information

This weekend we'll be hosting our final meet of the season at the Racine Aquatic Center! Don't forget we'll "Spring ahead" at 2 AM Sunday morning.

Warm-ups for both days begin at 9:00 AM, the meet begins at 10:05 AM and we'll be finished by 2 PM both days (earlier if you're not racing the 1000 and 1650 Freestyles).

Drive safe, swim fast, have fun!

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Mar 6-9	TYR Pro Series	Closed
Mar 9-10	SEA YMCA Sectionals	Closed
Mar 15-17	YMCA State	3/10
Apr 2-6	YMCA Nationals	3/17
May 4-5	SEA Early Bird	TBA

11-14 State Recap & Highlights

TEAM SEA combined for 45% best times (14 of 31 swims) and two DQs (Breaststroke and a relay) during last weekend's 11-14 State meet.

Bennett Menken notched a final swim in the 50 Breaststroke where he dropped 3.60.

Vivienne Yanke posted 100% best times in her four races.

Jordan Borzynski posted four PRs during the meet.

Zack Steenrod posted 50% best times.

Sophie Gutknecht posted a best time in the 50 Butterfly.

Ale Arteaga and Kaylee Staniger raced well and gained valuable experience.

Good luck at YMCA Sectionals!

Offseason Training Opportunities

We (Coach Joanna and Parker) will be offering Offseason Training (OST) at the conclusion of our current season.

The focus will be starts, breakouts, turns, finishes, and technique for all four strokes.

The schedule for Bronze & Silver is 5:00-6:00 PM and for Gold & Senior, 6:00-7:30 PM.

OST will be offered on March 18-22 (Freestyle), March 25-28 (Backstroke), April 8-11 (Breaststroke), and April 15-18 (Butterfly).

Cost for all four weeks is \$60 for Bronze & Silver and \$90 for Gold & Senior (cash or check payable to SEA).

You can a la carte this experience for \$20 per week for Bronze & Silver and \$30 per week for Gold & Senior.

If you plan on having your swimmer attend OST, please kindly send an email to Coach Neil and he'll add his/her name to the list. Take advantage!

Bronze attending: Emma Ebert

Silver attending: Summer Gustafson-Binger, John Westfall, Amalia Ehmcke, Rhemy Thompkins, Ciara Fahy

Gold attending: Logan Buska, Eli Ehmcke, Aisling Fahy

Senior attending: Sarah Hackenbracht, Riley Saenim

RaiseRight Fundraising Information

SEA offers RaiseRight (formally SCRIP) sales as a fundraising option for our families. This has proven to be an easy way for many families to meet their fundraising requirement! RaiseRight offers gift cards for many favorite merchants and restaurants, including Kohl's, Walmart, Pick 'n Save, Target, Kwik Trip, Starbucks, Amazon, iTunes, and many more. They make great gifts and are easy for families to use for personal use while fundraising. Take a look at the list, watch for specials, and see how easy it is to raise funds while you shop. Read the "how to" pages linked on our RaiseRight webpage (www.sea-y.org/scrip) - you can also read about PrestoPay on that page too.

Your order can be placed at www.shopwithscrip.com by use the SEA enrollment cord (please email Coach Neil at south.eastern.aquatics@gmail.com for the code) and registering for PrestoPay at least 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.

RaiseRight delivery is in the pool balcony/bleachers, but individual arrangements can also be made. You may also take advantage of re-load and ScripNow options in between deliveries. Thank you for shopping!

Order Dates for Spring & Summer

<i>Order By</i>	<i>Delivery On</i>
March 10	March 14-15

If you have any questions or need help, please reach out to Coach Neil at 262.994.3157 or at south.eastern.aquatics@gmail.com.

February Birthdays

Maddie Cerny, Jessica Gonzalez, Charlotte Horton, Sophia Marini, Lila Rudoll, Lily Rudoll, Megan Schutlz.

March Birthdays

Nathan Breit, Summer Gustafson-Binger, Zachary James, Zack Kopsea, Bennett Menken, Brady Moore, Gabi Peterman, Olivia Speers, Reina Spicka, Vivienne Yanke.

Extended Calendar

March

7-9 TYR Pro Series

9-10 YMCA Sectionals

15 Final practice of the season

15-17 YMCA State

April

*Caring * Honesty
Respect * Responsibility
Build * Promote * Achieve*

2-6 YMCA Nationals
22 Tryouts
23 First day of Spring & Summer practice

May

4-5 SEA Early Bird
19 Swim for a Cause
27 No practice, Memorial Day
31-2 SEA Pirate Plunge

June

11 Last day of school (RUSD)
12 AM practice begins for Seniors
21-22 SEA Summer Sizzler

July

4 No practice, Happy Independence Day
11-14 Speedo Sectionals
19-21 Regionals
26-28 12&U State
31 Last day of Spring & Summer practice

August

1-4 13&O State
8-11 14&U Zones
13 Annual Awards Banquet

September

23 Tryouts
23 First day of practice for Fall & Winter
28 40th Anniversary TEAM SEA Celebration

F.A.Q.

- 1) Where can I get one of those awesome TEAM SEA swim caps and how much do they cost?
 - a. Coach Neil
 - b. \$20 for silicone, \$5 for latex
- 2) How do I sign-up my swimmer for a meet?
 - a. Email Coach Neil and let him know you would like your swimmer entered in "x" meet (please indicate what days of meet if it takes place on multiple days)
- 3) I'm new to the team ... how many practices should my swimmer attend per week?
 - a. Bronze and Silver = 2-3
 - b. Gold = 4-5
 - c. Senior = 5-6
- 4) I'm not receiving emails; how can I be placed on the email list? Contact Coach Neil and he'll be happy to add your email address to the list.
- 5) Where do I sit if I plan on sticking around during practice? Please sit in the stands.
- 6) Got a question you need an answer to? Please text Coach Neil at 262.994.3157.