

Serpent Times

weekly newsletter for
Southeastern Aquatics
Racine Family YMCA Swim TEAM
est. 1984



TEAM SEA's Mission:

To empower the youth of southeastern Wisconsin to be champions in life through excellence in swimming.

October 24, 2019

Head Coach Notes

Great turnout for our Bronze and Silver Open Swim this past Monday. Thank you for all the coaching staff in facilitating this event and for all our Bronze and Silver swimmers for inviting their friends to take a look at what we do here at SEA. Hopefully we see some of them at Tryouts this Monday!

Something new – if you would like to receive text message updates in regards to changes in practice and/or practice cancelation, please text your name (first and last) to my cell phone and I'll be glad to add your number to the list – 262.994.3157. Communication, it's key!

Quick reminder that parents are welcome to view practices from the bleachers at Horlick (the set closest to the diving boards) and the balcony at Carthage. Please stay off the deck during practices. Thank you.

I would like to invite all of our new families to meet with me this Tuesday, October 29 at Horlick High School beginning at 6:00 p.m. It would be great to share with you a bit more about TEAM SEA and what your family has to look forward to over the next five months. Please save the date and I hope to SEA you there.

This is a plea for parents to take a leap and become officials. We are beginning to run a little low on current TEAM SEA officials and need to "restock" our bullpen. There's some great information later in this newsletter. Please consider becoming an official – no experience necessary and thanks to Annette Ries for stepping forward!

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), Facebook (SEA Swim Team – this page is set to private and you'll need to request to join), or Twitter (@SEAWisconsin).

SEA Meet Information

This section will be finalized Oct. 31.

Don't forget to set your clocks back one hour as we slide into Daylight Savings Time at 2:00 a.m. on November 3rd.

The SEA meet will take place at RecPlex on Sunday, November 3. The address is 9900 Terwall Terrace in Pleasant Prairie.

Neil, Katie, Alyssa, and Dana will be coaching during this meet.

Sunday warm-ups begin at 8:00 a.m., meet begins at 9:05 a.m. and is scheduled to end at

Drive safe, swim fast, have fun!

Upcoming Meets

| <i>Date</i> | <i>Meet</i> | <i>Entry Deadline</i> |
|-------------|-----------------------|-----------------------|
| Nov. 3 | SEA | Oct. 25 |
| Nov. 10 | KENO | Oct. 28 |
| Nov. 17 | SSTY | Nov. 7 |
| Nov. 22-24 | HPAC | Closed |
| Dec. 6-8 | SSTY | Nov. 9 |
| Dec. 14-15 | 12&U Single Age State | Dec. 1 |

Katie's Kickboard

Hello again!

We had some great races last weekend up at Homestead High School. The bag of awards was full, and pretty heavy! Remember, any 8-and-under who breaks 21-seconds in any 25-yard race will receive a 21&Under t-shirt! Don't forget to check out the meet schedule for upcoming meets and deadlines.

Last week I handed out Goal Sheets to the Golds, if you did not receive one please check with me for extra copies. I will be going over these in the next few weeks, in little 5-minute goal meeting with each athlete. We will start taking videos for video review at the end of November.

Silver's and Bronze will do goals together, the coaches will bring in poster board and fun marker. Each group will go over the criteria for their group and brainstorm SMART goals.

SMART is an acronym that helps us understand how to set realistic goals. I am sure many of the athletes have discussed this goal setting process in school.

November 9th, in the afternoon, TEAM SEA will be in the Racine Holiday parade! This is a great way to get the word out about our awesome club. There are spots for 20 athletes, please let Coach Neil or I know if you are interested in participating. We will have waivers to be signed for those who decide to participate.

Please don't hesitate to contact me with any questions, comments, or concerns via email (coachkatiejames@gmail.com) or 15min before practice and 15min after practice.

Team Travel Meet Hotel Information

Here's the hotel information (thanks Ben Foster) for our January team travel meet to Michigan. **Please be aware, if you are planning on attending and will be staying with the team, you must call to reserve your room by this Monday, October 28 by 4:00 p.m.**

Twenty rooms are reserved at the Home 2 Suites by Hilton in Holland, Michigan. Address is 3140 West Shore Drive. Rooms have two queen beds and a sleeper sofa with a rate of \$105 per night plus taxes and includes a hot breakfast. **Phone number is 616.377.7905 and the rooms are blocked under SEA Swim Team.**

The meet information has yet to be released, but there are no qualifying times for this event and all swimmers are encouraged to attend!

Swimmer Requirements for YMCA Nationals

For those swimmers who have YMCA Nationals (March 30-April 3) on their radar for the 2019-2020 Season, please be sure to follow the following guidelines: **male swimmers** planning on attending YMCA Nationals must swim the following meets (KENO meet on November 10, SSTY meet on November 17, Wisconsin YMCA Regionals on March 14-15, and YMCA State on March 20-22); **female swimmers** planning on attending YMCA Nationals must swim the following meets (SSTY meet on November 17, SSTY meet on December 6-8, Wisconsin YMCA Regionals on March 14-15, and YMCA State on March 20-22).

Qualifying times are posted on our website. If you have questions or concerns in regards to YMCA Nationals, please reach out to Coach Neil.

OZ Meet Recap & Highlights

Not a bad showing last weekend in Mequon. As a team, we compiled 56% best times (38 of 68 swims), only two DQs (one each in Butterfly and IM), had six swimmers score a high point trophy, and finished with 808 points (good enough for sixth place overall – not bad for sending 15 swimmers to the meet).

The mid-season 12&U Single Age State meet is right around the corner and we had a few swimmer's pick-up some qualifying times for this event. Alessandra Arteaga in the 50 Freestyle (38.25) and Jack Borzynski in the 50 and 100 Backstrokes and 50 Breaststroke (35.06, 1:18.94, 41.11 respectively). Way to go!

YMCA State is not until mid-March, but Alessandra Arteaga picked up two qualifying times last weekend in the 25 Breaststroke (23.65) and the 50 Freestyle (38.25).

It's uncommon to be cutting time at this point of the season (four weeks into the new season and during the first meet), but a handful of swimmers dropped more than five seconds in a single event! Hugo Arteaga -5.77 in the 200 Backstroke (2:17.22), Jack Borzynski -9.07 in the 100 IM (1:19.51), Lindsey Hohnl -21.99 in the 200 Backstroke (3:08.31), Shaelyn Jensen -6.19 in the 100 Breaststroke (1:30.68), Claire Meiri -15.14 in the 100 Backstroke (1:25.75), and Marie Spang -17.41 in the 50 Breaststroke (1:02.72).

Event winners included Alessandra Arteaga in the 25 Butterfly (21.18), Hugo Arteaga in the 50, 100, 200 Freestyles and 100 Butterfly (24.30, 54.12, 1:58.44, 1:01.20 respectively), newcomer Jordan Borzynski in the 50 Freestyle and 25 and 50 Backstrokes (51.45, 23.22, 57.89 respectively), and Shaelyn Jensen in the 50 and 100 Breaststrokes (41.33, 1:30.68 respectively).

Posting 100% times were Alessandra Arteaga, Jack and Jordan Borzynski, Sophie Gutknecht, and Marie Spang.

Bringing home a high point trophy included Jordan Borzynski (1st for 7&U with 76 points), Hugo Arteaga (1st for 13-year-olds with 114 points), Shaelyn Jensen (2nd for 10-year-olds with 94 points), Jack Borzynski (3rd for 11-year-olds with 93 points), Brady Moore (3rd for 12-year-olds with 93 points), and Lindsey Hohnl (3rd for Senior with 95 points).

Congratulations to Sophie Gutknecht on joining the :21 and Under Club by breaking 21-seconds in the 25-yard Freestyle!

This was a pretty decent showing for our first meet of the season. As we progress through the next week of practices, swimmers need to ask themselves what they can do to

achieve better results at our upcoming November 3rd meet. Attending practices regularly, getting a good night's sleep, and being sure to fuel their bodies with proper nutrition goes a long way when it comes to succeeding in the pool!

The Importance of Officials – you can be one!

Did you know TEAM SEA hosts six meets per year? There are a lot of behind the scenes work involved with running a meet and one of the important cogs to the process are the officials. With the start of the new season, it's time again to cast our net to train up new officials.



You DO NOT need experience to become an official and TEAM SEA will cover all the costs associated with becoming an official – all you need to give is your time.

There are some tentative classes coming down the pipeline (October 26, 1-4 PM, November 4, 1-4 PM, and November 16, either 9 AM-Noon or 1-4 PM) and if you are interested in having the best seat in the house, not having to worry about signing-up to volunteer at SEA hosted meets, and giving back to the sport that gives your swimmer so much, maybe officiating is for you!

Please reach out to Coach Neil if you would like to become an official ... WE NEED YOU!

Carthage College Practice Dates & Times

Here are the dates and times for practices that will take place at Carthage College on the date's pools are not available in Racine.

Bronze & Silver will practice 6:00-7:00 p.m. (Swimmers will have an opportunity to become certified diving off the blocks during these practices.)

Gold & Senior will practice 6:00-8:00 p.m.

Dates we will practice at Carthage College include October 24, 25, and December 10.

Buffalo Wild Wings Home Team Advantage

Do you need a good excuse to skip cooking one night? Every time you dine in or carry out at our local Buffalo Wild Wings (next to Olive Garden at the corner of HWY 20 and

31), 10% of the total spent will be forwarded to TEAM SEA (yes, this does include alcohol). Just tell your server you are supporting TEAM "E" when placing your orders.

Mid-States All Star Scheduled for January

Once again, the WI LSC will be sending a Zone level team to represent Team Wisconsin during the Mid-States All Star meet at the IUPUI in Indiana on January 4-5 (athletes attending this event must be available for both days and this meet is not open to high school boys per WIAA).

The window to apply to attend opens November 1. In order to apply, 14&U swimmers must have met at least AA standards for girls and A standards for boys.

If you need assistance or more information please reach out to the coaching staff.

Tryouts Scheduled for October 28

TEAM SEA has another Tryout scheduled for new and interested swimmers on Monday, October 28 at Horlick High School between 5:30 p.m. and 6:30 p.m.

Tell all our friends about how to get involved with one of Racine's hidden gems!

New Family Orientation & Registration

New Family Orientation & Registration will be held at Horlick High School this Monday, November 11 beginning at 6:00 p.m. Missy Reischl along with some help from some of our board members will talk all new families through the process and be able to answer and questions you may have.

If you are unable to attend, please contact Missy Reischl at mjreischl@outlook.com or text/call her at 262.989.9065.

Racine Holiday Parade, November 9th

TEAM SEA has entered the Racine Holiday Parade scheduled for Downtown Racine on Saturday, November 9th.

Coach Katie is working on some fun glowstick jellyfish to carry during the parade, we'll have our banner leading the way, and handouts for parade watchers about how cool it is to be involved with one of Racine's hidden gems.

We are looking for 20 swimmers to join in the fun. Contact Coach Neil and he'll be happy to add your name to the list!

Team Travel Meet T-shirt design contest

TEAM SEA is headed to Michigan for a team travel meet which will take place January 10-12 at Zeeland High School in Zeeland, Michigan (roughly a four-hour drive from here).

Hotel information will be available soon, but in the mean time TEAM SEA is looking for designs for t-shirts we will make for families attending this trip. The meet's name is Tropical Challenge so designs should incorporate a tropical theme and have enough room for names of the swimmers attending the meet.

Swimmers can submit their designs to the coaching staff through December 1. Swimmers will vote for their favorite designs December 2-6 (on deck at practice).

New Family Meeting, Tuesday, October 29

Parents of all new swimmers are welcome and encouraged to meet with Head Coach Neil Wright on Tuesday, October 29 during practice at Horlick beginning at 6:00 p.m.

This is a perfect opportunity to learn more about TEAM SEA, ask questions, and meet new parents. Hope to SEA you there!

If you are unable to attend, you can contact Coach Neil at 262.994.3157 or at south.eastern.aquatics@gmail.com anytime.

13&O Training Trip, June 2020

Every so often (usually every other year), Coach Neil organizes a 13&O Training Trip to Panama City Beach, FL.

This trip is a great way to get in shape (includes 11 swim practices and three day-land practices), a way to tighten team bonds and friendships, and it even serves as a right-of-passage for our swimmers.

The dates for our next 13&O Training Trip is June 14-21. We usually drive down in 15-passenger vans (departing at 3 AM and returning at 9 PM). Cost is usually around \$1,000 for the week (covers everything).

At this time, please reach out to Coach Neil if you are interested in sending your swimmer (a minimum of ten swimmers must attend this event).

Guarantee Checks

New for the 2019-2020 Fall & Winter Season is the cessation of collecting a guarantee check for meet worker sessions. Instead, families will have their escrow accounts charged \$75 for each session missed during TEAM SEA hosted meets.

Guarantee checks will continue to be collected for fundraising (\$150). Families registering online need to forward their fundraising guarantee check to Shay Borzynski

:21 & Under Club for 8&U Swimmers

As an incentive for our youngest swimmers we offer a really cool t-shirt for any athlete breaking :21 in any 25-yard race.

With the meet season about to start, begin working towards this goal and remember, streamline position is the most important aspect of swimming! Good luck!

Elegant Famer Fundraiser Underway

One of our favorite fundraisers is currently underway. This is a great opportunity to sell some of southeastern Wisconsin's most favorite pies (just in time for Thanksgiving even).

Information is posted on the team's website and orders are due October 24 with pick-up taking place on November 13. Take advantage of this easy fundraiser!

Inclement Weather and Practice Cancellation

In the event RUSD cancels school or afterschool activities, TEAM SEA swim practice will also be canceled. In order to get the word out, the coaching staff will send emails, post a note on the homepage of our website, and post on social media (Twitter, Facebook, and Instagram).

In addition, from time-to-time, the pools we train in close unexpectedly. When this happens, the same protocol as inclement weather will be put in place.

Please ensure Coach Neil has added your email address to the team's distribution list so you don't miss any timely updates and changes in regards to the practice schedule.

Annual TEAM SEA Halloween Practice

The Annual TEAM SEA Halloween practice is scheduled for Friday, November 1 at Horlick High School from 5:30 p.m. to 8:00 p.m.

This has been a super fun event for all ages and ends with a glowstick swim and pizza for dinner. Save the date!

TEAM SEA will provide pizza and families are asked to volunteer to bring the following items (please contact Coach Neil if you are willing to donate any of the items below:

| | |
|------------------------|---------------|
| Case of water - Keland | Case of water |
| Juice boxes - | Juice boxes - |

| | |
|-------------------------|--------------|
| Peterman | Gutknecht |
| Fruit plate | Fruit plate |
| Veggie plate - Peterman | Veggie plate |
| Brownies | Brownies |
| Paper plates | Paper plates |
| Napkins | Napkins |
| Pretzels | Popcorn |

SCRIP Fundraising Information

SEA offers 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! SCRIP 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 SCRIP 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 Julie Kopsea at jkopsea@yahoo.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.

SCRIP 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 Fall & Winter

| Order By | Delivery On |
|-------------|----------------|
| October 20 | October 23-24 |
| November 3 | November 6-7 |
| November 17 | November 20-21 |
| December 8 | December 11-12 |
| December 15 | December 18-19 |
| January 5 | January 8-9 |
| January 19 | January 22-23 |
| February 2 | February 5-6 |
| February 16 | February 19-20 |
| March 8 | March 18-19 |

If you have any questions or need help, please reach out to Julie Kopsea at 414.530.5399 or at jkopsea@yahoo.com.

October Birthdays

Sarina Foster, Shaelyn Jensen, Lenna Karapetian, Lauren Michel, Angela Mrotek, Parker Stingl, Charlotte Wright.

Swimmer Spotlight

Maddie Cerny
 Age: 13
 Group: Gold
 Role Model: My sister and Mom
 Favorite Stroke: Backstroke
 Favorite Event: 100 Backstroke
 Favorite Swimmer: Katie Ledecy
 Future Goal: Go to UW-Madison
 Hobbies: Love to cook and read
 Famous Person You'd Like to Meet: Kim Kardashian
 Favorite Book: Crazy Rich Asians



State & National Qualifiers to Date

In this section you'll be able to see our State and National qualifiers to date. This section will hopefully be updated after each competition we attend. There're already three to five swimmers very close to punching their tickets to State ... stay focus on the process of improvement, attend practice regularly, and work hard/smart during practice!

12&U Single Age State

| | |
|----------------|-----------------|
| Shaely Jensen | Nicholas Foster |
| Jack Borzynski | Brady Moore |
| Who's next? | Is it you? |

12&U State

| | |
|-------------|------------------|
| Brady Moore | |
| Who's next? | It could be you! |

13&O State

| | |
|-----------------------|----------------|
| Natalia Badillo | Sofia Badillo |
| Zoe D'Alessandro | Kinzie Reischl |
| Megan Schultz | Mac Thomas |
| Josh Abel | Hugo Arteaga |
| Zack Kopsea | Joe Skantz |
| Hopking Uyenbat | |
| If they can do it ... | YOU CAN DO IT! |

YMCA State

| | |
|--------------------|------------------|
| Alessandra Arteaga | Brady Moore |
| Sofia Badillo | Zoe D'Alessandro |

| | |
|--|---------------------------------------|
| Mac Thomas | Hugo Arteaga |
| Zack Kopsea | Hopking Uyenbat |
| Natalia Badillo | Isabelle Buhler |
| Kinzie Reischl | Macie Ritter |
| Megan Schultz | Josh Abel |
| Joe Skantz | |
| "If you think you can you can't do a thing, Henry Ford | do a thing or think you're right." |

YMCA Nationals

| | |
|---------------------------|---------------------|
| Natalia Badillo | Mac Thomas |
| Megan Schultz | |
| Three is a magic MORE! | number, but four is |

October Birthdays

Sarina Foster, Shaelyn Jensen, Lenna Karapetian, Lauren Michel, Angela Mrotek, Parker Stingl, Charlotte Wright.

Extended Calendar

October

- 28 Tryouts at Horlick High School, 5:30-6:30 p.m.
- 29 New family meeting with Head Coach Neil, 6:00 p.m. at Horlick High School
- 29 Parent board meeting, Horlick High School beginning at 6:30 p.m. – all welcome

November

- 1 Halloween Glowstick Party!
- 3 SEA meet
- 9 Racine Holiday Parade
- 10 Kenosha YMCA meet
- 11 New Family Registration & Orientation at Horlick High School beginning at 6:00 p.m.
- 17 SSTY meet
- 22-23 HPAC meet
- 28-29 No practice, Happy Thanksgiving

December

- 6-8 SSTY meet
- 14-15 12&U mid-season State meet
- 24-25 No practice, Happy Holidays

TEAM SEA Parent Board

President

Jeff Peterson – petersonj12@gmail.com

Vice President

Ben Foster – BenFoster311@gmail.com

Treasurer

Sheila Mrotek & Ana Arteaga – thepowerofseatreasury@gmail.com

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