

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.

January 16, 2020

Head Coach Notes

We had a great adventure to Michigan last weekend during the Great Lakes Tropical Challenge. Thanks to Ben Foster for selecting a perfect hotel for us to stay at and I don't think there were any complaints about the facility where the meet was held (not bad for a high school). I hope we can return next year and the weather is a bit more cooperative.

This weekend we are all set to host our second meet of the season - Penguin Challenge in Brown Deer. Please give yourself some extra time for the drive up as we are expecting some snow.

Remember, next week Monday and Tuesday, January 20-21 will be our last practices at Carthage College. All practices begin at 6:00 p.m.

January 26 we are heading to the Thirsty Duck for some Duckpin Bowling. 12 spots remain for this fun event. Contact me if you want to go.

Here are the dates for the upcoming Spring & Summer Seasons:

Spring & Summer, April 22-July 29

Spring Only, April 22-June 28

Summer Only, May 11-July 29

The parent board has selected the Bird Bath Open in Appleton for our team travel meet this summer - more information will be posted soon (dates and hotels). This meet is a great time and open to all swimmers and families.

We are up to seven swimmers planning on attending this summer's 13&O Training Trip to Panama City Beach, FL. Deadline to sign-up is March 20.

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).

Penguin Challenge Information

This weekend we'll be racing in Brown Deer (9240 N. Green Bay Road) during our team hosted Penguin Challenge. New this year, the meet will be held as a 50-meter event. The reason for the change was to drum up some more business for the meet - and it worked. Last year we had four teams attend the meet, this year we have 11.

Saturday and Sunday warm-ups (all swimmers) begin at 8:00 a.m., meet begins at 9:05 a.m. and is scheduled to end 1:00 p.m. on Saturday and 1:30 p.m. on Sunday.

Here are the arrival times for meet workers:

7:15 a.m. - ushers, kitchen

7:30 a.m. - admissions

7:45 a.m. - announcing

8:15 a.m. - all timers

8:30 a.m. - stagers

8:45 a.m. - scoring, awards

Be sure to text/call Jose Arteaga if you are running late, 773.469.2241.

Drive safe, swim fast, have fun!

Upcoming Meets

Date	Meet	Entry Deadline
Jan. 18-19	SEA	Closed
Jan. 31-2	SSTY	Jan. 20
Feb. 15-16	NBSC	Jan. 27
Feb. 21-23	WI LSC Regionals	Feb. 10
Feb. 28-1	12&U State	TBA
Mar. 5-8	13&O State	TBA
Mar. 14-15	Y-Regionals	Mar. 8
Mar. 20-22	Y-State	Mar. 15
Mar. 30-3	Y-Nationals	Mar. 22
Apr. 8-11	ISCA	Mar. 30

Katie's Kickboard

Hello again.

Wow what a weekend we had in Michigan. I am glad everyone stayed safe and we were still able to get some swims in on Friday and Sunday.

Looking ahead we have SEA Penguin Challenge this weekend. This meet we will

compete in an Olympic size pool. This might be a little intimidating to some of us but I assure you everyone is capable of racing these lengths.

This week has been dedicated to starts, turns and finishes. At Carthage, Bronze and Silvers worked on their backstroke starts using the lane line (a fun trick Coach Katie saw online). We will continue to prepare for the remainder of the week.

Golds have had a weird schedule for dryland. When we are at Carthage, we sometimes don't have the ability to run dryland. But we have been supplementing that time with starts, turns, and finishes. They have also been asking when we will videotape again. Next week we will pick that back up again.

Remember to check the website or Facebook page for any updates. We are in the final months of our season and everything will move faster than we think. Checkout the meet schedule and let Neil or I know your intentions.

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

Tropical Challenge Recap and Highlights

Although the weather didn't cooperate last weekend, we did manage to post some solid efforts Friday and a lot of swimming Sunday. Truth be told, this meet was the lowest best time percentage of our season (38%, 27 best times of 72 splashes), but we did only post two DQs (one each in IM and Breaststroke).

This meet was a great meet for TEAM SEA (of the 13 swimmers age 11&O entered in the meet for TEAM SEA, 11 would have qualified for Finals). Hopefully the weather will be more cooperative in 2021. Looking forward to this weekend's long course meet in Brown Deer!

Notching some of the fastest times in our team's history were Hugo Arteaga 6th 13-14 100 Backstroke 59.76, Sofia Badillo 6th 13-14 100 Butterfly 1:04.52, 4th 13-14 100 Backstroke 1:01.95, and Isabelle Buhler 7th 17-18 200 Breaststroke 2:43.29.

Athletes who dropped five or more seconds included Sofia Badillo -12.97 500 Freestyle 5:49.67, Rylie Bergemann -15.47 400 IM 5:45.67, Lindsey Hohnl -15.36 200 Backstroke 2:52.95, Shaelyn Jensen -10.00 100 IM 1:19.19, and Mac Thomas -37.05 500 Freestyle 5:50.76.

Congratulations to Max Bergemann on swimming in his first meet ever!

Swimming new events in a meet is an important step in the development of swimmers. Kudos these TEAM SEA swimmers on racing new events last weekend in Michigan: Alessandra Arteaga 500 Freestyle, 100 Butterfly, Jack Borzynski 400 IM, 200 Breaststroke, and Ava Kerbawy 200 IM, 100 Breaststroke.

Gold Medalist: Hugo Arteaga (500 Freestyle, 200 Freestyle), Sofia Badillo (100 Backstroke), Zoe D'Alessandro (200 Breaststroke)

Silver Medalist: Hugo Arteaga (50 Freestyle, 100 Backstroke), Natalia Badillo (200 Breaststroke), Zoe D'Alessandro (100 Breaststroke), Mac Thomas (200 Breaststroke, 50 Freestyle)

Good luck this weekend!

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 January 20, 21.

Duckpin Bowling Scheduled for January 26

We'll be heading up to the Thirsty Duck in Wauwatosa for another round of Duckpin Bowling. This is our second year conducting this event and it was well received last year. Spots are limited so contact Coach Neil early if you're planning on attending.

This event will take place at the Thirsty Duck (11320 W. Bluemound Road, Wauwatosa) from 11:00 AM to 12:30 PM. Cost is \$15 per person and 1.5-hours of bowling and giant pretzels. This event is limited to 30 team members.

Do not forward payment - your escrow account will be charged for this event.

Attending to date:

Coach Neil	Coach Katie	Coach Alyssa
Coach Dana	Kim Wergin	
Steve Hall	Zoe Chartrand	Neil Wright III
Quinn Wright	Charlotte Wright	Lindsey Hohnl
Ian Hohnl	Mike Hohnl	Melissa Hohnl
Gabi Peterman	Justin Peterman	Maria Peterman

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.

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.

Tryouts Scheduled for January 27

TEAM SEA has another Tryout scheduled for new and interested swimmers on Monday, January 27 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 Monday, February 10 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.

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). The deadline to declare your intentions is March 20, 2020.

Swimmers interesting in attending include Megan Schultz, Mac Thomas, Macie Ritter, Josh Abel, Rylie Bergemann, Hugo Arteaga, Joe Skantz.

We may need a chaperone or two depending on the number of swimmers attending. Parents interesting in chaperoning include Kim Wergin, Lindsey Thomas, Erik Bergemann.

: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!

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 Swim-a-Thon

The Annual TEAM SEA Swim-a-Thon is scheduled for Friday, January 24 at Horlick High School from 5:30 p.m. to 8:00 p.m. 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 – Hohnl	Case of water – Keland
Juice boxes – Steenrod	Juice boxes – Marini and Peterman
Fruit plate – Peterman	Fruit plate –
Veggie plate – Kaprelian	Veggie plate – Arteaga
Brownies – Thomas	Brownies –
Paper plates – Schurman	Paper plates – Gutknecht
Napkins – Schurman	Napkins – Stingl
Pretzels – Steenrod	Popcorn – Vitek

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
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.

Swimmer Spotlight

Elizabeth Stratman
Age: 16
Group: Senior
Role Model: My parents
Favorite Stroke: Breaststroke or Freestyle
Favorite Event: 50 Freestyle
Favorite Swimmer: Missy Franklin or Katie Ledecky
Future Goal: To get my 100 Breaststroke down
Hobbies: Art, Drawing
Famous Person You'd Like to Meet: Tom Holland
Favorite Book: Between Shades of Gray



January Birthdays

Sofia Badillo, Nicholas Foster, Fiona Marini, Evan Olsen.

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 State

Brady Moore	
<i>Who's next?</i>	<i>It could be you!</i>

13&O State

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

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	CJ Trask
<i>"If you think you can</i>	<i>do a thing or think</i>
<i>you can't do a thing,</i>	<i>you're right."</i>
<i>Henry</i>	<i>Ford</i>

YMCA Nationals

Natalia Badillo	Mac Thomas
Megan Schultz	
<i>Three is a magic</i>	<i>number,</i>
<i>but four is</i>	<i>MORE!</i>

ISCA Elite Showcase Classic

Hugo Arteaga	Zoe D'Alessandro
Mac Thomas	CJ Trask

Extended Calendar

January

18-19 SEA meet
24 Swim-a-Thon, no practice
26 Duckpin Bowling
27 Tryouts
28 No practice (no pools available)
31-2 SSTY meet

February

10 New family orientation and registration
15-16 NBSC meet
21-23 WI LSC Regionals
24 Parent board meeting at Horlick
28-1 12&U USA State

March

5-8 13&O USA State
14-15 Wisconsin YMCA Regionals
20 Deadline to sign-up for the 13&O
Training Trip
20-22 YMCA State
23 Team Picture
30-3 YMCA Nationals

April

8-11 ISCA meet
21 Spring & Summer Season begin

TEAM SEA Parent Board

President

Jeff Peterson - petersonj12@gmail.com

Vice President

Ben Foster - BenFoster311@gmail.com

Treasurer

Britney Bilgrien - babelgrien@gmail.com

Registration

Missy Reischl - mjreischl@outlook.com

Meet Director

Amy Bergman - bergman_family@att.net

Secretary

Katie Ritter - krritter717@att.net

Officials

Jose Arteaga - josearteaga@gmail.com

Fundraising

Shay Borzynski - sborzynski@gmail.com

Head Coach

Neil Wright - south.eastern.aquatics@gmail.com

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

Did You Know?

When you introduce new swimmers to TEAM SEA and they join, your escrow account is credited \$50. Take advantage!