

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 30, 2020

Head Coach Notes

Thanks to Shay and all of her TEAM SEA helpers who ran a great Swim-a-Thon last Friday. We should have totals soon. Congratulations to all the swimmers who swam their hearts out and covered a ton of yards during the hour swim - very impressive.

Duckpin Bowling was a fun time last Sunday at The Thirsty Duck. Coach D ended up with the high score of 210. Plenty of pictures on our Facebook page for those who have never been. Join us in 2021!

We conducted one final Tryout this past Monday. Five swimmers stopped in to see what TEAM SEA was all about. You'll see some of them in the lanes practicing over the next two weeks ... please welcome them!

We are very excited for this weekend's A+ meet. This is one of the largest meets in the Midwest and draws a lot of stiff competition. Good luck to TEAM SEA during the three day meet! Rock those blocks and stay focused on the process of swimming fast!

You can sign-up for WI LSC Regionals through February 10. This meet is available to all swimmers and will be held at Aug. Prep in Milwaukee. Take advantage of this meet which offers all events for every age-group (new for 2020, 50s of stroke for 13&O swimmers).

Good news, when the high school boys' season finishes up, we will move our Senior training group to Park High School. This is needed because once the high school boys return to the team, we will be very crowded at Horlick. The dates Seniors will train at Park are:

February 18, 19, 20, 24, 25, 26

March 2, 3, 4, 9, 10, 11, 12, 16, 17, 18,
19

All other dates Seniors will train at Horlick (except for February 14 and 17 - see below).

RUSD is closed on February 14 and 17. We will practice at Sealed Air YMCA on those days (with augmented practice times).

Friday, February 14

Senior, 10 AM-12:30 PM

Gold, 12:30 PM-2:15 PM

Silver, 2:15 PM-3:15 PM

Monday, February 17

Senior, 1 PM-3:30 PM

Gold, 1:45 PM-3:30 PM

Silver, 3:30-4:30 PM

Bronze, 3:30-4:30 PM

We now have the minimum of ten swimmers planning on attending this June's 13&O Training Trip! The deadline to sign-up is March 20. If you would like to attend, please let me know.

Please save these dates for our Spring & Summer meets:

May 2-3 - Early Bird in Brown Deer

May 29-31 - Pirate Plunge in Brown Deer

June 26-27 - Summer Sizzler in Kenosha

Our Spring & Summer Season will begin Tuesday, April 21.

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).

Thanks for reading!

SSTY A+ Meet Information

This weekend we'll be racing in Brown Deer (9240 N. Green Bay Road) during the 40th Annual A+ Open.

Friday warm-ups begin at 3:00 PM, meet begins at 4:05 PM and is scheduled to end at 6:14 PM (South pool Senior women, North pool all other age-groups).

Saturday Prelims (13&O) warm-ups begin at 7:15 AM, meet begins at 8:35 AM and is scheduled to end at 12:34 PM (South pool Senior women, North pool all other age-groups).

Saturday PM (12&U) warm-ups begin at 12:30 PM, meet begins at 1:15 PM and is scheduled to end at 1:20 PM (North pool 8&U).

Swimmers advancing to Finals Saturday evening should check with Coach Neil on what time to return for warm-ups (Final competition begins at 5:35 PM and takes place in the North pool).

Sunday AM warm-ups begin at 11:15 AM, meet begins at 12:30 PM and is scheduled to end at 4:05 PM (South pool Senior women, North pool all other age-groups).

Drive safe, swim fast, have fun!

Upcoming Meets

Date	Meet	Entry Deadline
Jan. 31-2	SSTY	Closed
Feb. 15-16	NBSC	Closed
Feb. 21-23	WI LSC Regionals	Feb. 10
Feb. 28-1	12&U State	Feb. 23
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.

Thanks again to everyone who helped out or participated in our Swim-a-Thon last Friday. This is such a fun event and it challenges the athletes. We were significantly surprised by the distances they swam; an hour of continuous swim is harder than it seems.

Tryouts were held this past Monday and we have a few new faces on deck, welcome any new athletes and families. Keep sharing how awesome Team SEA is, the more the merrier! If anyone you know is interested in joining let us know and we can set up a time for a tryout.

This year I set a resolution to read more, my first book of the year is *The Swimmer's Mind* written by Will Jonathan. Learning from experience and observation, I thought that we neglect to train the mind of an athlete. We all have experiences with nervousness, feeling anxious, and self-doubt. I have set to find out what causes this and what we as coaches can do to create a more confident athlete.

One of the biggest things I have learned so far is to have fun! We need to remind the athletes what is fun about the sport and continue to make training and meets enjoyable. Yes, practice is hard, meets are disappointing sometimes, but being able to find the 'fun' in each moment will also create a more confident athlete. I have posted a link to the book on our

Facebook page, along with some activities we have done related to it.

Stay tuned for more activities! If you don't already follow team SEA on Facebook and Instagram.

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.

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.

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 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. The deadline to sign-up is March 20, 2020.

Swimmers attending include Megan Schultz, Mac Thomas, Macie Ritter, Josh Abel, Rylie Bergemann, Hugo Arteaga, Joe Skantz, Zack Kopsea, Natalia Badillo, Sofia Badillo.

We may need a chaperone or two depending on the number of swimmers attending. Parents interesting in chaperoning include 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.

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

<i>Order By</i>	<i>Delivery On</i>
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

Matthew Thornton
 Age: 10
 Group: Bronze
 Role Model: My Dad and Mom
 Favorite Stroke: Breaststroke
 Favorite Event: The Christmas Party Event
 Favorite Swimmer: Not really
 Future Goal: I actually don't know
 Hobbies: I like to play video games with my Dad and play with Goojitzu figures with my brother
 Famous Person You'd Like to Meet: Bruno Mars
 Favorite Book: The Last Wild



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	Jack Borzynski
Ava Rydzewski	
<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 do a thing or think you can't do a thing, Henry</i>	<i>do a thing or think you're right." Ford</i>

YMCA Nationals

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

ISCA Elite Showcase Classic

Hugo Arteaga	Zoe D'Alessandro
Mac Thomas	CJ Trask

Extended Calendar

January

31-2 SSTY A+ 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

20 Tryouts

21 Spring & Summer Season begin

May

2-3 SEA Early Birth

7 Annual Banquet, no practice

8-9 MMSC Open

25 Memorial Day, no practice

29-31 SEA Pirate Plunge

TEAM SEA Parent Board

President

Jeff Peterson - petersonj12@gmail.com

Vice President

Ben Foster - BenFoster311@gmail.com

Treasurer

Britney Bilgrien - babilgrien@gmail.com

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Missy Reischl - mjreischl@outlook.com

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Katie Ritter - kr Ritter717@att.net

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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!