

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.

October 10, 2024

Neil's Notes

We have hit the ground running and amazingly almost all of the swimmers who tried out during the last two weeks have signed on with TEAM SEA. Wow!

So, this places TEAM SEA in the category of "growing pains." We are actively searching for another coach to help out Monday-Thursday, 5:30-6:30 PM (especially during our Bronze level practices). We have a few "feelers" out there, but if you know of someone who is passionate about swimmers and is amazing with children, do please reach out to me. We are not interested in hiring "warm bodies" so please be very selective when suggesting a possible coach.

Meanwhile, we have our first meet of the season this weekend. Twenty-six of our swimmers are heading to Mequon to race in the OZ Fall Classic. Please carefully read the next section of this newsletter as it contains all the information you'll need to experience a great event. However, if you do have any questions, don't hesitate to reach out.

This newsletter is chalk full of information. As my senior English seminar professor would say, you don't need to know everything, just where to find the information you're searching for. As you read through our weekly newsletters and website, if you are ever confused about anything you come across, call, email, or text me. Families should never be confused about anything TEAM SEA related!

The next meet we are attending is our Pentathlon event. If you would like your swimmer entered in the meet, simply email me and I will be happy to add them to the roster.

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).

OZ Fall Classic Meet Information

Our first meet of our new season is already here! We are heading to Homestead High School (5000 W. Mequon Road in Mequon). This venue is 45-60-minutes from the Racine area depending on your location.

Warm-ups are assigned, please be on time. Coach Joanna will be on deck Friday evening and for the AM sessions. Coach Neil will be on deck for the PM sessions. The meet landing page was shared via the weekly newsletter email. If you need any help with the logistics of this event, please contact Coach Neil and he will be happy to help you.

Please be aware there is a Halloween 5K on Sunday and all swim meet participants will park in front of the school and enter through door #3 of the fieldhouse.

Friday warm-ups run 4:30-5:15 PM in lane 7 of the warm-up pool, meet begins at 5:35 PM and is scheduled to end at 9:15 PM.

Saturday AM warm-ups for 12&U swimmers run 7:00-7:50 AM in lane 7 of the warm-up pool, meet begins at 8:05 AM and is scheduled to end at 11:47 AM.

Saturday PM warm-ups for 13&O swimmers run 12:00-12:45 PM in lane 7 of the warm-up pool, meet begins at 1:00 PM and is scheduled to end at 3:24 PM.

Sunday AM warm-ups for 12&U swimmers run 7:00-7:45 AM in lane 6 of the competition pool, meet begins at 8:05 AM and is scheduled to end at 10:54 AM.

Sunday PM warm-ups for 13&O swimmers run 11:15 AM-12:00 PM in lane 6 of the competition pool, meet begins at 12:15 PM and is scheduled to end at 3:31 PM.

Drive safe, swim fast, have fun!

Upcoming Meets

Date	Meet	Entry Deadline
Oct 11-3	OZ Fall Classic	closed
Nov 3	SEA Pentathlon	10/19
Nov 8	Conference Meet	10/28
Nov 17	SSTY Fall Invite	11/10
Dec 6	Conference Meet	TBA

Dec 7-8	Y-Finalist	11/25
Dec 14-15	Single Age State	TBA
Jan 11-12	SEA Penguin Challenge	TBA
Jan 19	Conference Meet	TBA
Jan 26	J-HK 8&U All Star	TBA
Jan 31-2	SSTY A+	TBA
Feb 9	Conference Champs	TBA
Feb 21-23	WI LSC Regionals	TBA
Feb 28-2	WI LSC Senior State	TBA
Mar 1-2	WI LSC 10&U State	TBA
Mar 7-9	WI LSC 11-12 State	TBA
Mar 15-16	YMCA Sectionals	TBA
Mar 21-23	YMCA State	TBA
Mar 31-4	YMCA Nationals	TBA

New Family Meeting Scheduled

To assist our new families in understanding the ins-and-outs of TEAM SEA, we have scheduled a new family meeting on Monday, October 21 at 6:00 PM in the lobby of the Racine Aquatic Center. We hope you can attend, but if you are unable - and have questions, concerns, or comments - please reach out to Coach Neil and he will be happy to assist you.

Please understand, there is a huge learning curve when joining a competitive swim team. You will not know everything right away, but that's okay! Ask any veteran family and they will attest, after the first year, everything becomes a lot clearer!

Glowstick Halloween Party

Our annual Glowstick Halloween Party is scheduled for Friday, October 25. Unfortunately, the Park High School pool is down with a broken heater. Hopefully it is repaired sooner rather than later. We will patiently keep our fingers and toes crossed and hope we will be able to rescheduled this event at a later time. Please watch this section of the newsletter for updates!

YMCA National Required Meets

Athletes qualified for, working towards, or may be attending as a relay swimmer will need to ensure they attend the following list of meets in order to at YMCA Nationals which will take place in Greensboro, NC, March 31-April 4, 2025.

High School Boys

November 17, SSTY Fall Invite

December 7-8 Y-Finalist (at least one day, but would be great to race both); will need permission from your high school coach and athletic director)

March 15-16, YMCA Sectionals

March 21-23, YMCA State

High School Girls

November 17, SSTY Fall Invite

December 7-8, Y-Finalist

March 15-16, YMCA Sectionals

March 21-23, YMCA State

Non-High School Swimmers

November 17, SSTY Fall Invite

December 7-8, Y-Finalist

March 15-16, YMCA Sectionals

March 21-23, YMCA State

High School Athlete Rep Needed

With the recent departure of Rylie Bergemann (who left for college this past August), we are in need of an alternate athlete rep.

Gabi Peterman was our alternate athlete rep, but now is our designated athlete rep.

If you are in high school and would like to be listed as TEAM SEA's alternate athlete rep, please speak with Coach Neil. There's very little time required (a few meetings per year) and you will get to learn a lot about the "dry-side" of competitive swimming in our state and nationally. Take advantage!

2025 13&O Training Trip

Since 1999, every two years all athletes' 13&O are extended the opportunity to attend a week-long training trip with their teammates and TEAM SEA.

Our next trip is tentatively scheduled for June 22-29. A minimum of 14 athletes must attend this trip for it to take place.

The trip has averaged out to \$1200-\$1500 per swimmer over the years and we usually drive, stay, and train in the Panama City Beach, FL area.

Families interested in sending their swimmer(s) should forward a \$100 downpayment by Monday, December 2.

We will also need two chaperones to join Coach Parker on this event. Priority will be given to those parents who have not had an opportunity to attend. Lodging and travel expenses will be covered. Duties for chaperones include driving, cooking, and supporting our athletes in a positive manner.

Please contact Coach Neil you would like to attend or need more information.

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

<i>Order By</i>	<i>Delivery On</i>
October 13	October 17-18
November 18	November 21-22
December 16	December 19-20
January 20	January 23-24
February 17	February 20-21
March 17	March 20-21

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.

OST (Off-Season Training)

OST will be offered between the end of the Fall & Winter Season and the beginning of the Spring & Summer Season (March 24-April 17, 2025).

OST represents an opportunity for our athletes to "bridge the gap" between seasons. It allows them to keep a feel for the water during the off-season and affords them a change to really focus on the little things that make for fast swimming (starts, breakouts, turns, and finishes).

OST will be offered for four weeks (Monday-Thursday, March 24-April 17) and lead by Coach Joanna and Coach Parker. Bronze and Silver will swim 5:00-6:00 PM and Gold and Senior will swim 6:00-7:30 PM with each week covering starts, breakouts, turns, and finishes

for one stroke each week (the order by weeks is Freestyle, Backstroke, Breaststroke, Butterfly).

The fee for Bronze and Silver is \$120 for all four weeks or \$30 per week. The fee for Gold and Senior is \$160 for all four weeks or \$40 per week. Swimmers can al-a-carte which weeks they would like to attend.

To attend, simply email Coach Neil stating which week(s) your swimmers plans on attending and forward payment on the first practice your they attends.

All practices will be held at the RAC.

October Birthdays

Aubrey Becker Eden Cayemberg, Silas Coughlin, Saria Foster, Kylie Greiner, Adeline Hell, Nate Steenrod, Kennedy Thomson, Molly Warren, Bria Widmar, Valeria Zavala Lopez.

Extended Calendar

October

- 11-13 OZ Fall Classic
- 25 Annual Halloween Party @ Park HS

November

- 3 SEA Pentathlon
- 8 Conference Meet
- 9 WIAA Girls Sectionals
- 16 WIAA Girls State
- 17 SSTY Fall Invite
- 18 HS Boys Season begins
- 28-29 No practice, Happy Thanksgiving

December

- 6 Conference Meet
- 7-8 Y-Finalist Meet
- 14-15 Single Age State
- 24-25 No practice, Merry Christmas
- 31 No practice, Happy New Year's Eve

January

- 1 No practice, Happy New Year
- 11-12 SEA Penguin Challenge
- 19 Conference Meet
- 26 J-HK 8&U All Star
- 31-2 SSTY A+

February

- 9 Conference Champs
- 15 WIAA Boys Sectionals
- 21-23 WI LSC Regionals
- 22 WIAA Boys State
- 28-2 WI LSC Senior State

March

- 1-2 WI LSC 10&U State
- 7-9 11-14 WI LSC State
- 15-16 YMCA Sectionals
- 21-23 YMCA State
- 24 Tryouts, 5:30-6:30 PM @ RAC
- 24 OST begins (runs through April 17)
- 31-4 YMCA Nationals

April

28 First day of Spring & Summer practice

May

3-4 16th Annual SEA Early Bird

30-1 10th Annual SEA Pirate Plunge

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.

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