

## 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 3, 2025

### Neil's Notes

Welcome to the 2025-2026 Fall & Winter Season (our 42<sup>nd</sup> year)! Great to be back in season hanging out and working with some of the coolest swimmers and coaches around. The energy on deck is amazing! Welcome back everyone!!

We had 16 swimmers attend tryouts last week and they are currently "testing the waters" here at TEAM SEA. A majority of them were Bronze level and they are high energy and learning fast. It's a lock Coach Joanna will whip them into 100 IMers in no time at all!

Please ensure you have registered online if you are paying your swim tuition in full or submitted your first payment if you are paying your swim tuition monthly. Thanks.

We already have a meet deadline! As usual, our first meet of the new season sees us heading to Mequon for OZ's Fall Classic. The meet runs October 17-19. Entry deadline is October 5. Email me if you would like to have your swimmer entered in the meet. This is a USA Swimming sanctioned event and all swimmers attending must have a current USA Swimming Membership. The link to register for a USA Swimming Membership can be found in the weekly newsletter email - if you need assistance, please contact me.

Additionally, we will be hosting our first meet of the season on Sunday, November 2 at RAC. All swimmers are encouraged to enter and families should secure one volunteer spot by visiting our website at HOSTED MEETS/MEET VOLUNTEER SIGN-UP. Reach out if you are confused on the sign-up practice and we'll be happy to help!

Communication is important here at TEAM SEA. Families should never be confused about anything swim team related. If you have a question, please contact me. We are here for our swimmers, but also our parents. We have your back!

We would like to take this time to welcome a new coach to TEAM SEA. Ben Keller has recently moved to the area and will be our

lead coach for Silver this season. He is no stranger to Wisconsin and has a great background to share with our swimmers. Read all about Ben in the next few paragraphs ...

Dear TEAM SEA Families,

My name is Ben Keller, and I am excited to introduce myself as the new Silver Coach. I'll also be helping out with other groups throughout the season, and I'm really looking forward to working with all of you.

A little bit about me: I started swimming with Ozaukee Aquatics when I was 7-years-old and continued through high school at Cedarburg. I then swam for five years at UW-Eau Claire, where I was fortunate to earn honors such as WIAC Swimmer of the Year, as well as hold conference and team records in events like the 400 IM, 1000 free, and the mile. I also achieved NCAA B cuts in the mile, 400 IM, and 200 IM.

Outside of competing, I've gained valuable coaching experience with Ozaukee Aquatics, the Eau Claire YMCA, and had the privilege of working with the Stanford program the past two summers in California. Currently, I'm a Physical Education teacher at Wadewitz Elementary in Racine.

I am truly excited to join TEAM SEA and work with such a dedicated group of swimmers and coaches. I can't wait to bring my experiences, passion for the sport, and energy to the pool deck and help our athletes continue to grow and succeed.

Looking forward to a great season ahead!

Best,

Ben Keller

Welcome to TEAM SEA Coach Ben! We are blessed to have you on deck working with our swimmers.

As we begin the new season, we would like to refresh everyone on some standard operating procedures.

- 1) Swimmers should never leave their belongings in the locker rooms (unless they are using a lock), please

have your swimmers keep their items on the pool deck.

- 2) Locker rooms are not play areas. At the conclusion of practice, swimmers have 15-minutes to shower, change, and depart for home.
- 3) Family and friends can view practice from the spectator stands upstairs at RAC, Carthage, Bradford, and from the lobby at the YMCA.
- 4) Do not drop off your swimmer at practice unless you are sure a SEA coach is on deck. Coaches will be on deck beginning at 5:15 PM. In addition, please plan on picking up your swimmer no later than 8:40 PM.
- 5) TEAM SEA is a bully-free swim team and bullying of any kind will not be tolerated (whether physical or verbal).
- 6) Finally, your job as a parent is fairly simple – love, support, transport. Love your swimmer unconditionally, support them by ensuring they have everything they need and volunteering behind the scenes, and transport them to and from practices and meets. Leave the coaching to the paid professionals. (If you need help organizing carpools, please reach out and we will be happy to assist you.)

For those who haven't heard, Coach Joanna has taken over the Racine Co-Op girls' swim team and is doing a great job. With her new role comes added responsibilities that will take her away from TEAM SEA practice occasionally. Be advised, there will be some shuffling of the coaching staff when Coach Joanna is off deck attending a high school swimming function, but all practices will continue to run smoothly and effortlessly.

Finally, we have added a new Prelim/Final meet to our meet schedule this season ... Arena Mid-Season Showdown. This meet will be held at Waukesha South High School on November 21-23 and is open to all swimmers interested in attending. Saturday is Prelim/Final for 11-12, 13-14, and Senior (timed final for 10&U) with a nice selection of distant events on Friday evening and timed finals on Sunday for all age-groups. Don't miss out!

Please note, the information in our weekly newsletter changes from week-to-week. Dates and times for upcoming events are fluid and can change. Please ensure you are reading the latest newsletter so you are up-to-date!

I can be reached at 262.994.3157 or [south.eastern.aquatics@gmail.com](mailto: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).

### Upcoming Meets

Date	Meet	Entry Deadline
Oct 10-12	OZ Fall Classic	10/5
Oct 30	Sprint Time Trials	10/29
Nov 2	SEA Pentathlon	10/19
Nov 13	MD Time Trials	11/12
Nov 14	Conference Meet	tba
Nov 16	YMCA Invite	tba
Nov 21-23	Mid-Season Showdown	10/10
Dec 5	Conference Meet	tba
Dec 6-7	YMCA Finalist	tba
Dec 12-14	RA Distance Classic	11/30
Dec 13-14	Single Age State	tba
Dec 18	Distance Time Trials	12/17
Jan 10-11	SEA Penguin Challenge	12/28
Jan 18	Conference Meet	tba
Jan 23-25	Chase Strong Invite	12/20
Jan 25	J-HK 8&U All Star	tba
Feb 8	Conference Champs	tba
Feb 20-22	Regionals	tba
Feb 27-1	Senior State	tba
Feb 28-1	10&U State	tba
Mar 6-8	11-14 State	tba
Mar 14-15	YMCA Sectionals	tba
Mar 20-22	YMCA State	tba
Mar 30-3	YMCA Nationals	tba
May 2-3	SEA Early Bird	4/19
June 5-7	SEA Pirate Plunge	tba
June 19-20	SEA Summer Sizzler	tba

### Canceled Practice Dates

We have a few dates scattered throughout the season where we lose pool time at RAC (usually for high school dual meets, college meets, and holidays) and cannot secure pool time at any of our back-up pools. We are unable to conduct practice on the following dates:

October 7 and 21

November 26

Please watch this area of the newsletter for additional dates that may be added in the future.

### Glowstick Halloween Party

Our annual Glowstick Halloween Party is scheduled for Friday, October 24. This fun event will take place at the Racine Aquatic Center. The fun begins at 5:30 PM for all TEAM SEA swimmers (all practices this evening are canceled).

We will conduct a team wide practice and then slide into some games and relays.

Chick-fil-a sandwiches will be provided for all swimmers and families. A list of other items for families to donate can be found below. Please contact Coach Neil if you are willing to help make this event a success by supplying a donation.

Veggie try (need two) -

Fruit platter (need two) -

Brownies (need three) -

Single serving juice boxes/bags (need a handful of these) -

Case of water (need three) -

Box of single serving chips (need three)

-

Paper plates & napkins (need 100 of each) -

If there is something else parents think would be cool to bring, please reach out to Coach Neil and let him know.

Looking forward to a great night of fun!

### **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 20 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! Speak with any coach and they will attest, after the first year, everything becomes a lot clearer!

### **New Time Trial Meets This Season**

In an effort to give our athletes an opportunity to race during the week, we will conduct three time trial meets this season. These meets will give veteran swimmers a chance to "see where they are" with their training and will give our developing swimmers an opportunity to experience a meet-type situation and collect some seed times for any meets they end up attending during the season.

These time trials will be offered in lieu of practice. To sign-up, simply email Coach Neil.

The dates for our time trial meets are: October 30 (Sprint Time Trials), November 13 (Middle Distance Time Trials), and December 18 (Distance Time Trials).

Take advantage of this opportunity!

### **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 meets in order to race at YMCA Nationals which will take place in Greensboro, NC, March 30-April 3, 2026.

- 1) November 17, YMCA Invite
- 2) December 7-8 Y-Finalist (high school boys will need permission from their high school coach and athletic director)
- 3) March 15-16, YMCA Sectionals
- 4) March 21-23, YMCA State

### **Chase Strong Invite Senior Trip**

We have been attending the Chase Strong Invite for the past three years. It's a great meet at a newer facility on the campus of Center Grove High School (a suburb of Indianapolis) and the competition is such that most of our Senior swimmers who have attending were able to score second swims.

We are attending the meet again this year (weekend of January 23-25, 2026) and all swimmers are welcome to attend.

New year this, our Senior level athletes can attend the meet as a travel meet and travel to and from the meet with Coach Neil (additional coaches will attend depending on the number of swimmers planning on attending).

The cost is yet to be worked out, but as of today includes \$60 entry fee (we will need to figure our lodging and transportation and this depends a lot on the number of swimmers interested in attending).

Watch this section for more information! To add your name to the list, please contact Coach Neil by October 31<sup>st</sup>! This is a new idea for TEAM SEA, but can be viewed similar to our bi-annual training trip (without all the training and the beautiful emerald coast beaches).

### **RaiseRight Fundraising Information**

SEA offers RaiseRight (formerly 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](http://www.sea-y.org/scrip)) – you can also read about PrestoPay on that page too.

Your order can be placed at [www.shopwithscrip.com](http://www.shopwithscrip.com) by use the SEA enrollment cord (please email Coach Neil at [south.eastern.aquatics@gmail.com](mailto: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 12	October 16-17
November 9	November 13-14
December 14	December 18-19
January 11	January 15-16
February 8	February 12-13
March 8	March 12-13

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](mailto:south.eastern.aquatics@gmail.com).

#### October Birthdays

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

#### Extended Calendar

##### October

17-19 OZ Fall Classic  
20 New Family Meeting  
24 Annual Halloween Party  
30 Sprint Time Trials

##### November

2 16<sup>th</sup> Annual SEA Pentathlon  
8 WIAA Girls Sectionals  
13 Middle Distance Time Trials  
14 Conference Meet  
14 WIAA D2 Girls State  
15 WIAA D1 Girls State  
16 YMCA Invite  
17 HS Boys Season begins  
21-23 Arena Mid-Season Showdown  
27-28 No practice, Happy Thanksgiving

##### December

5 Conference Meet  
6-7 YMCA Finalist  
12-14 RA Distance Classic  
13-14 Single Age State  
18 Distance Time Trials  
24-25 No practice, Merry Christmas  
31 No practice, Happy New Year's Eve

##### January

1 No practice, Happy New Year  
10-11 20<sup>th</sup> Annual SEA Penguin Challenge  
18 Conference Meet  
23-25 11<sup>th</sup> Annual Chase Strong Invite  
25 J-HK 8&U All Star

##### February

8 Conference Champs  
14 WIAA Boys Sectionals  
20 WI D2 Boys State  
21 WIAA D1 Boys State  
20-22 Regionals  
27-1 Senior State  
28-1 10&U State

##### March

6-8 11-14 State  
14-15 YMCA Sectionals  
20-22 YMCA State  
30-3 YMCA Nationals

##### April

20 Tryouts for new swimmers  
21 Annual Banquet  
22 Spring & Summer Season begins

##### May

2-3 17<sup>th</sup> Annual SEA Early Bird  
25 No practice, Memorial Day

##### June

5-7 11<sup>th</sup> Annual SEA Pirate Plunge  
19-20 16<sup>th</sup> Annual SEA Summer Sizzler

#### How to TEAM SEA

In this section of the newsletter, you'll be able to review some of the processes involved with TEAM SEA. If you need additional help in understanding anything TEAM SEA related after reading this section, please reach out to Coach Neil. Please note this section is under construction and will be updated throughout the season.

#### *How do we sign-up our swimmers for meets?*

To enter your swimmer in any meet on our meet schedule (which can be viewed online at MEMBERS/MEET SCHEDULE or earlier in this newsletter) simply email Coach Neil stating which meet you plan on having your swimmer race in (please include the day(s) you plan on having your swimmer race if the meet is multiple days). 95% of our family's leave event selection up to the coaching staff (you are

welcome to select your swimmer's events and if you do, please include them in the email you send).

Family's can view meet information, entries, meet fees, and final results online on the MEET SCHEDULE page. Families should view their escrow account via MEMBERS/ESCROW ACCOUNT throughout the season and forward meet fee payments via check (payable to SEA) or cash to any coach on deck.

***How do we purchase TEAM SEA swim caps?***

Coach Neil has TEAM SEA swim caps with him at practices and meets. Cost for silicone is \$20 and latex is \$5. What's the difference between the two caps ... basically, thickness. These days, most swimmers prefer silicone, but to each their own.

***How many practices should my swimmer attend?***

General rule of thumb: Bronze and Silver 2-3, Gold 4-5, and Senior 5-6.

***How do I receive emails?***

If you are currently not receiving weekly newsletter emails and other updates, please send an email to Coach Neil at [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com) and he'll ensure your email is added to the database.

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