

## 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 31, 2019

### Head Coach Notes

Happy Halloween?

We are hosting our first meet of the season this Sunday in Kenosha. This year's meet consists of three teams and will run very quick. For those waiting for their meet worker t-shirts ... they were delivered this week and will be available for pick-up at the meet thanks to Jeff Peterson.



We had nine more swimmers attend Tryouts last Monday. They will be swimming with us during the next two weeks ... please make them feel welcome!

Remember, we are hosting our annual Halloween party this Friday, 5:30-8:00 p.m. This event is open to ALL swimmers and is a lot of fun! Hope to SEA you there!!

RUSD has passed their next budget and it included \$21-\$23 million for a new community aquatics complex. This pool is scheduled to break ground in the Spring of 2020 and be operational Spring 2021. Good news for the local swimming community.

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!

Reminder ... 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 and refrain from coaching your swimmer. Thank you.

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

### SEA Meet Information

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



The SEA meet will take place at the RecPlex Aqua Arena this Sunday. 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 11:18 a.m.

Drive safe, swim fast, have fun!

### Upcoming Meets

Date	Meet	Entry Deadline
Nov. 30	SEA	Closed
Nov. 10	KENO	Nov. 1
Nov. 17	SSTY	Nov. 7
Nov. 22-24	HPAC	Nov. 14
Dec. 6-8	SSTY	Nov. 9
Dec. 14-15	12&U State	Dec. 8
Jan. 10-12	RAYS	Dec. 1
Jan. 18-19	SEA	Jan. 4

### Katie's Kickboard

Hello again!

We hope everyone is staying warm and didn't have to shovel too much snow today. I hear this is the first snow fall southeast Wisconsin has had on Halloween! Trick-or-treating might be a little different this year,

bundle up and don't eat all your candy in one sitting!

Our first SEA meet is quickly approaching, we will have all hands-on deck. Both Bronze and Silvers will end this week working on perfecting their starts, turns, and finishes. Make sure your athlete has an idea what they are swimming come Sunday. The list of events for each athlete are posted on our Meet Information page.

To prepare for meets it is important we stay focused in and out of the pool. Reminding ourselves about proper technique, finish, or turn for each event. Along with getting plenty of sleep the night before. Packing yourself snacks, water, or Gatorade will also help you stay fueled and energized throughout the meet.

Bronze and Silvers will be working on their goals this coming Monday! We will brainstorm together SMART goals for this season. Golds have completed their goal sheets and will start reviewing them with me next week. If you are a Gold and still need to complete your goal sheet, I will have extras at practice.

Don't forget to check out the Meet Information page for upcoming meets and deadlines. If you are interested in signing your athlete up please email Neil and I with your intentions. Stay warm and Happy Halloween!

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

### Fundraising Update from Shay Borzynski

We are still waiting on a few fundraising guarantee checks. If you haven't turned yours in yet, please get those turned in ASAP! An email will be coming your way soon as a reminder.

Thank you to all the families who participated in the Elegant Farmer Pie Sale! We had a whopping 25 families participate this year! There were four families that fulfilled their minimum \$150 fundraising requirement and several more that are more than half the way there! Your participation really helps our team and is greatly appreciated. Pie pick-00up will be at Horlick on November 13<sup>th</sup>, 5:30-6:00 p.m.

Congratulations to the Greatest Pie Sale Winners! They will have the exciting opportunity to smash a pie in their coach's face. Look for that date to be announced soon!

Matthew Thornton-Bronze Practice Group

Evelyn and Sophie Gutch-Silver Practice Group

Brady Moore-Gold Practice Group

This year SEA is attempting to make your Christmas shopping a little easier! Our team store at Burghardt's is live and open for orders until end of day November 10th. There are a variety of items that your swimmer will love to wear to show off their team pride! Simply place your orders online and your items will be delivered to you at a team practice before Christmas. Please let me know if you have any questions! Team store linked below.



### 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 Tuesday, December 10.

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!

### Parent Board Open Positions

The SEA board is currently accepting nominations for two open board positions - treasurer and official.

The right individual for each position will be level headed, even-keeled, work well with others, can make decisions for the local swimming community that benefits all swimmers, has no axe to grind, willing to go above and beyond the call of duty, and likes to have fun.

If you have an interest in adding your name to the nomination list, please reach out to Coach Neil.

### 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.

### **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 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 meet 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 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 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](mailto:mjreischl@outlook.com) or text/call her at 262.989.9065.

### **Racine Holiday Parade, November 9<sup>th</sup>**

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

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!

Attending include: Tyler Keland, Ericka Kaprelian, Shaelyn Jensen.

**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, December 3**

Parents of all new swimmers are welcome and encouraged to meet with Head Coach Neil Wright on Tuesday, December 3 during practice at Horlick beginning at 6:00 p.m. (meeting will last 15-minutes).

This is a prefect 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](mailto: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).

**: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 Cancelation**

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 - Hohnl
Juice boxes - Peterman	Juice boxes - Gutknecht
Fruit plate	Fruit plate
Veggie plate - Peterman	Veggie plate - Moesch
Brownies - Kaprelian	Brownies
Paper plates - Moesch	Paper plates
Napkins - Greening	Napkins - Greening
Pretzels - Steenrod	Popcorn - Steenrod



## 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](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 Julie Kopsea at [jkopsea@yahoo.com](mailto: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
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](mailto:jkopsea@yahoo.com).

### October Birthdays

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



### Swimmer Spotlight

Zack Kopsea  
Age: 14

Group: Senior  
Role Model: My mom  
Favorite Stroke: Freestyle  
Favorite Event: 1000 Freestyle  
Favorite Swimmer: Zane Grothe  
Future Goal: Obtain a degree in meteorology  
Hobbies: Swimming, watch a lot of sports on TV, anything related to Indiana basketball  
Famous Person You'd Like to Meet: Michael Phelps  
Favorite Book: Hoot

### 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
<i>Who's next?</i>	<i>Is it you?</i>

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

#### YMCA Nationals

Natalia Badillo	Mac Thomas
Megan Schultz	

<i>Three is a magic</i>	<i>number, but four is</i>
<i>MORE!</i>	

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

*ISCA Elite Showcase Classic*

Hugo Arteaga	Zoe D'Alessandro
Mac Thomas	

**October Birthdays**

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

**Extended Calendar**

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

- 2 Parent board meeting at Horlick, 6:00 p.m. - all welcome!
- 6-8 SSTY meet
- 14-15 12&U mid-season State meet
- 24-25 No practice, Happy Holidays

**TEAM SEA Parent Board**

President

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Vice President

Ben Foster - [BenFoster311@gmail.com](mailto:BenFoster311@gmail.com)

Treasurer

Sheila Mrotek & Ana Arteaga - [thepowerofseatreasury@gmail.com](mailto:thepowerofseatreasury@gmail.com)

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