

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 31, 2024

Neil's Notes

Happy Halloween TEAM SEA! Head-ups ... with Halloween taking place today, we will cancel all practices this evening. We hope to SEA everyone back in the water on Friday!

Our annual Glowstick Halloween Party was great fun. Thank you to all the families who volunteered to bring items to share with all families. Hopefully next year we will be able to move this event back to Park High School ... where it's just a little bit more fun!

Our first team hosted meet of our new season is this Sunday. Warm-ups begin at 8:00 AM and racing begins at 9:05 AM. We are looking forward to a fun event and fast swimming! Read more about this meet in the next section of this newsletter. Great job signing up for ALL volunteer positions. Go SEA!

Updates and changes to our entries for this Sunday's will be taken through 8 AM tomorrow, Friday, November 1. Forward an email if needed.

Don't forget ... Daylight Saving Time ends this Sunday at 2:00 AM (our clocks fall back one hour).

Swimmers planning on attending YMCA Nationals in April need to race in four Y-only swim meets during the Fall & Winter Season. Our first Y-only meet will be held in Brown Deer on Sunday, November 17 - please be sure to declare your intention to race in this event if you plan on swimming in North Carolina later this season.

Today is your last chance to enter your swimmer our upcoming Conference meet (first one of the year). Conference meets are open to all swimmers on the team and take place at the Lake Geneva YMCA. Take advantage!

Hotel information for January's team travel meet is now available and can be viewed later in this newsletter.

If your family is paying swim tuition monthly, please note October payments were due October 24th.

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).

15th Annual Pentathlon Meet Information

We are all set for an amazing meet this Sunday at the Racine Aquatic Center. Warm-ups begin at 8:00 AM, meet begins at 9:05 AM and is scheduled to finish at 1:52 PM.

If this is your child's first swim meet, here are some helpful hints to ensure they have a great experience: all of our athletes sit together in the bleachers on deck, coaches will usher our athletes to the blocks when it's time for them to swim, heat sheets will be posted on the meet landing page Friday afternoon and will not be available at the venue so if you feel you need a hardcopy please print one at home before departing for the meet, swimmers may want to bring two towels (one to use during the meet and one to use after), and pack snacks and drinks.

TEAM SEA hosted meets are a lot of fun, but if you are new to the team, they will look chaotic. Rest assured, our swimmers are having fun, learning, bonding with their teammates, and racing their hearts out!

Drive safe, swim fast, have fun!

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Nov 3	SEA Pentathlon	10/31
Nov 8	Conference Meet	10/31
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 24-26	Chasestrong Splash P/F	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
May 3-4	SEA Early Bird	TBA
Jun 6-8	SEA Pirate Plunge	TBA
Jun 20-21	SEA Summer Sizzler	TBA
Jul 18-20	WI LSC Regionals	TBA
Jul 25-27	12&U State	TBA
Jul 31-3	13&O State	TBA

TEAM Travel Meet Details

This season we will be heading back to Center Grove, Indiana (just south of Indianapolis) to participate in the ChaseStrong Splash Prelim/Final meet, January 24-26 (this is the same event we attended last year). This is a great meet and affords our swimmers an opportunity to race in a Prelim/Final meet where it's pretty easy to score a second swim. In addition, the venue is on the campus of Center Grove High School and the pool is 50-meters with ample deck space and spectator seating.

We have a block of rooms at the Home2Suites by Hilton location ... 5215 Noggale Way. Phone is 317.851.8518. We have a block of twenty rooms (four King @ \$149 and 16 double Queen @ \$160). The hotel does offer Breakfast and free parking. Rooms are blocked under Southeastern Aquatics. Hope to SEA you racing in Indy!

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>
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 plan on

attending and forward payment on the first practice they attend.

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

31 No practice, Happy Halloween

November

3 15th Annual SEA Pentathlon

8 Conference Meet

9 WIAA Girls Sectionals

16 WIAA Girls State

17 SSTY Fall Invite

18 HS Boys Season begins

24 November payment due if paying monthly

28-29 No practice, Happy Thanksgiving

December

6 Conference Meet

7-8 Y-Finalist Meet

14-15 Single Age State

24 December payment dur if paying monthly

24-25 No practice, Merry Christmas

31 No practice, Happy New Year's Eve

January

1 No practice, Happy New Year

11-12 19th Annual SEA Penguin Challenge

19 Conference Meet

24 January payment due if paying monthly

24-26 ChaseStrong Splash Prelim/Final

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

24 February payment dur if playing monthly

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

June

6-8 10th Annual SEA Pirate Plunge

20-21 16th Annual SEA Summer Sizzler

July

18-20 WI LSC Regionals

25-27 12&U State

31-3 13&O State

August

4-28 OST

September

22 Tryouts for new families

23 Fall & Winter Season begins

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***