

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.

November 13, 2024

Neil's Notes

We have 64 athletes racing this Sunday in Brown Deer. If there are any additional swimmers who would like to enter this meet, please contact me by Noon tomorrow, Thursday, November 14.

The first State meet of the season - Single Age State - is scheduled for December 14-15 at our home pool. Entries to date along with tentative relays are posted on our website. Relays are subject to change depending on results achieved at the remaining meets prior to the Single Age State entry deadline.

The deadline to declare intentions to attend next summer's 13&O Training Trip is December 2. Read more about this opportunity later in this newsletter.

Congratulations to all our high school girls on their efforts last weekend during WIAA Sectionals. Gabi Peterman qualified to race at State in the sprint Freestyle events! Good luck Saturday!!

Save the date 8&U swimmers! We attend one annual 8&U only meet this season and it's scheduled for January 26 in Whitewater. It's a great/fun event and we hope all our amazing 8&U swimmers are able to attend. Meet information is on our website.

RAC is closed Wednesday, November 27. We have secured pool time at our YMCA with adjusted practice times ...

9:00-11:00 AM = Senior

11:00-11:45 AM = Silver

11:45 AM-12:30 PM = Bronze

12:30-2:00 PM = Gold

RUSD does not have school this day (sorry if some of our other school districts do). Additionally, we will only have access to three lanes during the hours listed above. We will make the best of our space (being able to practice is better than not).

Volunteer sign-up is now live for our January meet. Each family is required to secure two spots. Thanks in advance for supporting your swimmers' team!

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).

SSTY Fall Invite Information

Sunday, we travel north to Brown Deer (9240 North Green Bay Road) to race in this season's SSTY Fall Invite.

Warm-ups are assigned and only last for 25-minutes. Please be on time! TEAM SEA will warm-up in lanes 1-4 of the north pool, 9:00-9:25 AM. Please have your swimmers on deck ready to hop in by 8:50 AM.

The meet begins at 10:00 AM and is scheduled to end at 4:04 PM. Please view the session report on the meet landing page to figure out when your swimmers' final race will end.

Athletes racing the 1000 or 1650 Freestyle events need to supply their own timer and counter.

Drive safe, swim fast, have fun!

Upcoming Meets

Date	Meet	Entry Deadline
Nov 17	SSTY Fall Invite	closed
Dec 6	Conference Meet	TBA
Dec 7-8	Y-Finalist	11/25
Dec 14-15	Single Age State	12/8
Jan 11-12	SEA Penguin Challenge	12/29
Jan 19	Conference Meet	TBA
Jan 24-26	Chasestrong Splash P/F	TBA
Jan 26	J-HK 8&U All Star	1/17
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
Aug 7-10	14&U Zones	TBA

Conference Meet Recap & Highlights

We had another amazing meet last Friday! As a team, we posted 78% best times (87 of 111 splashes), only four DQs (two IM and one each for Backstroke and Breaststroke), and posted 14 new State qualifying times!!

New Single Age State qualifying times were achieved by Ireland Byrne 11yo 100 Freestyle 1:06.95, Ellie Staniger 10yo 50 Freestyle 33.40, Molly Staniger 8&U 50 Freestyle 40.20, Evan Steenrod 11yo 100 Breaststroke 1:33.87, and Nate Steenrod 9yo 50 Butterfly 42.27.

New USA State qualifying times were notched by Ireland Byrne 11-12 100 Butterfly 1:13.60, Matilda Gutjahr 8&U 50 Butterfly 48.16, Ellie Staniger 9-10 50 Freestyle, and Molly Staniger 8&U 50 Freestyle.

New YMCA State qualifying times were collected by Ireland Byrne 11yo 100 Freestyle, Rowan Glassen 7&U 25 Backstroke 27.19, 25 Freestyle 22.89, Matilda Gutjahr 8yo 50 Butterfly, Adeline Hell 7&U 25 Backstroke 29.11, Ellie Staniger 10yo 50 Freestyle, Molly Staniger 7&U 50 Butterfly 1:00.35, Nate Steenrod 9yo 50 Freestyle 36.69, and Brynee Widmar 7&U 50 Backstroke 1:00.61, 25 Freestyle 24.28.

Matilda Gutjahr posted the 5th 100 Breaststroke 1:44.93 and 6th 100 Freestyle 1:24.37 fastest times in our team's history for 8&U girls.

Swimming all best times included Ciara Fahy, Matilda Gutjahr, Adeline Hell, Natalie Johnson, Madelyn Kaminskis, Will Martin, Bennett Menken, Cash Peterson, Claire Speers, Evalyn Speers, Kaylee Stainger, Molly Staniger, Nate Steenrod, Zack Steenrod, Rhemy Thompkins, Aubree Van Dyke, Luke Waddle, John Westfall, Brynn Widmar, and Valeria Zavala Lopez.

Dropping five or more seconds in a single event were Ciara Fahy -15.23 200 Freestyle, Matilda Gutjahr -20.17 50 Butterfly, Adeline Hell -6.14 25 Backstroke, Charlotte Horton -18.84 100 Butterfly, Natalie Johnson -18.41 100 Backstroke, Ella Kirchenberg -23.01 100 Breaststroke, Claire Speers -27.99 100 Breaststroke, Evalyn Speers -9.13 100 Backstroke, Ellie Staniger -6.83 100 Backstroke, Kaylee Staniger -11.62 100 Butterfly, Molly

Staniger -18.83 50 Butterfly, Nate Steenrod -25.63 100 Breaststroke, Rhemy Thompkins -25.46 200 Freestyle, Aubree Van Dyke -8.66 200 Freestyle, John Westfall -31.89 100 Breaststroke, and Valeria Zavala Lopez -22.42 200 IM.

Congratulations to Rowan Glassen (first meet of her life) and Madelyn Kaminskis (first TEAM SEA meet ever)!

The coaching staff is so proud of the efforts our swimmers have demonstrated over the course of the first two meets we have raced. Continue to attend practice regularly and stay focused on the process of improving!

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 Noggle 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!

Become an Official - no experience needed

One of the important cogs in TEAM SEA operations is maintaining a strong stable of parents who are officials.

No experience is necessary and TEAM SEA reimburses any expenses associated with becoming certified.

Please contact Coach Neil if you are willing to step-up and become an official and he'll help get you started.

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 race 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

World Record Holder Jason Lezak On His Way

Save the date! Saturday, April 12 world record holder Jason Lezak will conduct a swim clinic for all TEAM SEA swimmers. Jason was USA’s anchor leg of the unbelievable 400 Freestyle Relay during the Beijing Olympics where the USA men came from behind to touch out the French team and smash the world record by four seconds (the record still stands today). We hope to SEA all TEAM SEA swimmers and parents in attendance for this amazing opportunity to learn from one of the greats!

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.

Attending includes Ryan McGillis.

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.

November Birthdays

Jordan Borzynski, Rylee Clouse, Santiago Davalos, Charlotte Gruettner, Maran Jagel, Piper Jansen, Natalie Johnson, Ashlyn Malzewski, Kaylee Staniger, Tatum Walker.

Extended Calendar

November

- 16 WIAA Girls State
- 17 SSTY Fall Invite
- 18 HS Boys Season begins
- 24 November payment due
- 28-29 No practice, Happy Thanksgiving

December

- 6 Conference Meet
- 7-8 Y-Finalist Meet
- 14-15 Single Age State
- 24 December payment due
- 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
- 24-26 ChaseStrong Splash Prelim/Final

26 J-HK 8&U All Star

February

- 9 Conference Champs
- 15 WIAA Boys Sectionals
- 21-23 WI LSC Regionals
- 22 WIAA Boys State
- 24 February payment due
- 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

- 12 Jason Lezak swim clinic
- 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

October

- 24 Annual Halloween Party

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 the 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 reach out to Coach Neil at 262.994.3157.

Caring * Honesty
Respect * Responsibility
Build * Promote * Achieve