

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 19, 2025

Neil's Notes

Amazing swimming since last Thursday for TEAM SEA. We had Middle Distance Time Trials, Conference Meet, WIAA Girls State, and Y Invite in a span of five days!

Don't forget to declare your intentions to race in the remaining meets for 2025 ... YMCA Finalist (last chance to qualify for Single Age State), RA Distance Classic, Single Age State (this event has qualifying times - entries to date are updated on our website, currently 14 TEAM SEA swimmers scheduled to swim), and Distance Time Trials.

A note about Middle Distance Time Trials and time trials in general ... we are offering time trial meets this season to give our swimmers an opportunity to race locally and try some new events. The times achieved during any of the time trial meets are not legal and can't be used for State/Zone/National qualifying times, but we will move forward using these times for seed times for any of meets we attend and as an event completed for our Iron SEA Serpent award handed out at our annual banquet. Middle Distance Time Trials results are posted on our website. Head over to MEMBERS/MEET SCHEDULE to view them. It was great SEAing our swimmers try new and challenging events! Distance Time Trials will take place next month (December 18th). Take advantage!

This weekend we'll head to Waukesha for our mid-season taper meet. The Arena Mid-Season Showdown is a great meet and will afford our swimmers a chance to race in Finals Saturday evening. Good luck if you are racing!

Heads-up for next week, the Racine Aquatic Center is closed Wednesday-Friday. We will only be able to offer practice Monday-Tuesday and Saturday (Saturday is for Gold and Senior only). Happy Thanksgiving TEAM SEA!

We are still planning on attending the Chase Strong Invite in January and this event will be a travel meet for our Senior athletes (we will take any and all Senior level athletes to the meet and have an experience similar to our

13&O Training Trip). We are still waiting for the host team to post 2026's meet information. If you are planning on sending your swimmer with the coaching staff to this meet, please let us know so we can begin planning. Thanks.

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. 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).

Arena Mid-Season Showdown Information

This weekend we'll head to Waukesha South High School (401 E. Roberta Avenue). This event runs Friday-Sunday with Saturday events conducted as Prelim/Final for 11-12 (top 8 return for Finals), 13-14 (top 16 return for Finals), and Senior (top 24 return for Finals). Useless trivia, we last attended this event in 2006.

This meet is conducting all events as positive check-in. Unlike a majority of the meets we attend, heat sheets will not be available until towards the end of warm-ups. We have been told heat sheets will be posted on the meet landing page shortly after positive check-in closes.

Coaches will positive check-in all athletes. Please text Coach Neil at 262.994.3157 if you will not be attending the meet or are running late.

Friday warm-ups begin at 4:30 PM, meet begins at 5:30 PM (the host team did not share/post a session report so we don't have an estimated ending time for any of the sessions, but were told we will finish between 8:30-9:00 PM).

We have 25-minute assigned warm-ups for all remaining warm-up sessions. Please be on time.

Saturday Prelim warm-ups for 13&O run 7:50-8:15 AM in lane 3 and the meet begins at 8:35 AM. Tentatively scheduled to finish around 12:15 PM.

Saturday PM warm-ups for 12&U - please arrive at the venue at 12:15 PM. We are in the second warm-up session (lane 2). Once racing begins, this session is scheduled to last 3.5-hours.

Athletes moving on to Finals should check with Neil or Joanna on what time to return for warm-ups. Racing for Finals begins at 6:00 PM with warm-ups starting at 5:00 PM (some athletes will arrive later depending on when their events begin during Finals).

Sunday AM warm-ups for 13&O run 7:25-7:50 AM in lane 4 and the meet begins at 8:35 AM. Tentatively scheduled to finish around 1:15 PM.

Sunday PM warm-ups for 12&U - please arrive at the venue at 1:15 PM. We are in the second warm-up session (lane 4).

Drive safe, swim fast, have fun!

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Nov 21-23	Mid-Season Showdown	closed
Dec 5-7	YMCA Finalist	11/24
Dec 12-14	RA Distance Classic	11/30
Dec 13-14	Single Age State	12/7
Dec 18	Distance Time Trials	12/16
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	1/16
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	3/8
Mar 20-22	YMCA State	tba
Mar 30-3	YMCA Nationals	3/22
May 2-3	SEA Early Bird	4/19
June 5-7	SEA Pirate Plunge	tba
June 19-20	SEA Summer Sizzler	tba

Y Invite Highlights & Recap

We had a great showing in Brown Deer for this year's Y invite. As a team, we finished with 64% best times (98 of 154 swims) and only two DQs (IM and Backstroke).

New USA Single Age State qualifying times were achieved by Rowan Glassen 8 50 Freestyle 40.12, Hovan Karapetian 11 50 Breaststroke 41.79, 100 Breaststroke 1:31.07,

Olivia Speers 11 50 Breaststroke 41.01, and 100 Breaststroke 1:29.50.

New USA State qualifying times were achieved by Asher Genduso 11-12 100 Breaststroke 1:24.32, Rowan Glassen 8&U 50 Freestyle 40.12, and Ellie Staniger 11-12 500 Freestyle 6:04.66.

New YMCA State qualifying times were achieved by Asher Genduso 11 200 IM 2:43.34, 200 Freestyle 2:22.77, Hovan Karapetian 11 50 Breaststroke 41.79, 100 Breaststroke 1:31.07, Olivia Speers 11 50 Breaststroke 41.01, 100 Breaststroke 1:29.50, and Ellie Staniger 500 Freestyle 6:04.66.

Notching some of the fastest times in our team's history included Nathanie Foster 3rd 17-18 50 Freestyle 21.48, 4th 17-18 100 Butterfly 51.38, Molly Staniger 8&U 7th 25 Freestyle 15.61, Molly Warren 17-18 6th 100 IM 1:05.22, and Harrison Yanke 9-10 8th 100 Butterfly 1:20.80.

Posting 100% best times: Aisling Fahy, Ciara Fahy, Nicholas Foster, Sarina Foster, Asher Genduso, Kylie Greiner, Charlotte Gruettner, Matilda Gutjahr, Adeline Hell, Miles Hoffman, Levi Jensen, Cash Peterson, Claire Speers, Evalyn Speers, Olivia Speers, Ellie Staniger, Molly Staniger, Aubree Van Dyke, John Westfall, and Valeria Zavala Lopez.

Slicing five or more seconds in a single event included Max Carlson -5.34 100 Breaststroke, Aisling Fahy -17.56 1650 Freestyle, Sarina Foster -16.88 100 Backstroke, Asher Genduso -7.88 200 IM, Rowan Glassen -23.25 100 IM, Kylie Greiner -7.05 200 Freestyle, Charlotte Gruettner -10.36 100 Freestyle, Miles Hoffman -5.68 100 Freestyle, Delilah Kuhl -46.97 200 Freestyle, Logan Masaya -6.10 100 Freestyle, Cash Peterson -29.77 200 Freestyle, Braxton Rosemann -6.79 200 Backstroke, Claire Speers -30.22 200 Freestyle, Evalyn Speers -10.17 200 Freestyle, Olivia Speers -7.99 100 Butterfly, Ellie Staniger -54.28 500 Freestyle, Molly Staniger -5.12 50 Butterfly, John Westfall -8.90 200 IM, and Valeria Zavala Lopez -5.50 100 Breaststroke.

Congratulations to Evelyn Gruettner who successfully swam a 100 IM during this meet and moved up to Silver!

Gold Medalist: Nathaniel Foster, Summer Gustafson-Binger, Claire Speers, Molly Staniger, Harrison Yanke

Silver Medalist: Jack Borzynski, Nathaniel Foster, Rowan Glassen, Charlotte Gruettner, Sophie Gutknecht, Ashlyn Malzewski, Quinn Schmidt, Molly Staniger

Bronze Medalist: Nathan Breit, Rowan Glassen, Evelyn Gruettner, Summer Gustafson-

Binger, Lindsey Hohnl, Ashlyn Malzewski, Brennan Meyer, Ellie Staniger, Valeria Zavala Lopez

Great swimming TEAM SEA!

Conference Highlights & Recap

We were on fire during the first installment of our Conference meet! As a team we posted 73% best times (66 of 90 splashes) and four DQs (two Backstroke, one each for Butterfly and IM).

New USA Single Age State qualifying times were achieved by Ireland Byrne 12 50 Backstroke 33.19, 100 Freestyle 1:03.79, Amalia Ehmcke 11 50 Breaststroke 41.70, Asher Genduso 11 50 Backstroke 35.92, 100 Freestyle 1:06.67, 100 Backstroke 1:18.55, Rowan Glassen 8 25 Butterfly 19.51, 25 Freestyle 17.86, and Tovi Papillon 11 50 Backstroke 36.91.

New USA State qualifying times were posted by Nathaniel Foster Senior 50 Breaststroke 28.83, Rowan Glassen 8&U 25 Butterfly 19.51, 25 Freestyle 17.86, Bennett Menken 13-14 100 Breaststroke 1:09.62, and Quinn Schmidt 8&U 50 Backstroke 47.00.

New YMCA State qualifying times were achieved Ireland Byrne 12 50 Backstroke 33.19, Amalia Ehmcke 11 50 Breaststroke 41.70, Asher Genduso 11 50 Backstroke 35.92, 100 Freestyle 1:06.67, 100 Backstroke 1:18.55, Summer Gustafson-Binger 11 50 Backstroke 36.42, Tovi Papillon 11 50 Backstroke 36.91, Quinn Schmidt 8 50 Backstroke 47.00, 50 Freestyle 42.52, 25 Freestyle 19.49, and Zack Steenrod 13-14 400 IM 5:03.98.

Posting some of the fastest times in our team's history were Nathaniel Foster 2nd 17-18 100 IM 54.89, and Braxton Rosemann 13-14 5th 100 IM 1:10.31.

Notching 100% best times included Allie Balk, Amalia Ehmcke, Sarina Foster, Asher Genduso, Rowan Glassen, Natalie Johnson, Kealaula Licup, Bennett Menken, Tovi Papillon, Cash Peterson, Quinn Schmidt, Evalyn Speers, Zack Steenrod, and John Westfall.

Cutting five or more seconds in a single event were Jordy Borzynski -6.79 200 Freestyle, Amalia Ehmcke -11.00 100 IM, Sarina Foster -14.69 200 IM, Kylie Greiner -13.21 100 Breaststroke, Charlotte Gruettner -14.73 100 Breaststroke, Natalie Johnson -17.93 200 IM, Cash Peterson -16.06 100 Breaststroke, Quinn Schmidt -6.13 50 Backstroke, and Zack Steenrod -15.95 400 IM.

Gold Medalist: Nathaniel Foster, Nicholas Foster, Kealaula Licup, Bennett Menken, Zack Steenrod

Silver Medalist: Jordy Borzynski, Nicholas Foster, Rowan Glassen, Braxton Rosemann, Evalyn Speers, Zack Steenrod

Bronze Medalist: Jordy Borzynski, Rowan Glassen, Bennett Menken

Amazing results TEAM SEA!

TEAM SEA Towel Order Information

We will be taking orders for the exact same towels we ordered last year around this time. The deadline to place an order is December 1st. Towels will not arrive before Christmas and will be handed out at practice. Cost is \$50 per towel (cash or check payable to SEA). Email Coach Neil if you would like to place an order and be sure to include the name you would like printed on the towel. Forward payment via check/cash at practice.

PROOF	FT-5304D	BLACK / LIGHT LIME / WHITE + jacquard border	30 x 70
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PERSONALIZATION FONT: FRANKLIN GOTHIC



Note: The visual representation of your custom product, above, is for content and design only and is not accurate for color. To accurately proof and approve color, a production sample must be ordered. No refunds, discounts or credits will be provided due to color in final product not meeting your expectations, and you, our customer, assume all risk with proceeding without ordering a production sample.

APPROVED	Production of this order will not proceed until this proof is approved by you, the customer. While we exercise all possible skills and care to ensure accuracy and timeliness, Custom Woven Towels accepts no responsibility for design errors, omissions, additions, or mispellings, and will produce the final product based upon this proof. By signing this proof, you, the customer, agree that the design shown by this proof is entirely approved and production run of towels will be accepted if the finished product matches (within our normal capabilities) the above representation (except for color). An approval of a production sample is required to accurately proof colors or line weight reproduction quality of design. You, the customer, by signing this proof, acknowledge that you own any and all rights to use any trademarks, logos, names, graphics, etc. used in the above design and take sole responsibility for their use.
APPROVED	Listed Colors, Size, Content Is Approved As Is.
Authorized Signature	Date

Swim for A Cause Scheduled for February 1st

Save the date for this season's Swim for a Cause, Sunday, February 1st at the Racine Aquatic Center. The event will begin at 1:00 PM. Information can be found

TEAM SEA Partners With ETS For Dryland

Strength equals speed and in an effort to strength our swimmers TEAM SEA has partnered with ETS Performance of Racine County for our dryland training. What follows is an introduction from the Director of Operations of ETS, Dominic Esposito. Take advantage!

Hi TEAM SEA Swim Families!

My name is Dominic Esposito and I am the Director of Operations at ETS Racine County. I wanted to get a message out to you as an athlete performance partner of TEAM SEA to speak about the importance of strength and

conditioning as it pertains to your sport. Swimming is one of the most demanding sports and success in the pool often comes down to more than just time spent in the water. Strength and conditioning is a great tool to utilize if you want to improve performance, reduce injury risk, and give your athlete a competitive mental and physical edge in the pool.

Here are just a few of the benefits: 1) Increased power and speed – specific training develops the muscles needed for explosive starts, turns, and displace more water with each stroke, 2) Increased endurance – muscular endurance improves efficiency for longer periods of time, allowing swimmers to maintain speed and technique from race-to-race, 3) Injury prevention – building strength and stability helps protect the shoulders, quads, hamstrings, and hips which are common areas of overuse injuries in swimmers, and 4) Longterm development – a strong foundation carries over from season-to-season, ensuring athletes can keep progressing in their athletic careers and build a strong foundation of training technique that last a lifetime.

We've seen this firsthand with many of our TEAM SEA swim team athletes who are currently training with us. They've already experienced great improvements, both in and out of the water and those gains will continue to grow if they stay consistent and committed. Right now, we are running a Bring a Friend promotion. It is the best time to give ETS a try if you know someone who trains with us already. I am happy to foster any questions or concerns you might have. Please feel free to connect with me anytime!

Yours in performance mastery,

Dominic Esposito

262.800.6005

www.etsperformance.com/racine-county

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:

November 26, 27, 28

December 23,

24, 25, 31

January 1

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

December 16 Practice at Carthage College

We will practice at Carthage College on Tuesday, December 16. All practices will begin at 5:00 PM. Bronze and Silver practice ends at 6:00 PM, Gold at 6:30 PM, and Senior at 7:00 PM. Hope to SEA you there!

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 16, YMCA Invite
- 2) December 6-7 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, there will be no cost for travel).

Watch this section for more information! To add your name to the list, please contact Coach Neil by October 31st! 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).

Planning on attending include Aubree VanDyke.

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

Order By	Delivery On
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.

November Birthdays

Jordy Borzynski, Santiago Davalos, Charlotte Gruetther, Natalie Johnson, Ashlyn Malzewski, Annabel Muller, Gabin Peterson, Kaylee Staniger, and Tatum Walker.

Extended Calendar

November

21-23 Arena Mid-Season Showdown
26 No practice, no pools available
27-28 No practice, Happy Thanksgiving

December

5-7 YMCA Finalist
12-14 RA Distance Classic
13-14 Single Age State

16 Practice at Carthage College
18 Distance Time Trials
23 No practice, no pools available
24-25 No practice, Merry Christmas
31 No practice, Happy New Year's Eve

January

1 No practice, Happy New Year
10-11 20th Annual SEA Penguin Challenge
18 Conference Meet
23-25 11th 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 17th Annual SEA Early Bird
25 No practice, Memorial Day

June

5-7 11th Annual SEA Pirate Plunge
19-20 16th 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).

Families 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 and he'll ensure your email is added to the database.

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