

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.

November 22, 2019

Head Coach Notes

There has been dates added to the calendar in regards to training at Carthage College. Please make a note that we will be training at Carthage on Tuesday, December 3. All training groups begin at 6:00 p.m. A complete list of Carthage practices can be found later in this newsletter.

Congratulations to everyone on their efforts last weekend in Madison during WIAA State and in Brown Deer during the Fall Invite. We are so proud of you and how far you have come in the short eight weeks we have been in season or in the case of our high school girls, the short 15-weeks you competed during your high school season. Great to have so many high schools back at practice and good luck to our boys as they begin their high school season. Read all about our success later in this newsletter!

Wednesday night I was in attendance RUSD's Facility Advisory Committee meeting. There is an awful lot of changes coming down the pipeline here in Racine. Be sure to read all about the Long Range Facility Master Plan that RUSD will release in early December. The last topic of discussion was the Aquatics Center. The committee is working with the architecture company on tweaking the final design and layout of the Aquatics Center (this process should be finished by late February). It's a very interesting process to be a part of and to watch.

We have ordered more TEAM SEA swim caps and they should be here in the next few weeks. Please, if you are going to wear a swim cap during meets (warm-ups, competition, warm-downs), ensure you are "repping" a TEAM SEA cap.

The deadline to sign-up to swim the Michigan travel meet or the SSTY A+ event is right around the corner - December 1. Be sure to forward your intentions for your swimmers.

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. 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).

HPAC Meet Information

This weekend we'll be racing in Highland Park, Illinois (433 Vine Avenue, Highland Park).

Neil (Friday, Saturday) and Katie (Sunday) will be coaching at this event.

We are responsible for timing lane 7 during the PM sessions on Saturday and Sunday (two timers needed each day, please let the coaching staff know if you available for timing).

Friday warm-ups begin at 5:00 p.m. in lane 9 of the competition pool, meet begins at 6:00 p.m. and is scheduled to finish at 8:04 p.m.

Saturday/Sunday AM warm-ups begin at 8:00 a.m. in lane 2 of the competition pool, meet begins at 9:00 a.m. and is scheduled to

finish at 12:34 p.m. and 12:06 p.m. respectively.

Saturday/Sunday PM warm-ups begin at 12:45 p.m. in lane 10 of the competition pool, meet begins at 2:00 p.m. and is scheduled to finish at 5:20 p.m. and 6:01 p.m. respectively.

This meet is a positive check-in event. The deadline to check-in is 20-minutes after the start of warm-ups. If you are running late please text Coach Neil 262.994.3157 (Friday/Saturday) or Coach Katie 262.822.2966 (Sunday) so they can ensure your swimmer is seeded into the meet. In addition, heat sheets will be published on the Meet Mobile App.

Don't forget to wear you TEAM SEA swim caps if you are wearing one!

Drive safe, swim fast, have fun!

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Nov. 22-24	HPAC	Closed
Dec. 6-8	SSTY	Closed
Dec. 14-15	12&U State	Dec. 8
Jan. 10-12	RAYS	Dec. 1
Jan. 18-19	SEA	Jan. 4
Jan. 31-2	SSTY	Dec. 1
Feb. 15-16	NBSC	TBD
Feb. 21-23	WI LSC Regionals	TBD
Feb. 28-1	12&U State	TBD
Mar. 5-8	13&O State	TBD
Mar. 14-15	Y-Regionals	Mar. 8
Mar. 20-22	Y-State	Mar. 15
Mar. 30-3	Y-Nationals	Mar. 22
Apr. 8-11	ISCA	Mar. 30

Katie's Kickboard

Hello again!

Sunday we were up at Schroeder watching the senior boys swim their last meet before their season starts. Our senior girls returned for their first meet after their High School season. Great job girls and good luck boys!

Coming up this weekend is the HPAC meet, a fun meet down in Illinois. Neil and I will be on deck, remember this is a positive check-in meet, if you are running late to warmups please text coach Neil or I.

I would like to hold a quick parents meeting for Bronze and Silver parents this coming Monday, 11/25. This will be held at the beginning of practice, 5:30 pm. We will go over any updates, upcoming meets or deadlines, and answer any questions you may have.

Please be sure to check out the meet schedule for upcoming meets and deadlines. If you have any questions or comments email Neil or I, and we'd be happy to help you out!

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

SSTY Meet Recap & Highlights

We had a very strong showing last Sunday in Brown Deer ... as a team we posted 71% best times (57 of 80 swims), only three DQs (false start on an IM race, flutter kick during a Breaststroke race, and non-simultaneous touch in an IM race), and set six team records.

There were a handful of new State qualifying efforts: Alessandra Arteaga (25 Freestyle YMCA State, 16.85), Hugo Arteaga (500 Freestyle YMCA State 5:19.57, 400 IM YMCA and USA State 4:41.25), Natalia Badillo (50 Freestyle YMCA State 25.71), Brady Moore (50 Butterfly Single Aged USA, 12&U and YMCA State 32.46), Megan Schultz (500 Freestyle USA State 5:16.23), and Joe Skantz (50 Freestyle YMCA and USA State 22.71).

New Team Records were set in the 100 IM by the following athletes: Mac Thomas 13-14 1:06.02, Natalia Badillo 15-16/Senior 1:01.94, Kinzie Reischl 17-18 1:09.84, Hugo Arteaga 13-14 59.02, Josh Abel 15-16 1:00.47, and Joe Skantz 17-18 1:00.39.

Notching some of the fastest times in our team's history included: Alessandra Arteaga 3rd 200 Freestyle 3:09.84, Megan Schultz 3rd 500 Freestyle 5:16.23, 2nd 200 Breaststroke 2:28.29, Zoe D'Alessandro 2nd 100 IM 1:07.68, Macie Ritter 2nd 100 IM 1:08.44, Hugo Arteaga 7th 500 Freestyle 5:19.57, Brady Moore 7th 200 Backstroke 2:45.48, Zack Kopsea 2nd 100 IM 1:02.36, Austin Lentz 2nd 100 IM 1:08.06, Drake Ludvigsen 2nd 100 IM 1:11.31, and Joe Abel 3rd 100 IM 1:13.85.

We dropped a ton of time during the meet (here's who dropped more than five seconds in a single event) ... Alessandra Arteaga -124.17 in the 200 Freestyle, Hugo Arteaga -63.54 in the 400 IM, Natalia Badillo -6.52 100 IM, Rylie Bergemann -15.79 200 Breaststroke, Leah Fallenbeck -11.16 100 Freestyle, Lindsey Hohnl -35.62 500 Freestyle, Zack Kopsea -6.86 100 IM, Austin Lentz -21.35 100 IM, Adam Ries -8.13 50 Butterfly, Megan Schultz -13.93 500 Freestyle, Marie Spang -5.64 100 Freestyle, and Mac Thomas -5.74 50 Butterfly.

Posting 100% best times were Hugo Arteaga, Natalia Badillo, Sofia Badillo, Leah Fallenbeck, Lindsey Hohnl, Lenna Karapetian,

Brady Moore, Nolan Mrotek, Adam Ries, Macie Ritter, Megan Schultz, and Joe Skantz.

Event winners included Alessandra Arteaga (one event) and Hugo Arteaga and Megan Schultz (two events each).

Continue attending practice regularly and be sure to constantly and consistently stay focused ... it's the surest way to continue the strong development that has taken place during the first eight weeks of our Fall & Winter season.

Good luck this Sunday in Highland Park!

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 Position

The SEA board is currently accepting nominations for one open board position - treasurer.

The right individual 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 3, 10, January 7, 14, 20, 21.

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 met 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 Monday, February 10 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 or text/call her at 262.989.9065.

New Family Meeting, Monday, December 9

Parents of all new swimmers are welcome and encouraged to meet with Head Coach Neil Wright on Monday, December 9 during practice at Horlick beginning at 6:00 p.m. (meeting will last 15-minutes).

This is a perfect 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 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).

Swimmers interesting in attending include Megan Schultz and Mac Thomas.

We may need a chaperone or two depending on the number of swimmers attending. Parents interesting in chaperoning include Kim Wergin and Lindsey Thomas.

: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 Cancellation

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 Swim-a-Thon

The Annual TEAM SEA Swim-a-Thon is scheduled for Friday, January 24 at Horlick High School from 5:30 p.m. to 8:00 p.m. 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 - Hohnl	Case of water - Keland
Juice boxes - Steenrod	Juice boxes -
Fruit plate -	Fruit plate -
Veggie plate -	Veggie plate -
Brownies -	Brownies -
Paper plates -	Paper plates -
Napkins -	Napkins -
Pretzels - Steenrod	Popcorn -

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) - 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 Julie Kopsea at 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
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.

November Birthdays

Jordan Borzynski, Nolan Framberg, Taylor Knaus, Nolan Mrotek, Macie Ritter.

Swimmer Spotlight

Zoe Chartrand
 Age: 11
 Group: Gold
 Role Model: My Mom
 Favorite Stroke: Backstroke
 Favorite Event: 100 Backstroke
 Favorite Swimmer: Not at this time
 Future Goal: To be an Imagineer for Disney
 Hobbies: Drawing
 Famous Person You'd Like to Meet: Suga from BTS (BTS is a K-Pop band)
 Favorite Book: School for Good and Evil



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

Shaelyn Jensen	Nicholas Foster
Jack Borzynski	Brady Moore
Ava Rydzewski	
<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
CJ Trask	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	CJ Trask
<i>"If you think you can</i>	<i>do a thing or think</i>
<i>you can't do a thing,</i>	<i>you're right."</i>
<i>Henry</i>	<i>Ford</i>

YMCA Nationals

Natalia Badillo	Mac Thomas
Megan Schultz	
<i>Three is a magic</i>	<i>Number,</i>
<i>but four is</i>	<i>MORE!</i>

ISCA Elite Showcase Classic

Hugo Arteaga	Zoe D'Alessandro
Mac Thomas	CJ Trask

Extended Calendar

November

- 22-23 HPAC meet
- 28-29 No practice, Happy Thanksgiving

December

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

January

- 1 No practice, Happy New Year
- 10-12 RAYS meet
- 13 Bronze & Silver Open Swim
- 18-19 SEA meet
- 24 Swim-a-Thon
- 26 Duckpin Bowling
- 27 Tryouts
- 31-2 SSTY meet

TEAM SEA Parent Board

President

Jeff Peterson - petersonj12@gmail.com

Vice President

Ben Foster - BenFoster311@gmail.com

Treasurer

Sheila Mrotek & Ana Arteaga - thepowerofseatreasury@gmail.com

Registration

Missy Reischl - mjreischl@outlook.com

Meet Director

Jose Arteaga - josearteaga@gmail.com

Secretary

Katie Ritter - kritter717@att.net

Officials

Tracy Stouffer - st.stouffer@yahoo.com

Fundraising

Shay Borzynski - sborzynski@gmail.com

Head Coach

Neil Wright -

south.eastern.aquatics@gmail.com

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

Did You Know?

When you introduce new swimmers to TEAM SEA and they join, your escrow account is credited \$50. Take advantage!