

## 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 22, 2024

### Neil's Notes

We had an exciting first two months of the season! We are working hard in our practices in preparation for our next two meets: Conference Meet on December 6 and Y-Finalist on December 7-8. These two events represent the final opportunities for our athletes to punch their tickets to Single Age State (12&U swimmers) which will take place at RAC December 14-15. Additionally, please note Y-Finalist is a required meet for any of our swimmers planning on racing at YMCA Nationals in April.

Entries to date along with tentative relays are posted on our website for Single Age State. 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. To date, five swimmers are planning on attending!

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.

Reminder, no practice next week Thursday and Friday; additionally, practice Wednesday has changed since RAC is closed.

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

### Upcoming Meets

Date	Meet	Entry Deadline
Dec 6	Conference Meet	11/28
Dec 7-8	Y-Finalist	11/25
Dec 14-15	Single Age State	12/8
Jan 4-5	MidStates All Stars	12/15
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	3/1
Mar 21-23	YMCA State	TBA
Mar 31-4	YMCA Nationals	3/24
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
Oct 10-12	OZ Fall Classic	TBA
Nov 2	SEA Pentathlon	TBA

### Fall Invite Recap & Highlights

Another successful outing for TEAM SEA last Sunday in Brown Deer where we finished second of the five teams in attendance scoring 750-points, posting 65% best times (130 splashes of 200), and only four DQs (two

Butterfly and one each Backstroke, Breaststroke).

Brady Moore smashed his PR in the 200 Freestyle and the achieved the YMCA National qualifying in doing so when he touched in 1:43.62.

We posted nine new State qualifying times!

Single Age State: Ellie Staniger 10-year-old 100 Freestyle 1:13.87.

USA State: Ale Arteaga 13-14 100 Freestyle 57.50, Ryan McGillis Senior 200 Backstroke 2:06.31, Ellie Staniger 9-10 100 Freestyle, and Harrison Yanke 9-10 100 Butterfly 1:31.17.

YMCA State: Ale Arteaga 13-14 100 Freestyle, Ireland Byrne 11-year-old 200 IM 2:47.34, Nicholas Foster 13-14 100 Breaststroke 1:12.87, Rowan Glassen 7&U 50 Freestyle 50.51, 50 Backstroke 1:00.90, and Adeline Hell 7&U 50 Backstroke 1:01.89.

Swimming some of the fastest times in our team's history were Matilda Gutjahr 8&U 4<sup>th</sup> 100 Backstroke 1:33.54, 2<sup>nd</sup> 200 Breaststroke 3:35.61, Gabi Peterman 15-16 3<sup>rd</sup> 50 Freestyle 24.45, 100 Freestyle 53.86, 5<sup>th</sup> 100 IM 1:03.49, Ale Arteaga 13-14 100 Butterfly 1:03.15, Molly Warren 17-18 100 IM 1:05.31, Brady Moore 17-18 50 Freestyle 20.98, 2<sup>nd</sup> 100 Freestyle 46.37, 3<sup>rd</sup> 200 Freestyle 1:43.63, Jack Borzynski 15-16 4<sup>th</sup> 100 Freestyle 47.76, Max Carlson 15-16 7<sup>th</sup> 100 IM 1:04.20, and Zack Steenrod 13-14 6<sup>th</sup> 100 IM 1:13.80.

Notching 100% best times included Ireland Byrne, Max Carlson, Eden Cayemberg, Ethan Eckel, Nicholas Foster, Rowan Glassen, Jessica Gonzalez, Matilda Gutjahr, Olivia Hayes, Levi Jansen, Carter Justman, Grayson Kirchenberg, Delilah Kuhl, Phoebe LaMothe, Ryan McGillis, Brennan Meyer, Cash Peterson, Andrew Schneider, Kaylee Staniger, Zack Steenrod, Rhemy Thompkins, Aubree Van Dyke, and Valeria Zavala Lopez.

Cutting five or more seconds in a single event were Caleb Bergman -10.41 50 Breaststroke, Ireland Byrne -8.33 200 IM, Max Carlson -24.47 100 IM, Eli Ehmcke -6.52 200 Backstroke, Ciara Fahy -9.07 100 Freestyle, Matilda Gutjahr -19.14 100 Backstroke, Olivia Hayes -9.82 50 Backstroke, Levi Jansen -11.79 200 Freestyle, Carter Justman -31.14 200 Freestyle, Ella Kirchenberg -33.20 200 IM, Grayson Kirchenberg -9.80 50 Breaststroke, Ashlyn Malzewski -8.47 200 Freestyle, Fiona Marini -14.65 200 Backstroke, Allie Mertins -11.68 200 Freestyle, Brennan Meyer -6.24 100 Breaststroke, Claire Speers -6.92 50 Freestyle, Evalyn Speers -11.80 200 Freestyle, Olivia

Speers -14.78 100 Breaststroke, Ellie Staniger -22.72 100 Butterfly, Kaylee Staniger -27.10 200 Freestyle, Molly Staniger -15.98 100 Freestyle, Zack Steenrod -6.55 500 Freestyle, Aubree Van Dyke -14.05 200 Backstroke, John Westfall -24.09 200 Freestyle, Harrison Yanke -6.59 100 Butterfly, and Valeria Zavala Lopez -29.15 200 Freestyle.

Congratulations to Johathan Aschenbrenner on racing in the first meet of his life!

Gold Medalist – Rowan Glassen, Matilda Gutjahr, Brady Moore, Gabi Peterman, Olivia Speers, Ellie Staniger, Molly Staniger, Harrison Yanke

Silver Medalist – Jack Borzynski, Amalia Ehmcke, Rowan Glassen, Ryan McGillis, Brady Moore, Gabi Peterman, Ellie Staniger, Molly Staniger, Nate Steenrod

Bronze Medalist – Caleb Bergman, Jack Borzynski, Nathan Breit, Nathaniel Foster, Ashlyn Malzewski, Gabi Peterman, Harrison Yanke

Don't forget to sign-up for December 6's Conference meet and December 7-8 Y-Finalist event (Y-Finalist is a required meet to attend YMCA Nationals).

### **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, Gabi Peterman, Ashlyn Malzewski, Lindsey Hohnl, Zack Steenrod.

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](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 Coach Neil at [south.eastern.aquatics@gmail.com](mailto: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](mailto: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

- 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 19<sup>th</sup> 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 16<sup>th</sup> Annual SEA Early Bird

June

- 6-8 10<sup>th</sup> Annual SEA Pirate Plunge
- 20-21 16<sup>th</sup> 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***