

## 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 26, 2019

### Head Coach Notes

Here's an important change in regards to practice times tomorrow, Wednesday, November 27. We will train at Horlick High School, but we need to train earlier in the day since RUSD is not in session. Here are the practices we will use tomorrow:

Bronze and Silver 10-11 AM

Gold 10:45 AM-12:30 PM

Senior 10 AM-12:30 PM

Hope to SEA you there!

Now's the time to sign-up to attend this season's Duckpin Bowling outing. More information can be found on page two. Don't miss out on this very fun event!

The deadline to reserve a room for the upcoming Michigan travel meet is December 10. Don't forget to grab a room if you are planning on attending!

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.

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.

Happy Thanksgiving! SEA you at the pool!!

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), Facebook (SEA Swim Team - this page is set to private and you'll need to request to join), or Twitter (@SEAWisconsin).

### SSTY Meet Information

*This section will be updated next week.*

This weekend we'll be racing in Brown Deer (9240 N. Green Bay Road, Brown Deer).

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

Friday warm-ups begin at 4:30 p.m., meet begins at 5:35 p.m. and is scheduled to end at

Saturday/Sunday AM warm-ups begin at 8:00 a.m., meet begins at 9:00 a.m. and is scheduled to end at

Saturday PM warm-ups begin at

Sunday PM warm-ups begin at

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

Drive safe, swim fast, have fun!

### Upcoming Meets

Date	Meet	Entry Deadline
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	TBA
Feb. 21-23	WI LSC Regionals	TBA
Feb. 28-1	12&U State	TBA
Mar. 5-8	13&O State	TBA
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!

The HPAC meet this past weekend was a great success for team SEA. We notched a bunch of best times and some new state cuts!

This practice week is short, but we will pack it full of fun games and of course some sets to get their hearts pumping. We will come back Monday to burn off the extra calories Thanksgiving brings.

Golds have been asking for a special set I have done in the past where they "make a meal." Each item of food has a different workout attached to it. Our theme this time is

Thanksgiving dinner, we will be doing this Wednesday.

Make sure to check out the meet schedule on our website for upcoming deadlines. They tend to creep up faster than we think. Our team travel meet to Michigan has a deadline of December 1<sup>st</sup>. Check it out!

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

### 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.

### Duckpin Bowling Scheduled for January 26

We'll be heading up to the Thirsty Duck in Wauwatosa for another round of Duckpin Bowling. This is our second year conducting this event and it was well received last year. Spots are limited so contact Coach Neil early if you're planning on attending.

This event will take place at the Thirsty Duck (11320 W. Bluemound Road, Wauwatosa) from 11:00 AM to 12:30 PM. Cost is \$15 per person and 1.5-hours of bowling and giant pretzels. This event is limited to 30 team members.

Do not forward payment - your escrow account will be charged for this event.

Attending to date:

Coach Neil	Coach Katie	Coach Alyssa
Coach Dana	Kim Wergin	Donnie James
Steve Hall	Zoe Chartrand	Neil Wright III
Quinn Wright	Charlotte Wright	

### HPAC Meet Recap & Highlights

Coming off the strong showing in Brown Deer we continued exceling in the pool while racing in Illinois last weekend. When the waves

had settled, we finished with 54% best times (37 of 68 swims), only one DQ (Breaststroke), and finished ninth of 16 teams scoring 487 points.

Congratulations to Zoe D'Alessandro on setting our team record in the 13-14 100 IM (1:06.85).

Alessandra (100 Freestyle, 1:26.53 YMCA State) and Hugo Arteaga (200 Freestyle, 1:53.11 USA State and 100 Breaststroke, 1:11.14 YMCA State) picked up additional State qualifying times.

We had another 8&U :21 and under swimmer - way to go Jordan Borzynski on crushing the 21-second barrier in the 25 Freestyle (19.76).

Posting some of the fastest times in our team's history were Alessandra Arteaga (7<sup>th</sup> 50 Freestyle 36.91, 7<sup>th</sup> 100 Freestyle 1:26.53, 4<sup>th</sup> 200 IM 3:21.14), Rylie Bergemann (2<sup>nd</sup> 100 IM 1:17.50), Maddie Cerny (3<sup>rd</sup> 100 IM 1:20.61), and Hugo Arteaga (2<sup>nd</sup> 50 Freestyle 22.92, 6<sup>th</sup> 200 Freestyle 1:53.11).

Cutting five or more seconds in a single event included Alessandra Arteaga -12.45 100 Freestyle 1:26.53, Hugo Arteaga -5.33 200 Freestyle 1:53.11, Rylie Bergemann -27.01 400 IM 6:01.14, Jordan Borzynski -6.87 25 Freestyle 19.76, Maddie Cerny -11.70 200 Backstroke 2:51.73, Ava Kerbawy -7.43 50 Backstroke 58.28, and Gabi Peterman -8.39 100 Backstroke 1:34.45.

Event winners were Alessandra Arteaga (50 Freestyle) and Hugo Arteaga (50 and 200 Freestyle).

We have a week and a half before our next competition ... take full advantage of all the practices offered prior to the Y-Finalist meet and continue to be fully, mentally engaged during practices.

### 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!

### **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!

### **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](mailto: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](mailto: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, Mac Thomas, Macie Ritter.

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/scrif](http://www.sea-y.org/scrif)) - 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 Julie Kopsea at [jkopsea@yahoo.com](mailto: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**

<i>Order By</i>	<i>Delivery On</i>
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](mailto:jkopsea@yahoo.com).

## November Birthdays

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

## Swimmer Spotlight

*Coming next week!*

Age:

Group: Senior

Role Model:

Favorite Stroke:

Favorite Event:

Favorite Swimmer:

Future Goal:

Hobbies:

Famous Person You'd Like to Meet:

Favorite Book:

## 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

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

### February

10 New family orientation and registration

15-16 NBSC meet

21-23 WI LSC Regionals

28-1 12&U USA State

### March

5-8 13&O USA State

14-15 Wisconsin YMCA Regionals

20-22 YMCA State

23 Team Picture

30-3 YMCA Nationals

### April

8-11 ISCA meet

## TEAM SEA Parent Board

President

Jeff Peterson - [petersonj12@gmail.com](mailto:petersonj12@gmail.com)

Vice President

Ben Foster - [BenFoster311@gmail.com](mailto:BenFoster311@gmail.com)

Treasurer

Sheila Mrotek & Ana Arteaga - [thepowerofseatreasury@gmail.com](mailto:thepowerofseatreasury@gmail.com)

Registration

Missy Reischl - [mjreischl@outlook.com](mailto:mjreischl@outlook.com)

Meet Director

Jose Arteaga - [josearteaga@gmail.com](mailto:josearteaga@gmail.com)

Secretary

Katie Ritter - [krritter717@att.net](mailto:krritter717@att.net)

Officials

Open

Fundraising

Shay Borzynski - [sborzynski@gmail.com](mailto:sborzynski@gmail.com)

Head Coach

Neil Wright -

[south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com)

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

### **Did You Know?**

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