

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 7, 2019

Head Coach Notes

Great job running another successful Pentathlon event last weekend in Kenosha. We greatly appreciate everyone's willingness to volunteer during TEAM SEA hosted meets. Meet worker sign-up for our March Wisconsin YMCA Regional meet is now open. Visit the SEA Hosted Meets/Meet Worker Sign-up page to secure your spots.

I will be off-deck Thursday-Sunday as we travel to celebrate an early Thanksgiving with our family. I will have access to email and text/phone if you have any questions or concerns over the next four days.

Good luck to all our high school girls as they race for PRs and WIAA State births this weekend during WIAA Sectionals!

This Monday, November 11 will we be hosting New Family Orientation and Registration at Horlick High School. This is your opportunity to join one of Racine's hidden gems. Please plan on meeting at 6:00 p.m.

We had a great Halloween party last Friday. The highlight for most swimmers is the glowstick swim. Thank you to all the families who took the time to donate drinks, treats, and sundries. If you were unable to make it this year, we hope to SEA you next year!



Something new - if you would like to receive text message updates in regards to changes in practice and/or practice cancellation, 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!

One of the fastest meets in the Midwest is held in Brown Deer during Superbowl weekend. The SSTY A+ meet is always a highlight of the short course season and a meet not to be missed. In order to secure entries into the meet, we must forward our first round of entries by December 1. Please declare your intentions to participate in this event by emailing me directly or speaking with me on the pool deck during practice. (Be advised, there are qualifying times that must be achieved to attend this event.)

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).

Kenosha YMCA Meet Information

This Sunday we'll be racing at the Kenosha YMCA at 7101 53rd Street in Kenosha. Admission is \$5.00 and includes a heat sheet.

We are required to provide one timer for the duration of the meet (this position should

be split with 3-4 parents). Please contact me if you are willing to fulfill this role and thank you in advance.

Locker rooms ... The small locker rooms located on the deck directly behind the starting blocks are reserved for swimmers only. The single occupancy restrooms (one located near the bleachers and the ones located in the hall between the competition pool and warm water pool are reserved for coaches and officials. The large main locker rooms are for use by anyone.

Katie and Alyssa will be coaching during this meet.

There are assigned warm-ups for this meet. We will warm-up in lanes 1-3, 7:00-7:25 a.m. There is one lane available for late swimmers (lane 8), 7:50-8:15 a.m. The meet begins at 9:00 a.m. and is scheduled to end at 3:47 p.m.

Drive safe, swim fast, have fun!

Upcoming Meets

Date	Meet	Entry Deadline
Nov. 10	KENO	Closed
Nov. 17	SSTY	Nov. 10
Nov. 22-24	HPAC	Nov. 14
Dec. 6-8	SSTY	Nov. 17
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

Katie's Kickboard

Hello again!

Great job to all of the athletes that swam on Sunday at our SEA Pentathlon. We picked up a new State cut, conquered intimidating events, dropped time, and some of us raced for the first time! Don't forget to check out the meet schedule for upcoming meets.

The Racine Holiday Parade is this Saturday at 4 PM, if you are interested in walking with TEAM SEA please let Coach Neil or I know ASAP! Those attending the parade: park in the lot by the Police Station and City Hall Annex building (Grand Avenue), there will be a shuttle bus taking you to the staging area. Please wear a SEA shirt or team colors (green, blue, black).

I totally forgot to do goal sheets with the Bronze and Silvers this past Monday. So, we will move goal setting to this coming Monday. Golds will be reviewing their goal

sheets one-on-one with me during the next two weeks.

This week we prepare for the Kenosha Invite, where we will have relays! Make sure you check out the meet entries so your swimmer knows what they are racing come Sunday. Coach Alyssa and I will see you on deck bright and early.

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

SEA Meet Recap & Highlights

We had a solid outing last weekend in Kenosha during our annual Pentathlon meet. As a team we finished



second overall with 1,951 points and notched 56% best times (107 of 191 swims).

Nicholas Foster picked up the Single Age State cut in the 9-year-old 50 Breaststroke (47.59)!

Hugo Arteaga posted the seventh fastest times in our team's history for 13-14 boys in the 100 Freestyle (52.13) and 100 Backstroke (1:00.48).

These swimmers dropped five or more seconds in a single event during the meet: Zoe Chartrand -20.06 in the 50 Butterfly (51.49), Leah Fallenbeck -7.82 in the 100 IM (1:27.07), Lindsey Hohnl -5.41 in the 50 Butterfly (41.19), Lenna Karapetian -7.84 in the 50 Butterfly (48.20), Austin Lentz -14.48 in the 200 IM (2:37.95), Cate Mike -17.24 in the 100 IM (1:43.04), Ashton Moesch -8.93 in the 50 Freestyle (48.41), Brady Moore -5.09 in the 50 Breaststroke (49.42), Yash Patil -9.83 in the 200 IM (3:07.20), Gabi Peterman -11.75 in the 100 IM (1:33.46), Adam Ries -10.84 in the 200 IM (2:47.97), Marie Spang -5.57 in the 50 Backstroke (43.78), Claire Wolfe -9.11 in the 100 Backstroke (1:31.27), Charlotte Wright -11.26 in the 50 Freestyle (46.82), and Aarya Zore -13.50 in the 50 Backstroke (53.03).

Event winners included Alessandra Arteaga (3 events), Hugo Arteaga (2 events), Jack Borzynski (1 event), Zoe D'Alssandro (2 events), Brady Moore (1 event), and Mac Thomas (3 events).

Congratulations to the following swimmers on competing in their first meet ... Jayden DiBlase, Nolan Framberg, Evan Steenrod, and Vivienne Yanke.

There's an awful lot going on during our practices ... at any time there's two to three training groups in the water, small group work and one-on-one work in the diving well, free time, swimmers jumping off the diving boards, training groups leaving practice and arriving for practice, parents and family members in the bleachers ... just so much. With that being said, it's plain to see there's many distractions during practices. As we prepare for the Kenosha meet and the remaining meets on our schedule, the coaching staff is challenging all swimmers to stay focused during practices ... live in the NOW. Do what you can NOW to be a better swimmer next time you step up on the block to race!

Good luck this Sunday in Kenosha!

Fundraising Update from Shay Borzynski

We are still waiting on a few fundraising guarantee checks. If you haven't turned yours in yet, please get those turned in ASAP! An email will be coming your way soon as a reminder.

Thank you to all the families who participated in the Elegant Farmer Pie Sale! We had a whopping 25 families participate this year! There were four families that fulfilled their minimum \$150 fundraising requirement and several more that are more than half the way there! Your participation really helps our team and is greatly appreciated. Pie pick-00up will be at Horlick on November 13th, 5:30-6:00 p.m.

Congratulations to the Greatest Pie Sale Winners! They will have the exciting opportunity to smash a pie in their coach's face. Look for that date to be announced soon!

Matthew Thornton-Bronze Practice Group

Evelyn and Sophie Gutch-Silver Practice Group

Brady Moore-Gold Practice Group

This year SEA is attempting to make your Christmas shopping a little easier! Our team store at Burghardt's is live and open for orders until end of day November 10th. There are a variety of items that your swimmer will love to wear to show off their team pride! Simply place your orders online and your items will be delivered to you at a team practice before Christmas. Please let me know



if you have any questions! Team store linked below.

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 Positions

The SEA board is currently accepting nominations for two open board positions - treasurer and official.

The right individual for each position 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 10.

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 this Monday, November 11 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.

Racine Holiday Parade, November 9th

TEAM SEA has entered the Racine Holiday Parade scheduled for Downtown Racine on Saturday, November 9th.

Coach Katie is working on some fun glowstick jellyfish to carry during the parade, we'll have our banner leading the way, and handouts for parade watchers about how cool it is to be involved with one of Racine's hidden gems.

We are looking for 20 swimmers to join in the fun. Contact Coach Neil and he'll be happy to add your name to the list!

Attending include: Tyler Keland, Ericka Kaprelian plus 1, Shaelyn Jensen, Zoe D'Alessandro, Carla Bergemann, Alessandra Arteaga, Maddie Cerny, Hugo Arteaga.

Team Travel Meet T-shirt design contest

TEAM SEA is headed to Michigan for a team travel meet which will take place January 10-12 at Zeeland High School in Zeeland, Michigan (roughly a four-hour drive from here).

Hotel information will be available soon, but in the mean time TEAM SEA is looking for designs for t-shirts we will make for families attending this trip. The meet's name is Tropical Challenge so designs should incorporate a tropical theme and have enough room for names of the swimmers attending the meet.

Swimmers can submit their designs to the coaching staff through December 1. Swimmers will vote for their favorite designs December 2-6 (on deck at practice).

New Family Meeting, Tuesday, December 3

Parents of all new swimmers are welcome and encouraged to meet with Head Coach Neil Wright on Tuesday, December 3 during practice at Horlick beginning at 6:00 p.m. (meeting will last 15-minutes).

This is a prefect 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).

: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 -	Case of water -
Juice boxes -	Juice boxes -
Fruit plate -	Fruit plate -
Veggie plate -	Veggie plate -
Brownies -	Brownies -
Paper plates -	Paper plates -
Napkins -	Napkins -
Pretzels -	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 on 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>
November 3	November 6-7
November 17	November 20-21
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

Sarina Foster
 Age: 7
 Group: Bronze
 Role Model: My brother Nathaniel
 Favorite Stroke: Backstroke
 Favorite Event: 200 Backstroke
 Favorite Swimmer: Nathaniel Foster
 Future Goal: No
 Hobbies: BJJ
 Famous Person You'd Like to Meet: No
 Favorite Book: Goodnight Sarina



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

Shaely Jensen	Nicholas Foster
Jack Borzynski	Brady Moore

<i>Who's next?</i>	<i>Is it you?</i>
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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
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	
<i>"If you think you can you can't do a thing, Henry Ford</i>	<i>do a thing or think you're right."</i>

YMCA Nationals

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

ISCA Elite Showcase Classic

Hugo Arteaga	Zoe D'Alessandro
Mac Thomas	

Extended Calendar

November

- 9 Racine Holiday Parade
- 10 Kenosha YMCA meet
- 11 New Family Registration & Orientation at Horlick High School beginning at 6:00 p.m.
- 17 SSTY meet
- 22-23 HPAC meet
- 28-29 No practice, Happy Thanksgiving

December

- 2 Parent board meeting at Horlick, 6:00 p.m. - all welcome!
- 6-8 SSTY meet
- 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

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