

## 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 7, 2024

### **Neil's Notes**

We are off to an amazing start of our young season and this statement is reflected in a number of ways. Attendance has been great. Everyone is making the most of their opportunities to get to practice regularly and our coaching staff (especially with the addition of Coach Katie) has afforded us the ability to conduct a lot of small group teaching. Our ten plus new families in tandem with our veteran families did a bang-up job securing all available volunteer positions during our first hosted meet last Sunday and along with a perfectly working timing system, conducted a solid meet experience for all teams in attendance. A special nod of the swim cap to Jose Arteaga for leading our officials, Kelly Jansen for taking charge with our hospitality room and concessions, Amy Bergman for her calm leadership as our meet director and continual praise for Pat and Roger Lewno who continue to volunteer here at TEAM SEA as our Administrative Official and timing system operator even though they last had a swimmer on the team in 2005! Yes, you read that right. Next year will be their 20<sup>th</sup> year volunteering at SEA hosted meets ... simply amazing.

That's a lot of high praise for our team, but we are not perfect. When I walked into practice this past Monday, RAC management pulled me aside and shared some disappointing news in regards to some of our swimmers' behavior during the meet. It seems a few of our athletes were putting the tattoos they earn for achieving a best time during SEA hosted meets on the walls in the locker rooms. Additionally, someone in the girls' locker room removed the soap dispenser from the wall and emptied the contents on the floor (making for a very slippery mess).

We have shared this information with our swimmers (who attended practice on Monday) and conveyed the importance of being good guests at the pools we train and race in. Parents and families, please be sure to explain to your sons and daughters that we are guests

at all the pools we train and race in and as guests, we need to take care of our pools less the powers that be decide we are not welcome at the facility and we no longer have a "home" pool to train in and host meets at.

USA Swimming does a great job sharing Safe Sport material for its member clubs. Please note, whether at practice or meets, we have designated locker rooms and restrooms for athletes and designated locker rooms and restrooms for adults. At no time should athletes and adults use the same locker room and/or restroom during practice and/or meets.

Swimmers planning on attending YMCA Nationals in April need to race in four Y-only swim meets during the Fall & Winter Season. Our first Y-only meet will be held in Brown Deer on Sunday, November 17 - please be sure to declare your intention to race in this event if you plan on swimming in North Carolina later this season.

Hotel information for January's team travel meet is now available and can be viewed later in this newsletter. At this point, we are still waiting on the host team to share meet information and entry file.

Remember, no practice tomorrow, November 8.

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).

### **Conference Meet Information**

Friday, we travel to the Lake Geneva YMCA (203 Wells Street) for the first installment of our Conference meets. Warm-ups begin at 5:00 PM, meet begins at 6:00 PM and is scheduled to end at 9:00 PM. As a reminder, when your swimmer is finished with their last event of the meet, he or she can depart from

the meet. Rumor has it, the pool deck will be on the warm side and crowded.

Drive safe, swim fast, have fun!

### Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Nov 8	Conference Meet	closed
Nov 17	SSTY Fall Invite	11/10
Dec 6	Conference Meet	TBA
Dec 7-8	Y-Finalist	11/25
Dec 14-15	Single Age State	TBA
Jan 11-12	SEA Penguin Challenge	TBA
Jan 19	Conference Meet	TBA
Jan 24-26	Chasestrong Splash P/F	TBA
Jan 26	J-HK 8&U All Star	TBA
Jan 31-2	SSTY A+	TBA
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	TBA
Mar 21-23	YMCA State	TBA
Mar 31-4	YMCA Nationals	TBA
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

### 15<sup>th</sup> Annual Pentathlon Recap & Highlights

We had an amazing meet this past Sunday! As a team we posted 80% best times (305 of 382 splashes) and only 12 DQs (four each of Backstroke and Breaststroke, three Butterfly and one IM).

Congratulations to Brady Moore on breaking our 17-18 100 IM team record with his effort of 54.14 (old mark was held by Joe Skantz, 56.56 from 2021). Brady's swim also broke our Senior team record which he set last year, 56.12.

Our athletes broke a couple of meet records. Brady Moore broke the 50 Freestyle 21.57, 100 Backstroke 53.95, 100 IM 54.14, Eli Ehmcke broke the 25 Breaststroke record 19.99, and Jack Borzynski broke the 50 Butterfly record 23.85.

Congratulations to Nathaniel Foster on notching his first ever YMCA Nationals qualifying time! He finished the 100 Butterfly race in 52.50 sliding under the qualifying time of 52.79.

New Single Age State qualifying times were achieved by Matilda Gutjahr 8&U 25 Butterfly 19.44, 25 Backstroke 21.11, Bennett Menken 12-year-old 100 IM 1:10.45, Ellie

Staniger 10-year-old 50 Butterfly 37.84, Molly Staniger 8&U 25 Butterfly 21.83, 25 Backstroke 21.74, 25 Freestyle 17.75, and Vivienne Yanke 12-year-old 50 Freestyle 28.94.

New USA State qualifying times were posted by Ireland Byrne 11-12 50 Butterfly 31.31, Nathaniel Foster Senior 100 Backstroke 57.21, 100 Breaststroke 1:04.59, 200 IM 2:03.93, Matilda Gutjahr 8&U 25 Butterfly, 25 Backstroke, Bennett Menken 11-12 100 IM, Ellie Staniger 50 Butterfly, Molly Staniger 8&U 25 Butterfly, 25 Backstroke, 25 Freestyle, and Vivianne Yanke 50 Freestyle.

New YMCA State qualifying times were notched by Nathaniel Foster Open 100 Backstroke, 100 Breaststroke, 200 IM, Matilda Gutjahr 8-year-old 100 IM 1:37.04, Bennett Menken 12-year-old 100 IM, Ellie Staniger 10-year-old 50 Butterfly, and Molly Staniger 7&U 25 Butterfly.

Posting some of the fastest times in our team's history included Ale Arteaga 3<sup>rd</sup> 13-14 100 IM 1:07.32, Sophie Gutknecht 4<sup>th</sup> 13-14 100 IM 1:11.89, Ava Kerbawy 9<sup>th</sup> 13-14 100 IM 1:17.95, Brady Moore 4<sup>th</sup> 17-18 50 Freestyle 21.57, 6<sup>th</sup> 100 Backstroke 53.95, 7<sup>th</sup> 100 Butterfly 52.84, Nathaniel Foster 10<sup>th</sup> 15-16 50 Freestyle 22.44, 5<sup>th</sup> 100 Butterfly 52.50, 10<sup>th</sup> 200 IM 2:03.93, Jack Borzynski 8<sup>th</sup> 15-16 100 Backstroke 56.74, Nathan Breit 4<sup>th</sup> 15-16 100 IM 57.98, Nicholas Foster 4<sup>th</sup> 13-14 100 IM 1:05.43, Brennan Meyer 7<sup>th</sup> 15-16 100 IM 1:05.47, and Grayson Kirchenberg 9<sup>th</sup> 15-16 100 IM.

Achieving 100% best times in all their races were Nolan Barrett, Hannah Daams, Ethan Eckel, Amalia Ehmcke, Nathaniel Foster, Matilda Gutjahr, Charlotte Horton, Maran Jagel, Piper Jansen, Natalie Johnson, Carter Justman, Grayson Kirchenberg, Delilah Kuhl, Bennett Menken, Brennan Meyer, Jocelyn Niebuhr, Julia Nogueira, Pedro Nogueira, Evan Olson, Cash Peterson, Evalyn Speers, Olivia Speers, Ellie Staniger, Molly Staniger, Vivienne Yanke, and Valeria Zavala Lopez.

Dropping five or more seconds in a single event included Nolan Barrett -17.28 50 Butterfly, Max Carlson -8.88 50 Backstroke, Silas Coughlin -13.61 50 Butterfly, Hannah Daams -13.64 200 IM, Emma Ebert -7.01 25 Butterfly, Amalia Ehmcke -6.37 50 Butterfly, Ciara Fahy -9.46 100 IM, Nathaniel Foster -9.00 100 Breaststroke, Nicholas Foster -14.69 100 IM, Sarina Foster -6.43 50 Backstroke, Matilda Gutjahr -7.73 25 Butterfly, Charlotte Horton -7.67 100 IM, Maren Jagel -20.20 100 IM, Levi Jansen -6.58 50 Backstroke, Piper Jansen -5.75 100 IM, Natalia Johnson -12.75 100 IM, Carter

Justman -6.93 50 Freestyle, Grayson Kirchenberg -13.29 100 IM, Delilah Kuhl -8.02 50 Freestyle, Fiona Marini -10.65 200 IM, Emma Masaya -16.78 50 Backstroke, Bennett Menken -14.04 100 IM, Brennan Meyer -10.67 100 IM, Brady Moore -20.57 50 Breaststroke, Arya Morey -20.44, Pedro Nogueira -6.31 50 Freestyle, Evan Olson -17.73 200 IM, Claire Speers -21.81 100 IM, Evalyn Speers -8.20 50 Butterfly, Olivia Speers -15.30 100 IM, Ellie Staniger -5.82 100 IM, Molly Staniger -24.07 100 IM, Nate Steenrod -14.29 50 Butterfly, Aubree Van Dyke -8.96 200 IM, and John Westfall -13.61 50 Butterfly.

Racing in the first meet of their lives and/or their first TEAM SEA meet were Zoey Aho, Jenna Aschenbrenner, Aubrey Becker, Eden Cayemberg, Autumn Cress, Aviana Gelden, Stella Glassen, Julissa Gonzalez, Kylie Greiner, Olivia Hayes, Adeline Hell, Lillian Hilbrich, Phoebe LaMothe, Tennyson Morey, Tovi Papillon, Alanna Peterson, Etan Rudolph, Coco Saigh, Andrew Schneider, Lauren Schneider, Liam Sura, Orion Sura, Luke Waddle, Tatum Walker, Bria Widmar, and Brynn Widmar.

Gold Medalist: Ale Arteaga, David Binder, Jack Borzynski, Eli Ehmcke, Nathaniel Foster, Brady Moore

Silver Medalist: Ale Arteaga, Logan Buska, Maran Jagel, Brady Moore

Bronze Medalist: Ale Arteaga, David Binder, Nathaniel Foster, Matilda Gutjahr, Grayson Kirchenberg, Ashlyn Malzewski, Andrew Schneider

Great swimming TEAM SEA! We are back in action this Friday for our first Conference Meet of the season!!

### **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 Noggale 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!

### **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 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.

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

8	Conference Meet
8	No practice
9	WIAA Girls Sectionals
16	WIAA Girls State
17	SSTY Fall Invite
18	HS Boys Season begins
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  
31-2 SSTY A+

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

**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 contact Coach Neil at 262.994.3157.

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