

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.

December 12, 2019

Head Coach Notes

Last week Mac Thomas found some money in the girls' locker room at Horlick. If you lost money at Horlick last week you can claim it by describing the denomination - good job Mac on demonstrating one of the YMCA's four core values - honesty (the other three are caring, respect, and responsibility).

We have two dates during the remaining season where **no pools are available for practice. Please make a note that there will be no practice this Tuesday, December 17** and Tuesday, January 28. Senior swimmers (and any other swimmers for that matter) are encouraged to practice on their own if they are able to get to the YMCA (practices are available on the Senior page of our website).

I would like to welcome Amy Bergman and Brittney Bilgrien to the TEAM SEA parent board. They were unanimously voted in the position of Meet Director and Treasurer during last Monday's meeting. In addition, Jose Arteaga will be sliding into the Officials role at the board level. Thanks to Sheila Mrotek and Ana Arteaga for their service at the board level in the capacity as co-treasurers and to Tracy Stouffer for serving as our Officials chair. TEAM SEA is lucky to have parents who are willing to volunteer their team to keep TEAM SEA moving along.

This weekend Katie will be coaching six of our age-group swimmers during the 12&U Single Age State meet in Brown Deer. In terms of growth and all the great things happening here at TEAM SEA, this meet serves as a shiny example. In 2018 we only had two swimmers attend this event! Congratulations to our great coaches and supportive parents for this awesome uptick in attendance at this meet and good luck this weekend!

Families interested in scheduling private swim lessons will any of the coaching staff are encouraged to speak with them at practice. Private swim lessons will be conducted at Sealed Air YMCA during open swim and open

lap swim times (cost is \$20 per 30-minute lesson). Take advantage!

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).

12&U Single Age State Meet Information

We are excited to be racing this weekend in Brown Deer (9240 N. Green Bay Road, Brown Deer). Katie will be coaching at this event.

Saturday AM boys' warm-ups (events 1-25) 9:00-9:55 AM, meet begins at 10:00 AM, and is scheduled to end at 12:17 PM.

Saturday PM girls' warm-ups (events 26-50) 1:00-1:55 PM, meet begins at 2:00 PM, and is scheduled to end at 4:27 PM.

Sunday AM boys' warm-ups (events 51-73) 9:00-9:55 AM, meet begins at 10:00 AM, and is scheduled to end at 12:13 PM.

Sunday PM girls' warm-ups (events 74-96) 1:00-1:55 PM, meet begins at 2:00 PM, and is scheduled to end at 5:19 PM.

Drive safe, swim fast, have fun!

Christmas Break Practice Schedule

We have pool time scheduled at Sealed Air YMCA during the upcoming Christmas Break. Practices will be held on the following days, December 23, 26, 27, 30, 31, January 2, and 3. We will also conduct our normal Saturday practices on December 28 and January 4.

Practice times are:

Bronze - 10-11 AM

Silver - 10-11 AM

Gold - 11 AM-12:45 PM

Senior - Noon-2:30 PM

Be advised, Coach Neil is still attempting to work on securing pool time at Horlick High

School during the break and TEAM SEA could switch to Horlick. If that happens, practice times will be Bronze/Silver (9-10 AM), Gold (9:45-11:30 AM), and Senior (9-11:30 AM).

At this point, December 12, we are scheduled to train at Sealed Air YMCA and he will notify all members if Horlick becomes a viable option.

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Dec. 14-15	12&U State	Closed
Jan. 10-12	RAYS	Closed
Jan. 18-19	SEA	Jan. 4
Jan. 31-2	SSTY	Jan. 20
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!

Great swims this past weekend in Brown Deer. We are back there this weekend for the 12 & Under Single Age State with six athletes will represent team SEA.

Silver's and Bronze have been working hard on their dives and we have successfully certified more athletes to dive off the starting blocks. Remember that anytime we are at Carthage we will be working on certifying your athlete.

Gold's have finally started videotaping, we started with freestyle. Unfortunately, we had some technical difficulties when we went to review the videos so we will have to review them another day. But these next few weeks will be spent taping and reviewing the videos.

Make sure to check out the meet schedule for upcoming meets. Our SEA Penguin Challenge is less than a month away. Email coach Neil or I if you are interested in having your athlete swim future meets.

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.

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 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	Lindsey Hohnl
Ian Hohnl	Mike Hohnl	Melissa Hohnl

Y-Finalist Recap and Highlights

We had a very strong showing at Y-Finalist last weekend. We finished with 63% best times (60 of 96 swims), only three DQs (two Backstroke, on Breaststroke), and placed 11th of 19 teams scoring 164-points.

Congratulations to Mac Thomas on breaking her 13-14 100 Breaststroke team record of 1:09.15 set last short course season with her effort of 1:06.64.

New State qualifying times were achieved by Alessandra Arteaga (8&U YMCA State 50 Breaststroke 48.23, 50 Backstroke 44.83, 50 Butterfly 47.93), Hugo Arteaga (13-14 YMCA State 200 Breaststroke 2:34.70, 13-14 USA State 200 IM 2:09.21, Open YMCA State 200 IM, 100 Freestyle 50.42), Natalia Badillo (Open YMCA State 400 IM 4:52.47), Sofia Badillo (13-14 400 IM 5:15.63), Jack Borzynski (12&U Single Age State 100 Breaststroke 1:25.25), Brady Moore (11-12 YMCA State and 12&U Single Age State 50 Backstroke 33.95, 100 Freestyle 1:02.06, 100 Backstroke 1:13.03,

USA State and 12&U Single Age State 50 Butterfly 32.98), Ava Rydzewski (12&U Single Age State 100 Freestyle 1:15.99), Megan Schultz (Senior USA State 400 IM 4:48.89, Open YMCA State 200 Butterfly 2:30.89), and Mac Thomas (13-14 YMCA State 100 Backstroke 1:06.75).

Swimmers posting some of fastest times in our team's history were Mac Thomas (2nd 50 Freestyle 24.76), Sofia Badillo (3rd 100 Backstroke 1:01.43), Megan Schultz (6th 100 Freestyle 54.48, 3rd 500 Freestyle 5:14.63, 2nd 100 Breaststroke 1:08.14, 5th 400 IM 4:48.89), Natalia Badillo (8th 400 IM 4:52.47), and Hugo Arteaga (2nd 50 Freestyle 22.80, 2nd 100 Freestyle 50.42, 5th 200 Freestyle 1:52.72, 7th 500 Freestyle 5:17.12, 10th 200 Breaststroke 2:34.70, 3rd 200 IM 2:09.21).

Notching 100% best times included Alessandra Arteaga, Hugo Arteaga, Sophie Gutknecht, and Ava Rydzewski.

Dropping five or more seconds in a single event were Alessandra Arteaga -37.99 100 Backstroke 1:45.24, Hugo Arteaga -11.63 200 Breaststroke 2:34.70, Natalia Badillo -19.74 400 IM 4:52.47, Sofia Badillo -7.28 400 IM 5:15.63, Rylie Bergemann -8.61 500 Freestyle 6:22.44, Jack Borzynski -6.45 100 Breaststroke 1:25.25, Arev Buchaklian -5.41 100 Breaststroke 1:31.76, Sophie Gutknecht -13.13 25 Breaststroke 31.28, Shaelyn Jensen -7.57 100 Butterfly 1:31.56, Fiona Marini -33.57 100 IM 2:06.16, Brady Moore -5.45 100 Backstroke 1:13.03, and Megan Schultz -10.40 400 IM 4:48.89.

Congratulations to Parker Stingl on swimming in his first meet!

Gold medalist: Hugo Arteaga (three events), Mac Thomas (one event)

Silver medalist: Hugo Arteaga (two events), Megan Schultz (two events)

Bronze medalist: Megan Schultz (three events), Hugo Arteaga (one event), Sofia Badillo (one event), Zoe D'Alessandro (one event), Mac Thomas (one event)

Good luck this weekend in Brown Deer during 12&U Single Age State!!

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.

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.

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.

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). The deadline to declare your intentions is March 20, 2020.

Swimmers interesting in attending include Megan Schultz, Mac Thomas, Macie Ritter, Josh Abel, Rylie Bergemann.

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

: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 - Kaprelian	Veggie plate -
Brownies - Thomas	Brownies -
Paper plates - Schurman	Paper plates -
Napkins - Schurman	Napkins -

Pretzels - Steenrod	Popcorn - Vitek
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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 n 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.

December Birthdays

Alessandra Arteaga, Caleb Bergman, Ethan Bergman, Nathaniel Foster, Ava Kerbawy, Mac Thomas.

Swimmer Spotlight

Evan Olson
 Age: 8, basically 9
 Group: Bronze
 Role Model: Not really
 Favorite Stroke: Breaststroke
 Favorite Event: Probably 75 Breaststroke because it's not too easy and it's not too hard
 Favorite Swimmer: Nope
 Future Goal: To be the first person to step on Mars
 Hobbies: Video games, swimming, sleeping
 Famous Person You'd Like to Meet: No, I don't think so
 Favorite Book: No



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 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 do a thing or think you can't do a thing,</i>	<i>do a thing or think you're right."</i>
<i>Henry</i>	<i>Ford</i>

YMCA Nationals

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

ISCA Elite Showcase Classic

Hugo Arteaga	Zoe D'Alessandro
Mac Thomas	CJ Trask

Extended Calendar

December

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
 13 Board meeting, 6:00 p.m. at Horlick
 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

Vice President

Ben Foster - BenFoster311@gmail.com

Treasurer

Britney Bilgrien -

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*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!