

## 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.*

December 12, 2024

### **Neil's Notes**

This represents the last newsletter for 2024. As we approach Christmas Break, please keep your swimmers plugged into practices. It's super easy to skip out on practices and stay home in cozy PJs enjoying family and not attending school, but attending swim practices gets us off the couch and into the pool where we continue to work towards our goals and living a healthy lifestyle! Take advantage!!

Coach Joanna will be spending Christmas in Mexico visiting family and friends. Bronze and Gold will be in good hands with Coach Parker, Steve, and Katie. Safe travels Coach Joanna!

Thank you to Sofia Marini for stepping forward to file the vacant role of alternate Athlete Rep! Along with Gabi Peterman, these athletes will represent the voice of TEAM SEA swimmers at WI LSC meetings. Thanks for volunteering!

Don't forget to enter your swimmers in our January Penguin Challenge; email me today!

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!

We still have not received meet information for January's travel meet. We will post it as soon as it is posted.

Reminder, please ensure your swimmers carry a YMCA membership - either a youth membership or part of your family membership.

There remain three open spots for next year's 13&O Training Trip. Read more about this great opportunity later in this newsletter and forward \$100 to claim one of the four remaining spots! As it turns out, I will be able to attend as one of the coaches/chaperones.

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.

On behalf of all the coaching staff, we hope everyone has a safe and enjoyable Christmas Break!

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).

### **Single Age State Meet Information**

Saturday and Sunday we'll be racing at RAC during this year's Single Age State Meet. Good luck to everyone hitting the blocks this weekend!

Warm-ups are assigned both in the lanes we will swim in and the duration we can be there (please be one time!) ...

Saturday AM (boys) will warm-up in lane 3 (7:30-7:55 AM), meet begins at 9:00 AM and is scheduled to end at 12:38 PM.

Saturday PM (girls) will warm-up in lanes 2-3 (12:45-1:10 PM), meet begins at 2:15 PM and is scheduled to end at 6:24 PM.

Sunday AM (boys) will warm-up in lane 3 (8:20-8:45 AM), meet begins at 9:00 AM and is scheduled to end at 12:24 PM.

Sunday PM (girls) will warm-up in lanes 2-3 (1:20-1:45 PM), meet begins at 2:00 PM and is scheduled to end at 5:52 PM.

Drive safe, swim fast, have fun!

### **Conference Recap & Highlights**

We finished second at Friday's meet and posted 77% best times (65 of 84 splashes) and only three DQs (one each for Backstroke, Breaststroke, Butterfly) in the process.

New State qualifying times were achieved by Jordan Borzynski 11-12 200 Freestyle 2:17.24, Amalia Ehmcke 10&U 50 Breaststroke 45.93, Aviana Gelden 8&U 25 Backstroke 23.96, 25 Freestyle 20.76, and Nate Steenrod 10&U 100 Freestyle 1:19.80, 50 Freestyle 35.48, 100 Backstroke 1:33.65.

Notching some of the fastest times in our team's history was Matilda Gutjahr who swam the 8<sup>th</sup> fastest 8&U time in the 50 Breaststroke 47.19 and 3<sup>rd</sup> fastest 500 Freestyle 8:24.29.

Swimming all best times included Jenna and Johathan Ashenbrenner, Jordan Borzynski, Ireland Byrne, Autumn Cress, Sebastian Davalos, Amalia and Eli Ehmcke, Ciara Fahy, Aviana Gelden, Charlotte Gruettner, Charlotte and Julie Horton, Adriana Hotchkiss, Alanna Peterson, Nate Steenrod, Zack Steenrod, and John Westfall.

Cutting five or more seconds in a single event were Jordan Borzynski -21.85 500 Freestyle, Ireland Byrne -45.63 500 Freestyle, Amalia Ehmcke -5.55 100 Breaststroke, Ciara Fahy -30.65 500 Freestyle, Charlotte Gruettner -5.65 50 Freestyle, Charlotte Horton -28.23 200 IM, Julie Horton -11.83 50 Breaststroke, Nate Steenrod -11.08 100 Freestyle, Zack Steenrod -20.99 400 IM, and Orion Sura -5.86 25 Backstroke.

Congratulations to Aviana Gelden on joining the 21-and-under club by breaking :21 in the 25 Freestyle, 20.76!

Gold Medalist: Johathan Aschenbrenner, Ireland Byrne, Autumn Cress, Eli Ehmcke, Zack Steenrod

Silver Medalist: Jordan Borzynski, Zack Steenrod

Bronze Medalist: Johathan Aschenbrenner, Jordan Borzynski, Ireland Byrne, Charlotte Horton, John Westfall

Way to go!

### Y-Finalist Recap & Highlights

There was an awful lot of racing last weekend in Brown Deer. As a team we posted 58% best times (102 of 176 splashes) and eight DQs (four Breaststroke, two Butterfly, and one each for Backstroke and IM). We finished 3<sup>rd</sup> of 15 teams scoring 385.5-points (pretty solid considering 15 of the 20 YMCA swim teams in our state were in attendance).

Posting new State qualifying times were Ale Arteaga 13-14 200 Butterfly 2:27.01, 200 Freestyle 2:08.87, 200 IM 2:22.82, Ireland Byrne 11-12 100 Backstroke 1:13.61, 100 IM 1:17.03, Nathaniel Foster Senior 200 Backstroke 2:08.73, Nicholas Foster 13-14 200 Breaststroke 2:35.31, 100 Butterfly 1:04.37, Rowan Glassen 7&U 25 Butterfly 27.42, Bennett Menken 11-12 200 IM 2:35.40, and Vivienne Yanke 11-12 200 IM 2:36.43, 50 Freestyle 28.13, 50 Butterfly 30.91, 100 IM 1:10.53.

Notching some of the fastest times in our team's history included Matilda Gutjahr 8&U 9<sup>th</sup> 25 Breaststroke 20.97, Ale Arteaga 13-14 4<sup>th</sup> 100 Butterfly 1:02.21, 7<sup>th</sup> 200 Butterfly 2:27.01, Bennett Menken 11-12 10<sup>th</sup> 50 Breaststroke 33.47, Jack Borzynski 15-16 3<sup>rd</sup> 100 Butterfly 52.01, and Nathaniel Foster 17-18 8<sup>th</sup> 100 Butterfly 52.97.

Achieving 100% best times in all their individual events were Ale Arteaga, Nolan Barrett, Nicholas Foster, Charlotte Gruettner, Levi Jansen, Grayson Kirchenberg, Bennett Menken, and Harrison Yanke.

Slicing five or more seconds from an event: Jett Adams -9.69 100 Backstroke, Ale Arteaga -29.08 200 Butterfly, Nolan Barrett -47.65 200 Backstroke, Hannah Daams -16.73 200 Freestyle, Aisling Fahy -15.35 200 IM, Nicholas Foster -8.08 200 Breaststroke, Stella Glassen -14.32 100 Backstroke, Summer Gustafson-Binger -21.18 100 IM, Sophie Gutknecht -9.57 200 Breaststroke, Levi Jansen -5.52 200 Backstroke, Piper Jansen -9.84 200 IM, Ava Kerbawy -21.96 200 Backstroke, Grayson Kirchenberg -14.54 100 Butterfly, Fiona Marini -9.34 100 Butterfly, Bennett Menken -17.58 200 IM, Tovi Papillon -7.58 50 Breaststroke, Rhemy Thompkins -10.29 200 IM, Aubree Van Dyke -5.41 100 Breaststroke, John Westfall -44.32 200 IM, Harrison Yanke -8.49 200 IM, and Vivienne Yanke -18.71 200 IM.

Gold Medalist: Ireland Byrne, Matilda Gutjahr, Bennett Menken, Harrison Yanke, Vivienne Yanke

Silver Medalist: Ale Arteaga, Jack Borzynski, Ireland Byrne, Nicholas Foster, Bennett Menken, Harrison Yanke, Vivienne Yanke

Bronze Medalist: Ale Arteaga, Nathan Breit, Ireland Byrne, Nathaniel Foster, Vivienne Yanke

Good luck this weekend at Single Age State!

### Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Dec 14-15	Single Age State	closed
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

### **Christmas Break Practice Schedule**

Stay on top of this year's Christmas Break practice schedule by reading this section. All practices remain the same through December 21. Here's what we know to date ...

Monday, December 23

Practice at YMCA

Noon-2:00 PM, Senior

2-3 PM, Silver

3-4 PM, Bronze

4-5:30 PM, Gold

Tuesday-Wednesday, December 24-25

No practice

Thursday-Friday, December 26-27

Practice at RAC

10 AM-Noon, Senior

Noon-1 PM, Bronze & Silver

1-2:30 PM, Gold

Saturday, December 28

Practice at YMCA

8-9:30 AM, Gold & Senior

Monday, December 30

Practice at RAC

10 AM-Noon, Senior

Noon-1 PM, Bronze & Silver

1-2:30 PM, Gold

Thursday, December 31

No practice

Wednesday, January 1

No practice

Thursday-Friday, January 2-3

Practice at RAC

10 AM-Noon, Senior

Noon-1 PM, Bronze & Silver

1-2:30 PM, Gold

Saturday, January 4

Practice at YMCA

8-9:30 AM, Gold & Senior

We return to our normal practice schedule on Monday, January 6. Hope to SEA you in the pool!

### **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!

## **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.

Attending (if you have not yet, please forward \$100 for the down payment) includes Ryan McGillis, Gabi Peterman, Ashlyn Malzewski, Lindsey Hohnl, Zack Steenrod, Brady Moore, Allie Mertins, Jessica Gonzalez, Evelyn Gutknecht, Brennan Meyer, Caleb Bergman, Sophia Marini, Fiona Marini, Molly Warren.

We have room for four more athletes if anyone else would like to attend.

Coach Neil, Coach Parker, Maria Peterman, and Kim Wright are currently our chaperones.

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 card (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>
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.

## December Birthdays

Ale Arteaga, Caleb Bergman, Ethan Bergman, Olivia Bottoms, Logan Buska, Hannah Daams, Sebastian Davalos, Nathaniel Foster, Ava Kerbawy, Delilah Kuhl, Brennan Meyer, Cash Peterson, Lauren Schneider, Mac Thomas, John Westfall.

## Extended Calendar

### December

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***