

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 19, 2019

Head Coach Notes

This represents the final newsletter of 2019. The coaching staff and parent board wishes everyone a happy and healthy Christmas Season and a safe and fun New Year's Eve and Day. I'm sure many of our Senior swimmers will be partaking in the Polar Plunge on January 1! Good luck!!

Some deadlines to be aware of as we slide into the craziness of the holiday season.

- 1) Deadline to sign-up for our Penguin Challenge meet is January 4
- 2) SCRIP deadline is January 5
- 3) Deadline to sign-up to attend Duckpin Bowling is January 20 (12 spots remain)
- 4) Deadline to sign-up to attend the SSTY A+ meet is January 20

Food for thought for my Senior swimmers which will apply to all of TEAM SEA swimmers - it's very easy to "unplug" from regular practice attendance during the holidays and there is a myriad of reasons (family in town, friends in town, parties, social opportunities normally not available when school is in session, etc.). I hope my Senior swimmers make a committed effort to attend every single practice during the holiday break and come out stronger, faster, and more determined than ever when the meet season gets underway in 2020.

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).

Christmas Break Practice Schedule - UPDATE!

We have pool time scheduled at Horlick High School 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 - 10:30-11:30 AM
- Silver - 10:30-11:30 AM
- Gold - 9 AM-10:45 PM
- Senior - 9-11:30 AM

Please be sure to be out of the building by 11:50 AM as the alarm will be set at Noon. Also, you must enter and exit the building using the fieldhouse doors in the back of the building - next to the outdoor running track (DO NOT exit the locker rooms via the hallways and DO NOT go anywhere in the building except the fieldhouse, pool area, and locker rooms). Thanks in advance for your cooperation.

Great Lakes Tropical Challenge Information

This section will be updated January 9.

This weekend we'll compete in our first meet of 2020 in Zeeland, Michigan at Zeeland West High School (3390 100th Avenue).

Be sure to wear your favorite Hawaiian shirt Saturday and your TEAM SEA meet travel t-shirt Sunday. Also, all swimmers deciding to wear a swim cap should be in a TEAM SEA one - available from Coach Neil and Coach Katie.

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

Saturday Prelim warm-ups (11&O) begins at 7:30 a.m., meet begins at 8:30 a.m. and is scheduled to end at

Saturday PM warm-ups (10&U) begins at 12:30 p.m., meet begins at 1:30 p.m. and is scheduled to end at

Saturday Final warm-ups (11&U) begins at 4:30 p.m., meet begins at 5:30 p.m. and is scheduled to end at

Sunday Prelim warm-ups (11&O) begins at 7:30 a.m., meet begins at 8:30 a.m. and is scheduled to end at

Sunday PM warm-ups (10&U) begins at 12:30 p.m., meet begins at 1:30 p.m. and is scheduled to end at

Sunday Final warm-ups (11&U) begins at 4:00 p.m., meet begins at 5:00 p.m. and is scheduled to end at

Drive safe, swim fast, have fun!

Upcoming Meets

Date	Meet	Entry Deadline
Jan. 3-4	Mid-States A.S.	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

This section will be updated January 12.

Hello again!

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.

12&U Single Age State Recap and Highlights

Our swimmers did a great job during last weekend's competition. As a team, we finished 33rd overall scoring 21 points, posted 44% best times (8 of 18 swims), and posted no DQs.

Our top finish was turned in from Nicholas Foster who placed 8th in the 9-year-old 100 Breaststroke, 1:46.17 cutting 29.59 seconds in the process.

Jack Borzysnki dropped 9.51 seconds in the 100 Butterfly, 1:18.20.

Shaelyn Jensen notched all best times in her events.

Ava Rydzekwski scored points in the 100 Freestyle, 1:16.70 and Ava Kerbawy broke :20 seconds in the 25 Freestyle touching in 19.85.

Great efforts TEAM SEA!

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
Gabi Peterman	Justin Peterman	Maria Peterman

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 - Marini
Fruit plate -	Fruit plate -
Veggie plate - Kaprelian	Veggie plate -
Brownies - Thomas	Brownies -
Paper plates - Schurman	Paper plates -
Napkins - Schurman	Napkins -
Pretzels - Steenrod	Popcorn - Vitek

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 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

Order By	Delivery On
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.

Swimmer Spotlight

Angela Mrotek
 Age: 10
 Group: Silver
 Role Model:
 Nope
 Favorite Stroke:
 Breaststroke
 Favorite Event:
 50 Breaststroke
 Favorite Swimmer: No
 Future Goal: To like swim meets
 Hobbies:
 Kickball
 Famous Person You'd Like to Meet: My favorite Youtuber, Norris Nuts
 Favorite Book: The fourth Harry Potter book



December Birthdays

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

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, Henry</i>	<i>do a thing or think you're right." Ford</i>

YMCA Nationals

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

ISCA Elite Showcase Classic

Hugo Arteaga	Zoe D'Alessandro
Mac Thomas	CJ Trask

Extended Calendar

December

24-25 No practice, Happy Holidays

January

1 No practice, Happy New Year

3-4 Mid-States All Star meet
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
28 No practice (no pools available)
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 -

Registration

Missy Reischl - mjreischl@outlook.com

Meet Director

Amy Bergman -

Secretary

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south.eastern.aquatics@gmail.com

***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!