

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 4, 2025

Neil's Notes

Today is the deadline to enter the RA Distance Classic which will be held in Germantown, December 12-14. Send an email if you would like your swimmer(s) slotted into the meet.

This weekend we'll be back in Brown Deer racing in the 2025 version of the YMCA Finalist. This meet represents the final chance to swim any new and/or additional Single Age State qualifying times. Good luck!

Speaking of Single Age State ... entries are posted on our website. Please reach out if your swimmer will not be attending so we can ensure he/she is removed from the database!

Finalized entries for Single Age State will be emailed Sunday evening. Please look them over carefully and reach out if you see any mistakes.

We are still planning on attending the Chase Strong Invite in January and this event will be a travel meet for our Senior athletes (we will take any and all Senior level athletes to the meet and have an experience similar to our 13&O Training Trip). We are still waiting for the host team to post 2026's meet information. If you are planning on sending your swimmer with the coaching staff to this meet, please let us know so we can begin planning. Thanks.

Please note, the information in our weekly newsletter changes from week-to-week. Dates and times for upcoming events are fluid and can change. Please ensure you are reading the latest newsletter so you are up-to-date!

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) and Facebook (SEA Swim Team - this page is set to private and you'll need to request to join).

YMCA Finalist Information

This weekend (Friday-Sunday) we'll be racing in Brown Deer at the Walter Schroeder Aquatic Center (9240 North Green Bay Road).

Friday warm-ups begin at 4:30 PM, meet begins at 5:35 PM and is scheduled to end at 7:18 PM.

Saturday & Sunday AM (13&O swimmers) warm-ups begin at 8:00 AM, meet begins at 9:05 AM and is scheduled to end at 11:56 AM on Saturday and at 11:48 AM Sunday.

Saturday & Sunday PM (12&U swimmers) warm-ups are assigned (please be on time). We will warm-up in the North pool - lanes 1-2, 12:25-12:50 PM with the meet beginning at 1:05 PM both days. The meet is scheduled to finish at 3:56 PM Saturday and 4:10 PM Sunday.

Heat sheets will be posted on the meet landing page (link was emailed with this week's newsletter email).

Drive safe, swim fast, have fun!

Upcoming Meets

<u>Date</u>	<u>Meet</u>	<u>Entry Deadline</u>
Dec 12-14	RA Distance Classic	12/4
Dec 13-14	Single Age State	12/7
Dec 18	Distance Time Trials	12/16
Jan 10-11	SEA Penguin Challenge	12/28
Jan 18	Conference Meet	tba
Jan 23-25	Chase Strong Invite	12/20
Jan 25	J-HK 8&U All Star	1/16
Feb 8	Conference Champs	tba
Feb 20-22	Regionals	tba
Feb 27-1	Senior State	tba
Feb 28-1	10&U State	tba
Mar 6-8	11-14 State	tba
Mar 14-15	YMCA Sectionals	3/8
Mar 20-22	YMCA State	tba
Mar 30-3	YMCA Nationals	3/22
May 2-3	SEA Early Bird	4/19
June 5-7	SEA Pirate Plunge	tba
June 19-20	SEA Summer Sizzler	tba

Arena Mid-Season Highlights & Recap

We had an amazing meet in Waukesha. When the waves settled Sunday evening, we finished tenth of 20 teams scoring 567-points,

69% best times (111 of 162 splashes), and zero DQs.

New USA State qualifying times were posted by Asher Genduso 11-12 100 IM 1:13.32, Braxton Rosemann 13-14 100 Backstroke 1:01.71, 200 Backstroke 2:20.27, Ellie Staniger 11-12 100 Freestyle 1:03.46, 50 Freestyle 28.70, 200 Freestyle 2:15.29, Kaylee Staniger 13-14 200 Breaststroke 2:40.42, and Zack Steenrod 13-14 100 Breaststroke 1:11.64.

New YMCA State qualifying times were achieved by Braxton Rosemann 13-14 200 Backstroke 2:20.27, Ellie Staniger 11 200 Freestyle 2:15.29, 200 IM 2:38.14, Kaylee Staniger 13-14 500 Freestyle 5:46.84, Zack Steenrod 13-14 100 Breaststroke 1:11.64, 200 Breaststroke 2:37.64, 500 Freestyle 5:40.39, and Vivi Yanke 13-14 200 Breaststroke 2:42.85.

Cracking into our team's Top Ten were Matilda Gutjahr 9-10 8th 100 Breaststroke 1:27.49, Ashlyn Malzewski 17-18 10th 200 IM 2:20.25, 9th 200 Breaststroke 2:37.12, Braxton Rosemann 13-14 7th 100 Backstroke 1:01.71, 6th 100 IM 1:08.54, Kaylee Staniger 13-14 4th 100 IM 1:06.82, Molly Staniger 8&U 8th 50 Freestyle 35.11, 3rd 100 Freestyle 1:19.89, 9th 100 Breaststroke 1:49.97, 3rd 100 Butterfly 1:46.60, Aubree Van Dyke 13-14 9th 100 IM 1:12.06, Harrison Yanke 9-10 7th 100 Breaststroke 1:22.84, 4th 200 IM 2:41.54, 4th 200 Breaststroke 3:03.95, 6th 100 IM 1:11.84, and Vivi Yanke 13-14 3rd 100 IM 1:06.27.

Swimmers notching 100% best times included Hannah Daams, Allie Mertins, Molly Staniger, and Aubree Van Dyke.

Slicing five or more seconds in a single event were Zoey Aho -12.13 100 Backstroke, Aisling Fahy -12.18 200 Breaststroke, Ciara Fahy -32.06 400 IM, Asher Genduso -5.77 100 IM, Sophie Gutknecht -7.23 100 Butterfly, Allie Mertins -39.64 1000 Freestyle, Arya Morey -11.01 100 Freestyle, Tennyson Morey -13.98 50 Breaststroke, Braxton Rosemann -5.36 100 Butterfly, Ellie Staniger -13.39 200 IM, Kaylee Staniger -7.28 500 Freestyle, Molly Staniger -28.86 100 Breaststroke, Nate Steenrod -6.27 200 Backstroke, Zack Steenrod -26.65 1000 Freestyle, Rhemy Thompkins -9.89 200 IM, Aubree Van Dyke -9.40 200 Breaststroke, John Westfall -6.50 200 Freestyle, Harrison Yanke -8.06 200 Breaststroke, and Vivi Yanke -7.47 500 Freestyle.

Silver Medalist: Matilda Gutjahr, Braxton Rosemann

Bronze Medalist: Vivi Yanke

Continue to attend practice regularly and focus on what you're doing when you push off the wall. Great swimming TEAM SEA!

Swim for A Cause Scheduled for February 1st

Save the date for this season's Swim for a Cause, Sunday, February 1st at the Racine Aquatic Center. The event will begin at 1:00 PM. Information can be found on our website under MEMBERS/FUNDRAISING.

TEAM SEA Partners With ETS For Dryland

Strength equals speed and in an effort to strength our swimmers TEAM SEA has partnered with ETS Performance of Racine County for our dryland training. What follows is an introduction from the Director of Operations of ETS, Dominic Esposito. Take advantage!

Hi TEAM SEA Swim Families!

My name is Dominic Esposito and I am the Director of Operations at ETS Racine County. I wanted to get a message out to you as an athlete performance partner of TEAM SEA to speak about the importance of strength and conditioning as it pertains to your sport. Swimming is one of the most demanding sports and success in the pool often comes down to more than just time spent in the water. Strength and conditioning is a great tool to utilize if you want to improve performance, reduce injury risk, and give your athlete a competitive mental and physical edge in the pool.

Here are just a few of the benefits: 1) Increased power and speed - specific training develops the muscles needed for explosive starts, turns, and displace more water with each stroke, 2) Increased endurance - muscular endurance improves efficiency for longer periods of time, allowing swimmers to maintain speed and technique from race-to-race, 3) Injury prevention - building strength and stability helps protect the shoulders, quads, hamstrings, and hips which are common areas of overuse injuries in swimmers, and 4) Longterm development - a strong foundation carries over from season-to-season, ensuring athletes can keep progressing in their athletic careers and build a strong foundation of training technique that last a lifetime.

We've seen this firsthand with many of our TEAM SEA swim team athletes who are currently training with us. They've already experienced great improvements, both in and out of the water and those gains will continue to grow if they stay consistent and committed. Right now, we are running a Bring a Friend promotion. It is the best time to give ETS a try if you know someone who trains with us

already. I am happy to foster any questions or concerns you might have. Please feel free to connect with me anytime!

Yours in performance mastery,
Dominic Esposito
262.800.6005
www.etsperformance.com/racine-county

Canceled Practice Dates

We have a few dates scattered throughout the season where we lose pool time at RAC (usually for high school dual meets, college meets, and holidays) and cannot secure pool time at any of our back-up pools. We are unable to conduct practice on the following dates:

December 23, 24, 25, 31
January 1

Please watch this area of the newsletter for additional dates that may be added in the future.

December 16 Practice at Carthage College

We will practice at Carthage College on Tuesday, December 16. All practices will begin at 5:00 PM. Bronze and Silver practice ends at 6:00 PM, Gold at 6:30 PM, and Senior at 7:00 PM. Hope to SEA you there!

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 meets in order to race at YMCA Nationals which will take place in Greensboro, NC, March 30-April 3, 2026.

- 1) November 16, YMCA Invite
- 2) December 6-7 Y-Finalist (high school boys will need permission from their high school coach and athletic director)
- 3) March 15-16, YMCA Sectionals
- 4) March 21-23, YMCA State

Chase Strong Invite Senior Trip

We have been attending the Chase Strong Invite for the past three years. It's a great meet at a newer facility on the campus of Center Grove High School (a suburb of Indianapolis) and the competition is such that most of our Senior swimmers who have attending were able to score second swims.

We are attending the meet again this year (weekend of January 23-25, 2026) and all swimmers are welcome to attend.

New year this, our Senior level athletes can attend the meet as a travel meet and travel

to and from the meet with Coach Neil (additional coaches will attend depending on the number of swimmers planning on attending).

The cost is yet to be worked out, but as of today includes \$60 entry fee (we will need to figure our lodging, there will be no cost for travel).

Watch this section for more information! To add your name to the list, please contact Coach Neil by October 31st! This is a new idea for TEAM SEA, but can be viewed similar to our bi-annual training trip (without all the training and the beautiful emerald coast beaches).

Planning on attending include Aubree VanDyke.

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) - 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 Coach Neil at 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 14	December 18-19
January 11	January 15-16
February 8	February 12-13
March 8	March 12-13

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.

December Birthdays

Ale Arteaga, Caleb Bergman, Logan Buska, Hannah Daams, Sebastian Davalos, Nathaniel Foster, Ava Kerbawy, Delilah Kuhl, Quinn Lowrey, Brennan Meyer, Rosie Nisiewicz, Cashton Peterson, John Westfall.

Extended Calendar

December

5-7 YMCA Finalist
12-14 RA Distance Classic
13-14 Single Age State
16 Practice at Carthage College
18 Distance Time Trials
23 No practice, no pools available
24-25 No practice, Merry Christmas
31 No practice, Happy New Year's Eve

January

1 No practice, Happy New Year
10-11 20th Annual SEA Penguin Challenge
18 Conference Meet
23-25 11th Annual Chase Strong Invite
25 J-HK 8&U All Star

February

8 Conference Champs
14 WIAA Boys Sectionals
20 WI D2 Boys State
21 WIAA D1 Boys State
20-22 Regionals
27-1 Senior State
28-1 10&U State

March

6-8 11-14 State
14-15 YMCA Sectionals
20-22 YMCA State
30-3 YMCA Nationals

April

20 Tryouts for new swimmers
21 Annual Banquet
22 Spring & Summer Season begins

May

2-3 17th Annual SEA Early Bird
25 No practice, Memorial Day

June

5-7 11th Annual SEA Pirate Plunge
19-20 16th Annual SEA Summer Sizzler

How to TEAM SEA

In this section of the newsletter, you'll be able to review some of the processes involved with TEAM SEA. If you need additional help in understanding anything TEAM SEA related after reading this section, please reach

out to Coach Neil. *Please note this section is under construction and will be updated throughout the season.*

How do we sign-up our swimmers for meets?

To enter your swimmer in any meet on our meet schedule (which can be viewed online at MEMBERS/MEET SCHEDULE or earlier in this newsletter) simply email Coach Neil stating which meet you plan on having your swimmer race in (please include the day(s) you plan on having your swimmer race if the meet is multiple days). 95% of our family's leave event selection up to the coaching staff (you are welcome to select your swimmer's events and if you do, please include them in the email you send).

Family's can view meet information, entries, meet fees, and final results online on the MEET SCHEDULE page. Families should view their escrow account via MEMBERS/ESCROW ACCOUNT throughout the season and forward meet fee payments via check (payable to SEA) or cash to any coach on deck.

How do we purchase TEAM SEA swim caps?

Coach Neil has TEAM SEA swim caps with him at practices and meets. Cost for silicone is \$20 and latex is \$5. What's the difference between the two caps ... basically, thickness. These days, most swimmers prefer silicone, but to each their own.

How many practices should my swimmer attend?

General rule of thumb: Bronze and Silver 2-3, Gold 4-5, and Senior 5-6.

How do I receive emails?

If you are currently not receiving weekly newsletter emails and other updates, please send an email to Coach Neil at south.eastern.aquatics@gmail.com and he'll ensure your email is added to the database.

I submitted a check for escrow and/or swim tuition and it's not cashed yet, when will it?

Deposits are made at the end of each month.

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