

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 5, 2019

Head Coach Notes

Welcome back from a great Thanksgiving Break!

I have scheduled one more new family meeting for this Monday, December 9th beginning at 6:00 p.m. at Horlick - hope to SEA you there! We'll meet on deck.

For those wondering, I do have pool time set-up at Sealed Air YMCA during Christmas Break, but I'm waiting to hear from Horlick (I hope we can train at Horlick instead of Sealed Air). I hope to have our Christmas Break practice schedule finalized next week.

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 on 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).

Now's the time to sign-up to attend this season's Duckpin Bowling outing. More information can be found later in this newsletter. Don't miss out on this very fun event! Spots are limited so don't delay.

The hard deadline to attend the Michigan travel meet is this Sunday, December 8. In addition, the SSTY A+ hard deadline is January 20.

TEAM SEA swim caps are now in. You can purchase them from myself or Coach Katie. Cost is \$15 for silicone and \$5 for latex. Please be sure to wear your TEAM SEA swim caps at meets (during warm-ups, competition, and cool downs).

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).

SSTY Meet Information

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

Neil (Friday, Saturday AM), Katie (Saturday/Sunday PM), and Alyssa (Sunday AM) will be coaching at this event.

Friday warm-ups begin at 4:30 p.m., meet begins at 5:35 p.m. and is scheduled to end at 7:43 p.m.

Saturday/Sunday AM warm-ups begin at 8:00 a.m., meet begins at 9:00 a.m. and is scheduled to end at 12:15 p.m. and 12:08 p.m. respectively.

Saturday PM warm-ups begin at noon, meet begins at 1:05 p.m. and is scheduled to end at 4:53 p.m.

Sunday PM warm-ups begin at 11:45 a.m., meet begins at 12:45 p.m. and is scheduled to end at 5:45 p.m.

Don't forget to wear you TEAM SEA swim caps if you are wearing one! Buy them from Coach Neil or Coach Katie (\$15 silicone and \$5 for latex).

Drive safe, swim fast, have fun!

Upcoming Meets

Date	Meet	Entry Deadline
Dec. 6-8	SSTY	Closed
Dec. 14-15	12&U State	Dec. 8
Jan. 10-12	RAYS	Dec. 8
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!
Welcome back from the long Thanksgiving weekend. We hope everyone had

a great time with friends and family. Let's swim off the extra calories and prepare for the next meet and holiday.

Up next we have the SSTY Invite in Brown Deer. The next few days we will prepare with starts, turns, finishes, and technique. I will be on deck Saturday and Sunday afternoons. Be sure to double check your arrival times for warmups.

This week we were back at Carthage, where Silvers and Bronze were about to work on starts. The word from Coach Alyssa and Coach D is that we certified a ton of athletes. Next Tuesday practice will be back at Carthage, times are adjusted to 5pm - 7pm.

Gold's have been asking about when we will video tape. Next week we will begin taping each stroke and reviewing in groups. This will take a little time to tape and review but it will be very beneficial for the athletes to see themselves in action.

Don't forget to check the calendar for upcoming meets and deadlines, SEA Penguin Challenge is coming up!

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.) – practice times on December 10 will be 5:00-6:00 p.m.

Gold & Senior will practice 6:00-8:00 p.m. – practice times on December 10 will be 5:00-7:00 p.m.

Dates we will practice at Carthage College include December 10, 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	

Team Travel Meet Hotel Information

Here's the hotel information (thanks Ben Foster) for our January team travel meet to Michigan. Please be aware, if you are planning on attending and will be staying with the team, you must call to reserve your room by Tuesday, December 10.

Twenty rooms are reserved at the Home 2 Suites by Hilton in Holland, Michigan. Address is 3140 West Shore Drive. Rooms have two queen beds and a sleeper sofa with a rate of \$105 per night plus taxes and includes a hot breakfast. Phone number is 616.377.7905 and the rooms are blocked under SEA Swim Team.

The meet information has yet to be released, but there are no qualifying times for this event and all swimmers are encouraged to attend!

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.

The Importance of Officials – you can be one!

Did you know TEAM SEA hosts six meets per year? There are a lot of behind the scenes work involved with running a meet and one of the important cogs to the process are the officials. With the start of the new season, it's time again to cast our net to train up new officials.



You DO NOT need experience to become an official and TEAM SEA will cover all the costs associated with becoming an official – all you need to give is your time.

There are some tentative classes coming down the pipeline (October 26, 1-4 PM, November 4, 1-4 PM, and November 16, either 9 AM-Noon or 1-4 PM) and if you are interested in having the best seat in the house, not having to worry about signing-up to volunteer at SEA hosted meets, and giving back to the sport that gives your swimmer so much, maybe officiating is for you!

Please reach out to Coach Neil if you would like to become an official ... WE NEED YOU!

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.

Mid-States All Star Scheduled for January

Once again, the WI LSC will be sending a Zone level team to represent Team Wisconsin during the Mid-States All Star meet at the IUPUI in Indiana on January 4-5 (athletes attending this event must be available for both days and this meet is not open to high school boys per WIAA).

The window to apply to attend opens November 1. In order to apply, 14&U swimmers must have meet at least AA standards for girls and A standards for boys.

If you need assistance or more information please reach out to the coaching staff.

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.

New Family Meeting, Monday, December 9

Parents of all new swimmers are welcome and encouraged to meet with Head Coach Neil Wright on Monday, December 9 during practice at Horlick beginning at 6:00 p.m. (meeting will last 15-minutes).

This is a perfect opportunity to learn more about TEAM SEA, ask questions, and meet new parents. Hope to SEA you there!

If you are unable to attend, you can contact Coach Neil at 262.994.3157 or at south.eastern.aquatics@gmail.com anytime.

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).

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

We may need a chaperone or two depending on the number of swimmers

attending. Parents interesting in chaperoning include Kim Wergin and Lindsey Thomas.

: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 Cancelation

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 -	Veggie plate -
Brownies -	Brownies -
Paper plates -	Paper plates -
Napkins -	Napkins -
Pretzels - Steenrod	Popcorn -

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

<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

Isabelle Buhler
 Age: 17
 Group: Senior
 Role Model: My mother
 Favorite Stroke: Freestyle
 Favorite Event: Mile
 Favorite Swimmer: Katie Ledecky
 Future Goal: Make the Conference team as a Freshman in



college (UW-La Crosse)
 Hobbies: Watching Grey's Anatomy
 Famous Person You'd Like to Meet: Elon Musk
 Favorite Book: The Outsiders

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 Single Age State

Shaelyn Jensen	Nicholas Foster
Jack Borzynski	Brady Moore
Ava Rydzewski	
<i>Who's next?</i>	<i>Is it you?</i>

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 but four is</i>	<i>number, MORE!</i>

ISCA Elite Showcase Classic

Hugo Arteaga	Zoe D'Alessandro
Mac Thomas	CJ Trask

Extended Calendar

December

- 6-8 SSTY meet
- 9 Parent board meeting at Horlick, 6:00 p.m. - all welcome!
- 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
- 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
Sheila Mrotek & Ana Arteaga - thepowerofseatreasury@gmail.com
- Registration
Missy Reischl - mjreischl@outlook.com
- Meet Director
Jose Arteaga - josearteaga@gmail.com
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Neil Wright - 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!