

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 5, 2024

Neil's Notes

We are back in action this weekend! For most of the team, this weekend's meet represents the last opportunity to race of 2024 (our final meet of 2024 is Single Age State, December 14-15). We will conduct practice Friday night and Saturday morning ... take advantage if you're not racing!

Speaking of Single Age State, final entries (including relays) will be emailed out Sunday evening. Please carefully look over entries to ensure everything is correct. Additionally, if your son or daughter is listed as a relay only swimmer and is unable to attend, please notify me ASAP (all relays are the first events of the session so will not take much of your weekend to attend).

Thank you to Jessica Gutjahr for stepping forward to become an Official. We are still looking for 3-4 more parents to begin the process of becoming an Official - no experience necessary! Read more about this opportunity to support your swimmer's team later in this newsletter.

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

There remain four 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.

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!

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).

Conference Meet Information

Friday night we'll be back in action at the Lake Geneva YMCA (203 Wells Street) for the second installment of our Conference Meets.

Warm-ups begin in lanes 4-5 at 5:00 PM, meet gets underway at 6:00 and is scheduled to finished up at 8:21 PM.

Heat sheets were emailed with today's newsletter email and are posted on the homepage of our website under the NEWS heading.

Awards for this meet include candy cane heat winners and Christmas theme prize for randomly selected "hot heats."

Drive safe, swim fast, have fun!

Y-Finalist Meet Information

Saturday and Sunday we will head back to Brown Deer (9240 North Green Bay Road) for this year's Y-Finalist event.

Here are some important reminders: the exit and on ramp for Brown Deer Road is now open, parking on campus is \$5 - cash only (there is free parking behind the strip mall; use the walking path/bridge to get to the pool (2-minute walk) - please follow the map below for your parking needs, athletes are responsible for picking up their own awards (the host team is not bagging awards for team pick-up), visit the meet landing page to view and/or print heat sheets (link was emailed to everyone via the weekly newsletter email).

Saturday and Sunday warm-ups for 13&O swimmers begin at 8:00 AM, meet begins at 9:00 AM and is scheduled to end at Noon both days.

Saturday and Sunday warm-ups for 12&U swimmers run in lanes 1-2 of the South

pool (diving well side) 12:15-12:50 PM, meet begins at 12:55 PM and is scheduled to end at 3:30 PM both days.



Drive safe, swim fast, have fun!

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Dec 6	Conference Meet	closed
Dec 7-8	Y-Finalist	closed
Dec 14-15	Single Age State	12/8
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

Tuesday, December 31
Waiting to hear if we can train at the YMCA

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.

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!

High School Athlete Rep Needed

With the recent departure of Rylie Bergemann (who left for college this past

August), we are in need of an alternate athlete rep.

Gabi Peterman was our alternate athlete rep, but now is our designated athlete rep.

If you are in high school and would like to be listed as TEAM SEA's alternate athlete rep, please speak with Coach Neil. There's very little time required (a few meetings per year) and you will get to learn a lot about the "dry-side" of competitive swimming in our state and nationally. Take advantage!

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) - you can also read about PrestoPay on that page too.

Your order can be placed at www.shopwithscrip.com by use the SEA enrollment card (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

Order By	Delivery On
November 18	November 21-22
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.

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.

November Birthdays

Jordan Borzynski, Rylee Clouse, Santiago Davalos, Charlotte Gruettner, Maran Jagel, Piper Jansen, Natalie Johnson, Ashlyn Malzewski, Kaylee Staniger, Tatum Walker.

Extended Calendar

November

24 November payment due
28-29 No practice, Happy Thanksgiving

December

6 Conference Meet
7-8 Y-Finalist Meet
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 19th 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 16th Annual SEA Early Bird

June

6-8 10th Annual SEA Pirate Plunge
20-21 16th 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

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***