

## 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.*

February 13, 2020

### Head Coach Notes

Good luck this weekend in New Berlin and to all of our high school boys racing during their WIAA Sectional meets. As a reminder, all high school boys are encouraged to return to the pool after Sectionals or State to finish out their club season during the USA/YMCA State meets and/or YMCA Nationals ... besides the fact that your TEAM SEA teammates miss you!

Our final hosted meet of the season is right around the corner - March 14-15, Wisconsin YMCA Regionals (will be held at Augustine Prep in Milwaukee). Please forward your intentions to have your swimmers attend this fun meet. It's the coaching staff's goal to have as close to 100% of TEAM SEA swimmers entered in the meet (that's 96 swimmers total). Don't miss out on the fun!

Good news, when the high school boys' season finishes up, we will move our Senior training group to Park High School. This is needed because once the high school boys return to the team, we will be very crowded at Horlick. The dates Seniors will train at Park are:  
February 18, 19, 20, 24, 25, 26  
March 2, 3, 4, 9, 10, 11, 12, 16, 17, 18, 19

All other dates Seniors will train at Horlick (expect for February 14 and 17 - see below).

RUSD is closed on February 14 and 17. We will practice at Sealed Air YMCA on those days (with augmented practice times).

Friday, February 14

Senior, 10 AM-12:30 PM

Gold, 12:30 PM-2:15 PM

Silver, 2:15 PM-3:15 PM

Monday, February 17

Senior, 1 PM-3:30 PM

Gold, 1:45 PM-3:30 PM

Silver, 3:30-4:30 PM

Bronze, 3:30-4:30 PM

We now have the minimum of ten swimmers planning on attending this June's 13&O Training Trip! The deadline to sign-up is

March 20. If you would like to attend, please let me know.

Please save these dates for our Spring & Summer meets:

May 2-3 - Early Bird in Brown Deer

May 29-31 - Pirate Plunge in Brown Deer

June 26-27 - Summer Sizzler in Kenosha

Our Spring & Summer Season will begin Tuesday, April 21.

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

Thanks for reading!

### NBSC Meet Information

This weekend we'll race at New Berlin Eisenhower Middle/High School (4333 South Sunnyslope Road in New Berlin).

Warm-ups for all swimmers begin at 7:30 a.m., meet begins at 8:40 a.m. and is scheduled to end at 11:47 a.m. on Saturday and 11:37 a.m. on Sunday. (Lindsey Hohnl is entered in the 1000 Freestyle on Saturday - event is scheduled to begin at 1:00 p.m.)

Families attending the meet are asked to refrain from going into the gym (there will be a basketball tournament this weekend).

Drive safe, swim fast, have fun!

### Upcoming Meets

Date	Meet	Entry Deadline
Feb. 15-16	NBSC	Closed
Feb. 21-23	WI LSC Regionals	Feb. 13
Feb. 28-1	12&U State	Feb. 23
Mar. 5-8	13&O State	Feb. 25
Mar. 14-15	Y-Regionals	Mar. 8
Mar. 20-22	Y-State	Mar. 15
Mar. 30-3	Y-Nationals	Mar. 22

### Katie's Kickboard

Hello again,

Great efforts to those who swim this past weekend. Let's keep that momentum going into WI LSC Regionals and USA State. It is not too late to sign up for this upcoming Regional meet, it is open to all athletes.

Bronze and Silvers have gradually been growing and we love adding to our SEA family. The coaches want to remind athletes to make smart and safe decisions while at practice.

Gold's have been focusing on themselves, and their best qualities. We have set goals and ways to achieve them. Then Coach Katie made cool stars for each athlete that reminds them why they swim and what their strengths are.

My goal for this year is to build strong, skilled, and confident individuals. Using things from my new book and ideas from experience I hope to achieve this in this season and continue it in the future.

Please don't hesitate to contact me with any questions, comments, or concerns via email ([coachkatiejames@gmail.com](mailto:coachkatiejames@gmail.com)) or 15-minutes before practice and 15-minutes after practice.

### 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.

### 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 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. The deadline to sign-up is March 20, 2020.

Swimmers attending include Megan Schultz, Mac Thomas, Macie Ritter, Josh Abel, Rylie Bergemann, Hugo Arteaga, Joe Skantz, Zack Kopsea, Natalia Badillo, Sofia Badillo.

We may need a chaperone or two depending on the number of swimmers attending. Parents interesting in chaperoning include 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.

## 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](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 cord (please email Julie Kopsea at [jkopsea@yahoo.com](mailto: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
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](mailto:jkopsea@yahoo.com).

## Swimmer Spotlight

Marie Sprang  
 Age: 10  
 Group: Gold  
 Role Model: Uncle Mike  
 Favorite Stroke: Freestyle  
 Favorite Event: 100 Freestyle  
 Favorite Swimmer: I don't think so  
 Future Goal: I want to go to the same college as my uncle (Iowa State)



Hobbies: Reading

Famous Person You'd Like to Meet: Billie Eilish  
 Favorite Book: Pet Cemetery

If you could change anything in the world, what would you change: No more violence

## February Birthdays

Paul Amundson, Max Bergemann, Maddie Cerny, Jessica Gonzalez, Sebastian Greening, Jake Hendricks, Zarah Herron, Ava Knaus, Sophia Marini, Ava Rydzewski, Megan Schultz.

## 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	Jack Borzynski
Ava Rydzewski	
<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**

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February

- 15-16 NBSC meet
- 21-23 WI LSC Regionals
- 24 Parent board meeting at Horlick
- 28-1 12&U USA State

March

- 5-8 13&O USA State
- 14-15 Wisconsin YMCA Regionals
- 20 Deadline to sign-up for the 13&O Training Trip
- 20-22 YMCA State
- 23 Team Picture
- 30-3 YMCA Nationals

April

- 8-11 ISCA meet
- 20 Tryouts
- 21 Spring & Summer Season begin

May

- 2-3 SEA Early Bird
- 7 Annual Banquet, no practice
- 8-9 MMSC Open
- 25 Memorial Day, no practice
- 29-31 SEA Pirate Plunge

**TEAM SEA Parent Board**

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President

Jeff Peterson - [petersonj12@gmail.com](mailto:petersonj12@gmail.com)

Vice President

Ben Foster - [BenFoster311@gmail.com](mailto:BenFoster311@gmail.com)

Treasurer

Britney Bilgrien - [babilgrien@gmail.com](mailto:babilgrien@gmail.com)

Registration

Missy Reischl - [mjreischl@outlook.com](mailto:mjreischl@outlook.com)

Meet Director

Amy Bergman - [bergman\\_family@att.net](mailto:bergman_family@att.net)

Secretary

Katie Ritter - [kr Ritter717@att.net](mailto:kr Ritter717@att.net)

Officials

Jose Arteaga - [joseharteaga@gmail.com](mailto:joseharteaga@gmail.com)

Fundraising

Shay Borzynski - [sborzynski@gmail.com](mailto:sborzynski@gmail.com)

Head Coach

Neil Wright - [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com)

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

**Did You Know?**

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When you introduce new swimmers to TEAM SEA and they join, your escrow account is credited \$50. Take advantage!