

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 way to be champions in life through excellence in swimming.

February 16, 2023

Neil's Notes

It's been a crazy 24-hours! As it turns out, it wasn't a gas pipe that burst last night, it was a fire suppression sprinkler in the boy's locker room (thank goodness). We should be fine for this weekend's WI LSC Regional event.

And there's this snow storm that just rolled in ... it took a bit for it to arrive, but it sure is coming down now.

Remember, RUSD cancelled school and afterschool activities today, so our practices are also cancelled (our YMCA closed today too so we are really out of pools to attempt to schedule a practice today).

Good luck to all our boys racing in WIAA State this weekend!

There will be no practice offered on Friday, February 17 and Saturday, February 18. Take advantage of WI LSC Regionals that weekend which will be hosted at the Racine Aquatic Center (we are not hosting this meet). Additionally, there's no practice on Saturday, February 25, Saturday, March 4, and Saturday, March 11. The final practice of the season for athletes not attending YMCA Nationals is Friday, March 17. We are offering OST (offseason training) beginning Monday, March 20. Read more about OST later in this newsletter and take advantage!

Beginning February 20, we will be able to move all practice times 30-minutes earlier. Bronze and Silver will train 5:00-6:00 PM, Gold 6:00-7:30 PM and Senior 6:00-8:00 PM.

Beginning next season, Bronze swimmers will be able to train Friday nights!

If you ordered a TEAM SEA towel, please be sure to forward payment. \$40 per towel.

Save the dates for the Spring & Summer meet we will be hosting ... May 6-7, June 2-4 and June 23-24.

The 13&O Training Trip is scheduled and still has a few spots open for any female athletes and one spot for a male athlete on the fence about attending. Take advantage of this great opportunity!

If you have a Facebook account, please considering joining TEAM SEA. We use Facebook to send out reminders and post pics from the meets and events we attend. Joining will help you stay in the loop with all things TEAM SEA related.

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).

WI LSC Regional Meet Information

This weekend we'll be racing in our home pool during the WI LSC Regional Meet.

Friday warm-ups: 4:30-5:30 PM, meet begins at 5:35 PM and is scheduled to end at 7:25 PM.

Saturday AM (12&U) warm-ups: 7:30-8:00 AM, meet begins at 8:05 AM and is scheduled to end at 11:24 AM.

Saturday PM (13&O) warm-ups: 11:24 AM-12:10 PM, meet begins at 12:45 PM and is scheduled to end at 3:49 PM.

Sunday AM (12&U) warm-ups: 7:00-7:30 AM, meet begins at 8:05 AM and is scheduled to end at 11:24 AM.

Sunday PM (13&O) warm-ups: 12:00-12:30 PM, meet begins at 12:35 PM and is scheduled to end at 4:04 PM.

Good luck TEAM SEA!

Drive safe, swim fast, have fun!!

Conference Champs Highlights & Recap

TEAM SEA put together a great showing last Sunday in Lake Geneva. When the waves had settled, nine new State qualifying times were achieved along with 74% best times! What stands out even more than those stats is the fact many swimmers are racing in new events they have never tried before ... this is a huge sign of growth - keep it up!

New YMCA State qualifying times were posted by Ireland Byrne (9-10 50 Backstroke 44.14 and 50 Freestyle 36.22), Nathaniel Foster (13-14 100 Freestyle 54.41), Nicholas Foster (11-12 50 Breaststroke 37.61 and 100 Breaststroke 1:21.00), Oliva Speers (8&U 25 Backstroke 23.05), and Evan Steenrod (9-10 200 Freestyle 2:47.03). Even also picked up new USA State qualifying times in the 50 Freestyle 33.44 and 100 Backstroke 1:23.56.

Slashing five or more seconds in a single event included Savannah Allison -25.85 100 Freestyle, Nina Fick -7.55 100 Freestyle, Nicholas Foster -8.52 100 Breaststroke, Evelyn Gutknecht -6.42 50 Breaststroke, Jules Horton -7.72 25 Breaststroke, Levi Jansen -9.32 200 Freestyle, Natalie Johnson -20.29 50 Breaststroke, Ava Kerbawy -5.30 50 Butterfly, Ian Lopez -11.82 200 Freestyle, Fiona Marini -26.06 200 Freestyle, Brennan Meyer -8.99 200 Freestyle, Olivia Speers -13.61 100 Freestyle, Evan Steenrod -27.29 200 Freestyle, Kylie Thomas -13.63 50 Backstroke, Aubree Van Dyke -7.87 100 Freestyle, and Valeria Zavala Lopez -6.70 50 Freestyle.

Notching 100% best times were Jett Adams, Savannah Allison, Ireland Byrne, Hannah Daams, Aisling Fahy, Nicholas Foster, Jules Horton, Levi Jansen, Natalie Johnson, Ava Kerbawy, Grayson Kirchenberg, Kaylee Staniger, Evan Steenrod, Nate Steenrod, Kylie Thomas, Aubree Van Dyke, and Valeria Zavala Lopez.

Gold Medalist: Nathaniel Foster, Adriana Hotchkiss, Ella Kirchenberg, Brennan Meyer

Silver Medalist: Aisling Fahy, Nathaniel Foster, Natalie Johnson

Bronze Medalist: Nicholas Foster, Lindsey Hohnl, Olivia Speers
Way to go TEAM SEA!

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Feb 17-19	Regionals	Closed
Feb 24-26	Senior State	2/19
Feb 25-26	10&U State	2/20
Mar 3-5	11-14 State	2/20
Mar 11-12	YMCA Sectionals	3/1
Mar 17-19	YMCA State	2/19
Apr 3-7	YMCA Nationals	3/27
May 6-7	SEA Early Bird	TBA
May 13	NBSC Open	TBA
May 21	Conference Meet	TBA
Jun 2-4	SEA Pirate Plunge	TBA
Jun 11	Conference Meet	TBA
Jun 23-24	SEA Summer Sizzler	TBA
Jun 23-25	WGLO Invite	TBA

Jun 29	Open Water State	TBA
Jun 30	Conference Meet	TBA
Jul 6-8	Lakeside Invite	TBA
Jul 13-16	Speedo Sectionals	TBA
Jul 14-16	12&U State	TBA
Jul 25	Conference Champs	TBA
Jul 27-30	13&O State	TBA
Jul 31-4	Junior Nationals	TBA
Aug 3-6	14&U Zones	TBA

Offseason Training Opportunity

Coach Joanna will be leading an offseason training opportunity March 20-April 6 (Monday, Tuesday, Wednesday, and Thursdays) at the RAC.

The schedule for Bronze & Silver is 5:00-6:00 PM and for Gold & Senior, 6:00-7:30 PM.

The focus will be starts, breakouts, turns, and finishes for all four strokes with some light conditioning sprinkled in.

Freestyle will be covered March 20-22, Backstroke will be covered March 23-28, Breaststroke will be covered March 29-April 3, and Butterfly will be covered April 4-6.

Cost for Bronze & Silver is \$60 and \$90 for Gold & Senior (check or cash payable to SEA).

Simply email Coach Neil if you plan on having your swimmer attend.

Hotel Information for Lakeside Invite, 7/6-8

We will be attending the Lakeside Invite again this summer. The meet takes place in Kentucky at the Lakeside Swim Club facility (it's an outdoor facility with the competition pool located in a closed quarry).



As usual, hotels are difficult to come by (this summer there's a major volleyball and baseball tournament taking place on the same weekend we will be racing). After Coach Neil spoke with a few group reservation representatives, they seem to feel rooms will free up a week or two out of our arrival as many teams over reserve their needs.

However, we did secure a block of ten rooms at the Drury Inn & Suites located 7.2-miles/14-minutes from the venue. All rooms

are double queen and the hotel offers complimentary hot breakfast and dinner/drinks.

If you are planning on attending this meet, you can reserve a room by visiting the link below.

Once all rooms are secured, please try and contact the hotel directly to see if you can secure a room (Coach Neil was able to pick-up a room on 1/25 without issue - reserved online at hotels website).

The hotel address is 9501 Blairwood Road, Louisville. Phone is 502.326.4170. Hope to see you there!

<https://www.druryhotels.com/bookandstay/newreservation/?groupno=10051888>

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 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.

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 Spring & Summer

<i>Order By</i>	<i>Delivery On</i>
March 5	March 9-10

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.

13&O Training Trip

Every two year's all athletes 13&O are extended the opportunity to attend a week-long training trip with their teammates and TEAM SEA.

Our next trip will take place in June of 2023, 9th-16th. A minimum of 12 athletes must attend this trip for it to take place. Athletes interested in attending include: Jordyn Tran, Rylie Bergemann, Sophia Marini, Brady Moore, Lindsey Hohnl, Gabi Peterman, Jack Borzynski, Alice Stratman, Nathaniel Foster, Nicholas Foster, Sofia Badillo, Caleb Bergman, Molly Warren.

The trip has averaged out to \$1000 per swimmer over the years and we usually drive to Panama City Beach, FL. This year's trip is currently sitting at \$1350 (plus expenses for food).

We will also need two chaperones with priority given to those parents who have not had an opportunity to attend. Eric Bergemann, John Marini, Ben Foster, Maria Peterman, Sarah Foster is interested.

Please contact Coach Neil if you would like to attend or need more information.

February Birthdays

Maddie Cerny, Jessica Gonzalez, Charlotte Horton, Sophia Marini, Walter Olinski, Ava Rydzewski, Megan Schultz.

Extended Calendar

February

11 WIAA Boys Sectionals
 12 Conference Champs Meet
 17-18 No practice
 17-19 Regionals
 24-26 Senior State
 25 No practice
 25-26 10&U State

March

3-5 11-14 State
 4 No practice
 11 No practice
 11-12 YMCA Sectionals
 17-19 YMCA State
 17 Final practice of the Fall & Winter Season
 20 Offseason Training begins
 21 Tryouts, 5-6 PM @ RAC

April

3-7 YMCA Nationals
 18 Spring & Summer Season begins

May

5-6 SEA Early Bird
 13 NBSC Open
 20 Conference Meet

- 29 No practice
- June
- 2-3 No practice
- 2-4 Pirate Plunge
- 9-16 13&O Training Trip
- 13 Conference Meet
- 23-24 Summer Sizzler
- 23-25 WGLO Invite
- 29 Open Water State
- 30 Conference Meet

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. \$17 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 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 text Coach Neil at 262.994.3157.

Caring * Honesty
Respect * Responsibility
Build * Promote * Achieve