

## 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.*

February 16, 2024

### Neil's Notes

Don't forget to sign-up your swimmer to attend YMCA Sectionals!

With Regionals this weekend, we will not conduct practice tonight and Saturday. Senior swimmers not racing in Regionals are encouraged to use the posted workouts on the Senior page of our website and head over to the YMCA to train. Good luck!

With the conclusion of high school swimming, our practice times will be adjusted beginning Monday, February 19 ...

Bronze & Silver move to 5:00-6:00 PM

Gold move to 6:00-7:30 PM

Senior move to 6:00-8:00 PM

Best of luck to our high school boys who are racing in WIAA State this Friday and Saturday in Waukesha!

Families attending any of the USA State meets can order TEAM SEA State apparel through Sunday night. Look for the link via the newsletter email sent today.

Please take a look at the escrow reports and zero out any negative balances from the last two seasons. Additionally, if you are paying swim tuition monthly, please stay current. Thanks in advance!

With one month of the season left, please be sure to forward any remaining payments for swim tuition by the end of the month. Thank you.

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

### Regional Meet Information

This weekend we will be racing at our home pool without the added pressure of hosting.

Friday warm-ups begin at 4:30 PM, meet begins at 5:35 PM, and is scheduled to end at 7:27 PM.

Saturday & Sunday AM warm-ups (12&U swimmers) begin at 7:00 AM in lanes 7-8, meet begins at 8:05 AM, and is scheduled to end at 11:38 AM.

Saturday & Sunday PM warm-ups (13&O swimmers) begin at 11:45 AM in lanes 9-10, meet begins at 12:50 PM and is scheduled to end at 4:07 PM Saturday and 3:53 PM.

Heat sheets can be viewed on the meet landing page which was shared by email with this newsletter.

Time Trials will be offered at this event for any athletes who need to capture their first USA State cut and/or their fifth USA State cut. Speak with your coach if you need to Time Trial (will take place at the conclusion of the meet on Saturday and Sunday).

Drive safe, swim fast, have fun!

### Upcoming Meets

Date	Meet	Entry Deadline
Feb 16-18	Regionals	Closed
Feb 23-25	Senior State	2/18
Feb 24-25	10&U State	2/18
Mar 1-3	11-14 State	2/18
Mar 9-10	SEA YMCA Sectionals	3/3
Mar 15-17	YMCA State	3/10
Apr 2-6	YMCA Nationals	3/17
May 4-5	SEA Early Bird	TBA

### Conference Champs Recap & Highlights

What a great meet! The energy and team spirit our athletes demonstrated was just amazing to be a part of!! Very cool to watch and experience. When the waves settled, we finished with 68% best times (54 of 80 swim) and six DQs (one IM and five Backstroke - we will be working on a lot of Backstroke turns this

week). Our relays really stood out (great racing and no false starts)!

There was an issue with the printer at the meet. Awards will not be available until Monday, February 19.

Congratulations to Ireland Byrne (YMCA State, 10-year-old 50 Backstroke, 38.19), Evan Steenrod (YMCA and USA State, 9-10 100 IM, 1:22.52), Nate Steenrod (USA State, 8&U 25 Breaststroke, 25.63), and Harrison Yanke (USA State, 10&U 100 Breaststroke, 1:40.57).

Posting some of the fastest times in our team's history included Nate Steenrod (8&U 200 Freestyle, 3:33.61, 9<sup>th</sup>) and Harrison Yanke (8&U 100 Breaststroke, 5<sup>th</sup> and 100 IM, 1:29.25, 6<sup>th</sup>).

Slashing five of more seconds in a single event were Mathilde Angeline -11.25 100 Freestyle, Eli Ehmcke -5.84 100 Freestyle, Aisling Fahy -19.23 500 Freestyle, Matilda Gutjahr -30.51 100 Backstroke, Levi Jansen -34.18 500 Freestyle, Ella Kirchenberg -7.07 100 Freestyle, Nate Steenrod -15.82 200 Freestyle, and Valeria Zavala Lopez -29.80 100 Freestyle.

Notching 100% best times: Mathilde Angeline, Haylee Clouse, Levi Jansen, Piper Jansen, Ava Kerbawy, Delilah Kuhl, Evan Steenrod, Nate Steenrod, and Valeria Zavala Lopez.

Molly Staniger swam a legal 100 IM and will be moving to the Silver training group!

Gold Medalist: Eli Ehmcke, Matilda Gutjahr, Zack Steenrod

Silver Medalist: Ava Kerbawy, Nate Steenrod

Gold Medalist: Amalia Ehmcke, Vivienne Yanke

Don't forget to sign-up for YMCA Sectionals!

### **Offseason Training Opportunities**

We (Coach Joanna and Parker) will be offering Offseason Training (OST) at the conclusion of our current season.

The focus will be starts, breakouts, turns, finishes, and technique for all four strokes.

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

OST will be offered on March 18-22 (Freestyle), March 25-28 (Backstroke), April 8-11 (Breaststroke), and April 15-18 (Butterfly).

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

You can a la carte this experience for \$20 per week for Bronze & Silver and \$30 per week for Gold & Senior.

If you plan on having your swimmer attend OST, please kindly send an email to Coach Neil and he'll add his/her name to the list. Take advantage!

Silver attending: Summer Gustafson-Binger

### **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](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 Coach Neil at [south.eastern.aquatics@gmail.com](mailto: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 for Spring & Summer**

<i>Order By</i>	<i>Delivery On</i>
March 10	March 14-15

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](mailto:south.eastern.aquatics@gmail.com).

### **January Birthdays**

Mathilde Angeline, Sofia Badillo, Ireland Byrne, Eli Coughlin, Amalia Ehmcke, Nicholas Foster, Fiona Marini, Ryan McGillis, Allie Mertins, Evan Olson, Ellie Palermo, Ellie Staniger.

### **February Birthdays**

Maddie Cerny, Jessica Gonzalez, Charlotte Horton, Sophia Marini, Lila Rudoll, Lily Rudoll, Megan Schutlz.

## **Extended Calendar**

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### February

- 16-17 No practice
- 16-18 Regionals
- 17 WIAA State
- 23-25 Senior State
- 24-25 10&U State

### March

- 1-3 11-14 State
- 9-10 YMCA Sectionals
- 15 Final practice of the season
- 15-17 YMCA State

### April

- 2-6 YMCA Nationals
- 22 Tryouts
- 23 First day of Spring & Summer practice

### May

- 4-5 SEA Early Bird
- 19 Swim for a Cause
- 27 No practice, Memorial Day
- 31-2 SEA Pirate Plunge

### June

- 11 Last day of school (RUSD)
- 12 AM practice begins for Seniors
- 21-22 SEA Summer Sizzler

### July

- 4 No practice, Happy Independence Day
- 11-14 Speedo Sectionals
- 19-21 Regionals
- 26-28 12&U State
- 31 Last day of Spring & Summer practice

### August

- 1-4 13&O State
- 8-11 14&U Zones
- 13 Annual Awards Banquet

### September

- 23 Tryouts
- 23 First day of practice for Fall & Winter
- 28 40<sup>th</sup> Anniversary TEAM SEA Celebration

## **F.A.Q.**

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- 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 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***