

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 17, 2022

Neil's Notes

We have five week's left of the season! Our final practice will be held March 18th. Continue to attend as many practices as your schedule allows (especially if you are on the cusp of achieving your first State qualifying time) and don't forget to sign-up for YMCA Sectionals (our final hosted meet of the season which will take place at the new aquatic center in town). Email me if you would like me to sign-up your son or daughter ... Coach Joanna and I would love to SEA all 84 athletes racing in the meet!

This weekend our high school boys will be racing during WIAA State at Waukesha South High School. Congratulations to Hugo Arteaga, Ethan Bergman, and Zack Kopsea on qualifying for the meet and good luck!

Personalized swim caps should be here tomorrow. They will be sent directly to me and I will hand them out at practice.

We will be offering OST (off-season training) between the end of our current season and the beginning of our Spring & Summer Season. Read more about OST later in this email and take advantage!

Save the date for our team travel meet to Kentucky. Updated dates are July 7-9 (Thursday-Saturday). More information to follow! You don't want to miss the meet as the venue is really different ... have you ever floated in an innertube and watched your son or daughter swim their events? You can here!

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).

Regional Meet Information

Friday-Sunday we will be racing at Muskego High School (W185 S9750 Racine

Avenue). This meet represents the last opportunity to qualify for 12&U and 13&O USA State. Good luck!

Friday warm-ups begin at 5:00 PM for all athletes, meet begins at 6:00 PM and is scheduled to end at 8:25 PM.

For Saturday and Sunday warm-ups, we will have assigned lanes and times. Please be timely for warm-ups.

Saturday AM warm-ups (12&U athletes) begin at 7:30 AM, meet begins at 8:05 AM and is scheduled to end at 11:34 AM.

Saturday PM warm-ups (13&O athletes) begin at 12:35 PM, meet begins at 1:05 PM and is scheduled to end at 5:37 PM.

Sunday AM warm-ups (12&U athletes) begin at 7:30 AM, meet begins at 8:05 AM and is scheduled to end at 11:13 AM.

Sunday PM warm-ups (13&O athletes) begin at 12:10 PM, meet begins at 12:40 PM and is scheduled to end at 5:43 PM.

Last weekend's pool area was very chilly. Please be prepared for a cold pool deck by making sure you have a parka or warm-ups to warm when not racing.

Drive safe, swim fast, have fun!

Conference Highlights & Recap

This past weekend's Conference meet was so fun and exciting! As a team we finished with 76% best times (62 of 82 swims) and only five DQs (three in Backstroke, one in Breaststroke and IM).

New State qualifying times were achieved by Jack Borzynski in the 13-14 100 Breaststroke 1:11.43, 200 Backstroke 2:15.24, 500 Freestyle 5:38.94, Evan Steenrod in the 8&U 50 Breaststroke 55.49, Olivia Speers in the 7&U 25 Backstroke 29.50, Zack Steenrod in the 9-10 50 Breaststroke 46.46, 100 Breaststroke 1:39.66 and Harrison Yanke in the 7&U 50 Backstroke 52.33, 50 Freestyle 46.96.

Notching 100% best times were Jack Borzynski, Hannah Daams, Charlotte Horton, Ali Mertins, Evan Olsen, Olivia Speers, Kaylee

Staniger, Evan Steenrod, Zack Steenrod, Charlotte Wright, and Vivienne Yanke.

Dropping five or more seconds in an event included Jack Borzynski -9.26 in the 200 Backstroke, Ireland Byrne -6.41 in the 50 Freestyle, Hannah Daams -15.76 in the 50 Backstroke, Ali Mertins -5.33 in the 50 Breaststroke, Evan Olsen -10.27 in the 50 Backstroke, Evan Steenrod -11.96 in the 50 Breaststroke, Nate Steenrod -10.44 in the 25 Freestyle, and Charlotte Wright -13.72 in the 100 Breaststroke.

Gold Medalist: Jack Borzynski, Megan Schultz, Evan Steenrod

Silver Medalist: Jack Borzynski, Megan Schultz

Bronze Medalist: Claire Keeker, Ellie Olson

Great swimming athletes and good luck this weekend during Regionals and WIAA State!

Upcoming Meets

Date	Meet	Entry Deadline
Feb. 18-20	Regionals	Closed
Feb. 25-27	12&U State	2/20
Mar. 3-6	13&O State	2/14
Mar. 12-13	YMCA Regionals	3/4
Mar. 18-20	YMCA State	2/28
Mar. 28-1	YMCA Nationals	3/20

Off-Season Training (OST)

OST will be offered between the end of the Fall & Winter Season and the beginning of the Spring & Summer Season.

OST is 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 gives them an opportunity 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 21-April 14) and will be led by Coach Joanna.

Bronze and Silver will swim 5:00-6:00 PM and Gold and Senior will swim 6:00-7:00 PM with each week covering starts, breakouts, turns, and finishes for one stroke.

The order will be:

Freestyle, March 21-24
Backstroke, March 28-31
Breaststroke, April 4-7
Butterfly, April 11-14

The cost is \$150 for all four weeks or \$50 per week.

To sign-up simply email Coach Neil and forward payment to Coach Joanna (cash/chdck

payable to SEA) when you attend the first practice.

Take advantage!

TEAM SEA Amazon Smile

TEAM SEA has had an Amazon Smile account for many years, but it has been a while since we have reached out to families for support.

If you would like to support TEAM SEA via purchases when ordering from Amazon Smile please go to <https://smile.amazon.com/ch/39-1580537>.

Once there, please click on the Start Shopping button to support TEAM SEA. Thank you for helping one of Racine's Hidden Gems.

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 Fall & Winter

Order By	Delivery On
February 20	February 25
March 13	March 18

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.

February Birthdays

Max Bergemann, Maddie Cerny, Jessica Gonzalez, Jake Hendricks, Charlotte Horton, Ava Knaus, Sophie Marini, Walter Olinski, Ava Rydzewski, and Megan Schultz.

Extended Calendar

February

18-20 WI LSC Regionals

25-27 12&U State

March

3-6 13&O State

12-13 Wisconsin YMCA Regionals

18 Final practice of Fall & Winter Season

18-20 YMCA State

28-1 YMCA Nationals

April

11 New swimmer tryouts

25 First day of Spring & Summer practice

May

7-8 SEA Early Bird meet

14 Conference meet

22 Swim-a-Thon

June

3-5 SEA Pirate Plunge meet

11 Conference meet

24-25 SEA Summer Sizzler meet

July

1 Conference meet

7-9 Lakeside Invite in Kentucky

14-17 Speedo Sectionals

15-16 Regionals

22-23 12&U State

28-31 13&O State

August

1-5 Speedo Junior Championships

4-7 14&U Zones

September

19 New swimmer tryouts

20 Fall & Winter Season begins

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. \$15 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) Got a question you need an answer to? Please text Coach Neil at 262.994.3157.

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