

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 20, 2025

Neil's Notes

Good luck this weekend TEAM SEA! Remember, no practice tomorrow or Saturday this week. Thank you to all the families for promptly taking care of their swimmers' USA Swimming Membership.

Beginning Monday, February 24 all practices times will begin 30-minutes earlier ... Bronze & Silver will practice 5:00-6:00 PM, Gold will practice 6:00-7:30 PM and Senior will practice 6:00-8:00 PM. We will maintain this practice schedule through the end of our Spring & Summer Season and switch back to the 5:30 PM and 6:30 PM start times in the Fall & Winter.

We now have one open spot for June's 13&O Training Trip. Reach out if you would like your son or daughter to attend.

Two remaining "weird" practices dates for February include: Friday, February 21 = no practice (no pools available and Regionals) and Friday, February 28 we will train at the YMCA with all practices beginning at 5:00 PM and running to 7:00 PM for all athletes (swimmers do not need to stay the entire two hours ... thinking of our younger swimmers here). This practice will focus on starts, turns, finishes, and relay exchanges for the duration of the practice.

If you are not current with your monthly swim tuition payments, please ensure you get caught up. Additionally, there are some families with outstanding escrow balances from the last season. I'm slowly working through those files, but you can take a look to see if you have any balances too. Thank you.

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

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).

Regional Meet Information

This weekend we'll be in action at our home pool! The meet landing page has all the information you'll need (was emailed today). Please remember, no practice Friday and Saturday this week.

Friday warm-ups run 4:30-5:30 PM, meet begins at 5:35 PM and is scheduled to end at 8:00 PM.

Saturday & Sunday AM warm-ups (12&U) run 7:30-8:00 AM in lanes 4-6, meet begins at 8:05 AM and is scheduled to end at 11:16 AM Saturday and 11:35 AM Sunday.

Saturday & Sunday PM warm-ups (13&O) run 11:00-11:30 AM in lanes 6-8, meet begins at 12:20 PM and is scheduled to end at 3:17 PM Saturday and 4:19 PM Sunday.

Time Trials will be conducted Saturday and Sunday at the conclusion of the PM Session for any athlete attempting to pick-up their first or 5th State qualifying time. Please speak with a coach if you plan on having your swimmer time trial. The cost is \$10 per event (swimmers will only time trial one event per day and the event total cannot exceed six between the meet and time trials per day).

Drive safe, swim fast, have fun!

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Feb 21-23	WI LSC Regionals	Closed
Feb 28-2	WI LSC Senior State	2/22
Mar 1-2	WI LSC 10&U State	2/22
Mar 7-9	WI LSC 11-12 State	2/22
Mar 15-16	YMCA Sectionals	3/1
Mar 21-23	YMCA State	3/16
Mar 31-4	YMCA Nationals	3/24
May 3-4	SEA Early Bird	4/20
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
Jan 10-11	SEA Penguin Challenge	TBA

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.

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!

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. This year's trip is "sold out."

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:

GIRLS

Kealey Alderks, Hannah Daams, Ash Fahy, Jessica Gonzalez, Lindsey Hohnl, Fiona Marini, Sophia Marini, Ashlyn Malzewski, Allie Mertins, Gabi Peterman, Kylie Thomas, Kaylee Staniger, Aubree Van Dyke, Molly Warren

BOYS

Caleb Bergman, Jack Borzynski, Nathan Breit, Max Carlson, Nathaniel Foster, Nicholas Foster, Levi Jansen, Grayson Kirchenberg, Ryan McGillis, Brennen Meyer, Brady Moore, Zack Steenrod

CHAPERONES

Maria Peterman, Melissa Hohnl, Kim Wright
COACHES
 Parker Palermo, Neil Wright
SPOTS REMAINING
 One spot available

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 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.

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

<i>Order By</i>	<i>Delivery On</i>
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.

February Birthdays

Kealey Aalderks, Jenna Aschenbrenner, Autumn Cress, Jessica Gonzalez, Charolette Horton, Madelyn Kaminskis, Sophia Marini, Ava Montemurro, Zoe Pomeroy, Lila Rudoll, Lily Rudoll, Megan Schultz, Orion Sura.

Extended Calendar

February

21 No practice, Regionals
 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

24 Annual Halloween Party

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***