

## 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 21, 2020

### **Head Coach Notes**

I hope everyone is adjusting well to the additional lane space we have now that we have branched over to Park High School. We are averaging 22 Senior swimmers at Park so we would have been very crowded at Horlick ... although the Senior swimmers do miss Buddy Day.

Congratulations to all our high school boys on their results last weekend during WIAA Sectionals. Josh Abel and Joe Skantz weren't too far off qualifying for State ... next year for sure!

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 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).

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!

### **WI LSC Regional Meet Information**

This weekend we'll race at St. Augustine Prep (2607 South 5<sup>th</sup> Street, Milwaukee).

Friday warm-ups begin at 4:30 p.m., meet begins at 5:35 p.m. and is scheduled to end at 7:26 p.m.

Saturday (lane 4) & Sunday (lane 4) AM warm-ups (12&U) begin at 7:00 a.m., meet begins at 8:05 a.m. and is scheduled to end at 10:25 a.m. on Saturday and 10:56 a.m. on Sunday.

Saturday (lane 5) & Sunday (lane 5) PM warm-ups (13&O) begin at 11:00 a.m., meet begins at 12:05 p.m. and is scheduled to end at 3:25 p.m. on Saturday and 4:01 p.m. on Sunday.

Do not arrive to the venue until 4:00 p.m. on Friday. School will not clear out until 3:45 p.m. Crowding will not be an issue in the pool with a total of 73 swimmers racing Friday night and if you arrive early, you'll be caught in school dismissal traffic.

New this year at Regionals: anyone winning an event in a 10&U (excludes 8&U events) or 11-12 individual event will qualify for state (even if the qualifying time was not met).

Time Trials are offered on Saturday and Sunday. Who should participate in Time Trials? Swimmers who currently do not have a State qualifying time and close to achieving one; swimmers who currently have three state qualifying times and close to achieving another one; swimmers attempting to achieve a YMCA

National qualifying time. Swimmers will only sign-up for one time trial event per day. Deadline to sign-up on Saturday is event 77 and Sunday is event 145.

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. 28-1	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
Apr. 8-11	ISCA	Mar. 30

### Katie's Kickboard

Hello again,

We had an awesome Valentine's meet in New Berlin, there were great efforts, and lots of time improvements. They will be mailing the awards for this meet, we will get them out as soon as they arrive. This weekend we are competing in the WI LSC Regional meet at Augustine Prep.

It is CRUNCH time! We encourage athletes to attend practice as much and regularly as possible, especially towards the end of the season (or crunch time). In the past we have had an incentive for any athlete who attends 4 practices in one week (Bronze = 3 days). They will receive a Crunch Bar or Smartie as a reward.

You may have noticed we are a little quieter over at Horlick, the Seniors have moved to train at Park. Friday's we will practice in a combined fashion at Horlick. We are very excited about the extra space we have to practice.

Gold's will be doing yoga instead of dryland until the end of the season, please have your athlete bring a yoga mat (\$5 at 5 Below) or towel. They will also need a yoga strap, or an extra towel we can use to help with shoulder stretching routine. I have a few extra mats for those who forget.

Dont forget to look ahead at our meet schedule, we hope to have as many SEA athletes attend the YMCA Regional meet coming up in March. Email Coach Neil or I with your intentions in upcoming meets or if you have any questions.

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.

### NBSC Recap & Highlights

We had a strong showing at last weekend's competition combining for 73% best times (70 of 96 swims), only four DQs (two breast, one each for fly and IM), and finished fifth of eight teams scoring 895 points (which makes sense as we were the fifth largest team at the meet).

Adam Ries set our team record in the 13-14 100 IM, 1:12.97.

Congratulations to Brady Moore on his two YMCA State qualifying times - 11-12 200 Freestyle, 2:17.51 and 100 IM, 1:13.42.

We have another :21 and under swimmer in our midst. Way to go Zack Steenrod! He swam the 25 Freestyle in 20.33.

Swimmers notching all best times in their races were Ava Kerbawy, Raelyn Schurman, Aubree Van Dyke, and Vivienne Yanke.

Athletes drop five or more seconds in a single event included Rylie Bergemann -19.05 in the 200 Butterfly 2:53.32, Zoe Chartrand -18.15 in the 100 Breaststroke 1:47.39, Shaelyn Jensen -30.48 in the 200 Freestyle 2:45.47, Ava Kerbawy -16.74 in the 100 IM 2:00.30, Fiona Marini -13.21 in the 50 Butterfly 1:06.89, Brady Moore -19.02 in the 200 Freestyle 2:17.51, Adam Ries -11.28 in the 100 IM 1:12.97, Evan Steenrod -16.38 in the 25 Backstroke 30.16, Zack Steenrod -6.47 in the 50 Freestyle 48.06, and Vivienne Yanke -6.28 in the 25 Freestyle 23.69.

Gold medalists: Rylie Bergemann (three events), Sophie Gutknecht (two events), Brady Moore (three events), Adam Ries (two events), Macie Ritter (three events), Ava Rydzewski (one event), Zack Steenrod (three events)

Silver medalists: Lindsey Hohnl (one event), Brady Moore (two events), Ava Rydzewski (one event), Evan Steenrod (one event), Zack Steenrod (one event)

Bronze medalists: Rylie Bergemann (two events), Lindsey Hohnl (one event), Brady Moore (three events), Adam Ries (one event), Evan Steenrod (one event), Zack Steenrod (one event)

Good luck this weekend during WI LSC Regionals!

### 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, Alice Stratman.

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 Cancelation**

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**

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

Natalia Badillo  
 Age: 16  
 Group: Senior  
 Role Model:  
 My Mom  
 Favorite  
 Stroke: IM or  
 Breaststroke  
 Favorite Event:  
 200  
 Breaststroke  
 Favorite  
 Swimmer:  
 Annie Lazor  
 Future Goal:  
 Good to a  
 good college  
 for swim  
 Hobbies: Watching Netflix, making desert with my sister Sofia  
 Famous Person You'd Like to Meet: Tatinka Hosszu  
 Favorite Book: Any of the Harry Potter books  
 If you could change anything in the world, what would you change: Get rid of stereotypes



## 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

*If they can do it ...*

*YOU CAN DO IT!*

### 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 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

### February

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

President

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

Vice President

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

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*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!