

## 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 23, 2023

### **Neil's Notes**

The weather continues to throw wenchies into our plans for practice. We should be okay for Friday night practice, but please remember there are no practices this Saturday while Coach Joanna is in Green Bay working with our 10&U swimmers during State and I'll be in Brown Deer attending Senior State. Any Bronze level swimmer who would like to attend practice tomorrow night may do so, 5-6 PM.

Don't forget to sign-up your swimmer(s) for YMCA Sectionals, March 11-12 at the RAC. Simply drop me an email stating you want them entered (be sure to include which days).

There's no practice, 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!

Remember, all practices begin and end 30-minutes earlier for the remainder of the season.

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

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](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).

### **Senior State Meet Information**

This weekend our Senior athletes will be racing in Brown Deer.

Warm-ups are assigned so please be on time for them ...

Friday warm-ups run 7:00-7:25 AM, meet begins at 8:35 AM and is scheduled to end at Noon. The following swimmers will warm-up later: Zack at 8:30 AM and Hugo at 9:00 AM.

Saturday warm-ups run 7:50-8:15 AM, meet begins at 8:35 AM and is scheduled to end at 1:35 PM. The follow swimmer will warm-up later: Jack at 9:30 AM.

Sunday warm-ups run 7:25-7:50 AM, meet begins at 8:35 AM, and is scheduled to end at 1:04 PM. The following swimmer will warm-up later: Andy at 8:30 AM.

Athletes advancing to Finals should check with Coach Neil on what time to return. Finals begin at 5:05 PM.

Good luck!

Drive safe, swim fast, have fun!!

### **10&U State Meet Information**

This weekend our 10&U State athletes will be racing at the Ashwaubenon Community Pool (2391 S. Ridge Road, Green Bay).

Warm-ups are assigned so please be on time for them ... we'll be in lane three, 9:10-9:35 AM for both Saturday and Sunday.

Racing begins at 10:05 AM and is scheduled to end at 3:00 PM Saturday and 3:30 PM Sunday.

It's going to be crowded on deck. The host team is opening up the fieldhouse for swimmers and families to set-up camp (folding chairs are allowed).

Good luck!

Drive safe, swim fast, have fun!!

## WI LSC Regional Highlights & Recap

We had another amazing meet last weekend during the Regional event! Twenty-three new State qualifying times, 66% best times (206 of 313 swims), and only ten DQs (six IMs, three Breaststroke, one Backstroke).

New State qualifying times were achieved by Ale Arteaga (USA 100 Butterfly, 1:13.42 and "Win in you're in" 200 IM, 2:37.80, 1000 Freestyle, 13:07.55), Jordan Borzynski (200 IM, 2:50.61, 500 Freestyle, 7:00.37), Ireland Byrne (YMCA 50 Freestyle, 35.58, USA 50 Butterfly, 39.19, YMCA 100 Butterfly, 1:32.46), Nathaniel Foster (YMCA 200 Backstroke, 2:19.28), Nicholas Foster (YMCA 50 Butterfly, 32.71), Levi Jansen ("Win in you're in" 400 IM, 6:30.79), Callie Klepp (USA and YMCA 200 Breaststroke, 2:36.12), Andy Krug (USA and YMCA 200 Freestyle, 1:51.11, 50 Freestyle, 23.19, 100 Freestyle, 50.34), Hannah Scherwinski (YMCA 100 Backstroke, 1:02.27, USA and YMCA 100 Breaststroke, 1:11.75, USA 200 Backstroke, 2:13.93), Evan Steenrod (YMCA 100 Breaststroke, 1:46.93, 50 Breaststroke, 50.07, USA 200 Freestyle, 2:38.40, 100 Freestyle, 1:12.88), and Zack Steenrod (50 Breaststroke, 43.18).

Notching some of the fastest times in our team's history were Jordan Borzynski (9-10, 10<sup>th</sup> 200 IM, 9<sup>th</sup> 100 IM, 7<sup>th</sup> 50 Freestyle, 9<sup>th</sup> 50 Backstroke), Callie Klepp (15-16, 10<sup>th</sup> 200 Breaststroke), Hannah Scherwinski (17-18 & Senior, 4<sup>th</sup> 100 IM, 8<sup>th</sup> 100 Backstroke, 9<sup>th</sup> 100 Breaststroke, 7<sup>th</sup> 200 Backstroke, 10<sup>th</sup> 200 IM).

Posting 100% best times included Ireland Byrne, Jack Gerszewski, Evelyn Gutknecht, Levi Jansen, Allie Mertins, Arya Morey, and Evan Steenrod.

Cutting five or more seconds in a single events were Ale Arteaga -6.16 200 IM, Caleb Bergman -10.48 200 Backstroke, Jordan Borzynski -33.75 500 Freestyle, Ireland Byrne -14.18 100 Butterfly, Sylvie Carlson -16.03, Nina Fick -7.17 50 Butterfly, Nathaniel Foster -22.22, Evelyn Gutknecht -18.16 200 IM, Sophie Gutknecht -16.35 200 Freestyle, Lindsey Hohnl -16.34 1000 Freestyle, Piper Jansen -21.11 100 Breaststroke, Ava Kerbawy -8.49 100 Butterfly, Callie Klepp -6.77 200 Breaststroke, Andy Krug -8.29 200 Freestyle, Fiona Marini -5.77 100 Breaststroke, Ellie Olson -12.00 200 Freestyle, Evan Olson -25.18 200 Breaststroke, Evalyn Speers -8.83 100 Freestyle, Ellie Staniger -9.03 100 Freestyle, Kaylee Staniger -6.51 200 Freestyle, Evan Steenrod -8.63 200 Freestyle, Nate Steenrod -8.01 25 Butterfly, Zack Steenrod -9.08 200 IM, Aubree Van Dyke -22.33 100

Backstroke, John Westfall -18.65 50 Freestyle, and Valeria Zavala Lopez -5.74 50 Backstroke.

A big high-five to Summer Gustafson-Binger on racing in her first ever meet!

Great efforts TEAM SEA!

## Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Feb 24-26	Senior State	Closed
Feb 25-26	10&U State	Closed
Mar 3-5	11-14 State	Closed
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.

Gold attending: Logan and Mason Walker

## 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](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 card (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.

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](mailto: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, 9<sup>th</sup>-16<sup>th</sup>. 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, Evelyn Gutknecht.

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  
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*