

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 28, 2020

Head Coach Notes

This weekend Ava, Brady, and Jack will be racing in Brown Deer during this season's 12&U USA State meet. We are very proud of your efforts this season and wish you the best of luck! Rock those blocks!!

We are one week away from the deadline to sign-up for our final team hosted meet, Wisconsin YMCA Regionals. To date we have 34 swimmers entered in the meet (of 101 TEAM SEA athletes). Don't forget, this meet along with YMCA State are required for athletes planning on attending YMCA Nationals. Please reach out to me to declare your intentions to have your swimmers entered in the meet!

Please update your escrow accounts to a balance of zero or in the positive. Brittany Bilgrien will have current escrow account totals during our Wisconsin YMCA Regional meet, but families are encouraged to update their totals prior to the meet. You can reach Brittany at babelgrien@gmail.com.

Attendance at the Senior pool has been great. We had our last T30 Wednesday night and our Senior group did not disappoint. Most athletes crushed their previous best totals and a special congratulations to Zack Kopsea for capturing the third overall position for most yards covered in the 30-minute swim by SEA boys (2625). We are looking forward to the remaining meets on our meet schedule!

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:

March 2, 3, 4, 9, 10, 11, 12, 16, 17, 18, 19

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. 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!

12&U State Meet Information

This weekend we'll race in Brown Deer at the Walter Schroeder Aquatic Center.

Friday warm-ups: Brady and Jack, 3:15 p.m., meet begins at 4:20 p.m.

Saturday warm-ups: Ava, 9:15 a.m., meet begins at 10:20 a.m. Brady and Jack, 2:15 p.m., meet begins at 3:32 p.m.

Sunday warm-ups: Ava 8:30 a.m., meet begins at 9:37 a.m. Brady, 2:00 p.m., meet begins at 3:15 p.m. Jack, 3:15 p.m., meet begins at 4:27 p.m.

Drive safe, swim fast, have fun!

Upcoming Meets

Date	Meet	Entry Deadline
Feb. 28-1	12&U State	Closed
Mar. 5-8	13&O State	Closed
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,

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.

There is only one month left of our fall/winter season. Our YMCA Regional meet is creeping up, we would love to see 100% attendance in the meet. Let's make that happen!

We have 3 athletes heading to 12 & Under state this weekend in Brown Deer. They have been preparing all week for their races this weekend. Wish them luck!

Remember Golds will be doing yoga on Tuesday and Thursday for the rest of the season. Please bring a yoga mat and towel(or yoga strap) to practice on these days.

Please don't hesitate to contact me with any questions, comments, or concerns via email (coachkatiejames@gmail.com) or 15-minutes before practice and 15-minutes after practice.

WI LSC Regional Recap & Highlights

We had an excellent showing during the WI LSC Regional meet last weekend. We posted 64% best times (100 of 156 swims), only two DQs (false start and Backstroke), and finished fifth of eight teams scoring 1288-points.

New USA and/or YMCA State qualifying efforts were turned in by Natalia Badillo in the Senior 400 IM 4:49.44, 200 Freestyle 2:02.59, 200 Butterfly 2:14.52, Jack Borzynski 11-12 50 Butterfly 32.40, Zoe D'Alessandro 13-14 100 Butterfly 1:06.70, Sophie Gutknecht 8&U 25 Freestyle 16.99, 25 Butterfly 20.24, 50 Freestyle 38.42, Zack Kopea 13-14 200 Breaststroke 2:27.48, 100 Backstroke 1:01.33, 100 Freestyle 52.52, 100 Breaststroke 1:08.32, 200 IM 2:12.57, Megan Schultz Senior 1650 Freestyle 18:23.58, and CJ Trask 13-14 200 Backstroke 2:17.26.

Athletes bringing home a Highpoint award included Jack Borzynski 1st place for 11-12 with 129-points, Zoe D'Alessandro 2nd place for 13-14 with 92-points, and Zack Kopea 3rd place for 13-14 with 113-points.

Sofia Badillo set our team record for the 15-16 100 IM finishing in 1:07.26 and Zack Kopea broke the 13-14 team record in the 100 IM touching in 1:00.80 (old record was held by Adam Ries from this year 1:12.97).

Notching some of the fastest times in our team's history were Megan Schultz 3rd Senior 1650 Freestyle, 10th 15-16 200 Butterfly, 2nd 100 IM, Natalia Badillo 5th Senior 200 Butterfly, 5th 400 IM, Eli Stratman 3rd 15-16 100 IM, Maddie Cerny 3rd 13-14 100 IM, Arev Buchaklian 4th 13-14 100 IM, Isabelle Buhler 10th 17-18 400 IM, Zack Kopea 9th 13-14 100 Freestyle, 7th 100 Breaststroke, 9th 200 Breaststroke, 9th 200 IM, 6th 400 IM, Adam Ries

2nd 13-14 100 IM, and Parker Stingl 3rd 13-14 100 IM.

Posting 100% best times were Paul Amundson, Sarah Amundson, Jordan Borzynski, Maddie Cerny, Shaelyn Jensen, Gabi Peterman, and Matthew Thornton.

Cutting five or more seconds in a single event included Paul Amundson -16.14 50 Freestyle 43.69, Sarah Amundson -6.09 50 Freestyle 47.88, Natalia Badillo -14.60 200 Butterfly 2:14.60, Rylie Bergemann -7.51 200 Backstroke 2:34.36, Jordan Borzynski -5.53 50 Backstroke 50.51, Maddie Cerny -7.45 100 Butterfly 1:24.00, Evelyn Gutknecht -6.75 100 Backstroke 2:00.47, Sophie Gutknecht -19.22 50 Breaststroke 1:02.01, Shaelyn Jesen 500 Freestyle -146.29 7:51.15, Zack Kopea -10.03 200 Breaststroke 2:27.48, Adam Ries -5.62 50 Breaststroke 38.62, Megan Schultz -49.64 1650 Freestyle 18:23.58, Joe Skantz -5.42 100 Breaststroke, Alice Stratman -12.33 200 IM 2:43.38, Elizabeth Stratman -13.57 50 Butterfly 30.19, CJ Trask -8.05 200 Backstroke 2:17.26, and Charlotte Wright -7.45 50 Backstroke 49.23.

Gold medalists: Natalia Badillo (four events), Zoe D'Alessandro (one event), Zack Kopea (six events), Megan Schultz (one event), Joe Skantz (one event)

Silver medalists: Sofia Badillo (one event), Jack Borzynski (three events), Jordan Borzynski (one event), Zoe D'Alessandro (one event), Sophie Gutknecht (one event), Zack Kopea (one event), Megan Schultz (one event), Joe Skantz (one event), CJ Trask (one event)

Bronze medalists: Natalia Badillo (one event), Jack Borzynski (four events), Zoe D'Alessandro (two events), Zack Kopea (one event), Adam Ries (one event), Megan Schultz (one event), CJ Trask (one event)

These results are, in a word, WOW!! 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, Zoe D'Alessandro.

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!

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 Julie Kopsea at 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.

Swimmer Spotlight

Evan Steenrod
Age: 6
Group: Bronze
Role Model:
My Mom
Favorite Stroke:
Freestyle
Favorite Event:
50 Backstroke
Favorite Swimmer: No
Future Goal: I don't think so
Hobbies: Play on my playset in my backyard
Famous Person



You'd Like to Meet: NO
Favorite Book: Dinosaur books
If you could change anything in the world, what would you change: Some movies

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
<i>If they can do it ...</i>	<i>YOU CAN DO IT!</i>

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
Sophie Gutknecht	
<i>"If you think you can</i>	<i>do a thing or think</i>
<i>you can't do a thing,</i>	<i>you're right."</i>
<i>Henry</i>	<i>Ford</i>

YMCA Nationals

Natalia Badillo	Mac Thomas
Megan Schultz	
<i>Three is a magic</i>	<i>number,</i>
<i>but four is</i>	<i>MORE!</i>

ISCA Elite Showcase Classic

Hugo Arteaga	Zoe D'Alessandro
Mac Thomas	CJ Trask

Extended Calendar

February

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

24 Board meeting, Park, 6:00 p.m.

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

Vice President

Ben Foster - BenFoster311@gmail.com

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

Did You Know?

When you introduce new swimmers to TEAM SEA and they join, your escrow account is credited \$50. Take advantage!