

Serpent Times

newsletter for

Southeastern Aquatics

Racine Family YMCA Swim TEAM

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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 29, 2024

Neil's Notes

Be sure to enter your swimmers in our upcoming YMCA Sectional meet (we are hosting at RAC, March 9-10). To date, 63 TEAM SEA swimmers are entered and ready to race!

YMCA State will take place in Brown Deer on March 15-17. Please note many TEAM SEA swimmers will be extended an invitation to participate as relay swimmers. Athletes racing as relay only swimmers will be allowed to race in two individual events. A tentative list of entries for YMCA State will be posted next week and will be subject to change depending on the results achieved during YMCA Sectionals. The rough draft we worked on this week has 51 TEAM SEA swimmers entered in the meet. Please do carefully look over the entry report when it's posted. Thank you.

Our Swim for a Cause event information has been handed out during practices and is available on our website. If your swimmer did not bring home a packet, they are available for pick-up at practice. Save the date, Sunday, May 19.

Please take a look at the escrow reports and zero out any negative balances from the last two seasons. Additionally, if you are paying swim tuition monthly, please stay current. All remaining payments were due February 15. Thanks in advance!

Our final practice of the season will be held Friday, March 15. Be sure to take advantage of Off-Season Training (read all about it on page two of this newsletter).

If you have a Facebook account, please consider 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. 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).

11-14 State Meet Information

Beginning tomorrow and running through Sunday our 11-14 swimmers will be racing in Pleasant Prairie during this year's Age-Group State meet.

Warm-ups are assigned ... please be on time.

Friday Prelims for 13-14s, 7:30-7:55 AM in lane 10 lakeside pool, meet begins at 8:35 AM and is scheduled to end at 10:06 AM.

Friday Prelims for 11-12s, please arrive at 11:20 AM, we will warm-up in the second session in lane 6 of the waterpark pool, meet begins at Noon and is scheduled to end at 1:40 PM.

Friday Finals - Jordan and Zack will swim the 200 Backstroke at 5:52 PM, arrive at 4:30 PM for warm-ups. Any other athletes posting a Top 16 time during Prelims should check with Neil or Joanna on what time to return for warm-ups (athletes will be asked to warm-up 90-minutes before they are scheduled to swim their Final race). The Final session begins at 5:00 PM.

Saturday Prelims for 13-14s, 7:55-8:20 AM in lane 10 of the waterpark pool, meet begins at 8:35 AM and is scheduled to end at 9:17 AM.

Saturday Prelims for 11-12s, please arrive 11:20 AM, we will warm-up in the first session in lane 6 of the lakeside pool, meet begins at 12:30 PM and is scheduled to end at 1:55 PM.

Saturday Finals ... athletes moving on to Finals should check with Neil or Joanna on what time to return for warm-ups. The Final session begins at 5:00 PM.

Sunday Prelims for 13-14s, 7:30-7:55 AM in lane 10 lakeside pool, meet begins at 8:35 AM and is scheduled to end at 9:24 AM.

Sunday Prelims for 11-12s, please arrive at Noon, we will warm-up in the second session

in lane 6 of the waterpark pool, meet begins at 12:45 PM and is scheduled to end at 2:27 PM.

Sunday Finals ... athletes moving on to Finals should check with Neil or Joanna on what time to return for warm-ups. The Final session begins at 5:00 PM.

Drive safe, swim fast, have fun!

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry</i>	<i>Deadline</i>
Mar 1-3	11-14 State		Closed
Mar 6-9	TYR Pro Series		Closed
Mar 9-10	SEA YMCA Sectionals		3/3
Mar 15-17	YMCA State		3/10
Apr 2-6	YMCA Nationals		3/17
May 4-5	SEA Early Bird		TBA

Senior State Recap & Highlights

This event always feels like a grind of a meet and this year was no exception. However, when the waves calmed, TEAM SEA posted 53% best times, no DQs, and finished 10th overall for Division Two with 229-points (20th out of all 60+ LSC teams).

Hugo Arteaga broke our 17-18 200 Freestyle team record with his effort of 1:42.68 (old record was held by Scott Bell from 1992, 1:42.90) and Mac Thomas broke her own Senior team record in the 200 Breaststroke slipping under the 2:20 barrier for the first time touching in 2:19.64 (old mark was 2:20.10 from 2023) and she broke Megan Schultz's 2021 Senior 100 IM team record of 1:00.99 with her swim of 59.55.

Picking up new YMCA National qualifying times included Jack Borzynski in the 200 Freestyle 1:44.84, 100 Freestyle 47.95, Brady Moore 200 IM 1:57.45, and Gabi Peterman 50 Freestyle 24.61.

Posting new YMCA State qualifying times were Nathaniel Foster 200 Freestyle 1:53.32 and Ryan McGillis 200 Backstroke 2:09.55.

Notching some of the fastest times in our team's history were Jack Borzynski 15-16 3rd 200 Freestyle, 7th 200 Butterfly 2:00.81, 4th 500 Freestyle 4:53.51, 4th 100 Freestyle, 4th 100 Butterfly 52.25, Nathan Breit 15-16 4th 100 Backstroke 54.79, 10th 100 Freestyle 49.42, 8th 50 Freestyle 22.41, 5th 200 Backstroke 1:59.44, Callie Klepp 17-18 7th 200 Breaststroke 2:34.07, 6th 100 Breaststroke 1:09.07, Brady Moore 15-16 2nd 100 Freestyle 46.75, 3rd 200 IM, 2nd 50 Freestyle 21.44, 7th 100 Butterfly 53.77, and Gabi Peterman 15-16 5th 50 Freestyle, 8th 100 Freestyle 54.18.

Achieving 100% best times were Gabi Peterman and Mac Thomas.

Dropping five of more seconds in an event included Nathaniel Foster -8.66 500 Freestyle and Brady Moore -6.74 200 IM.

Solid efforts all-round! Looking forward to our remaining Championship meets!!

10&U State Recap & Highlights

Our 10&U athletes represented TEAM SEA well in Green Bay last weekend finishing 21st overall with 59% best times, 126.50-points and no DQs.

Harrison Yanke posted some of the fastest times in our team's history for 8&U - 4th 100 Freestyle 1:17.65, 6th 25 Breaststroke 20.83, 3rd 50 Breaststroke 43.93, 100 IM 5th 1:25.88. He also podiumed in all his events!

Evan Steenrod scored points in all of his events and posted the 7th fastest time in our team's history in the 100 Backstroke 1:16.24.

Nate Steenrod scored points in four of his six events and posted three best times.

Matilda Gutjahr posted two best times.

Great job swimmers! Good luck at YMCA Sectionals!!

Offseason Training Opportunities

We (Coach Joanna and Parker) will be offering Offseason Training (OST) at the conclusion of our current season.

The focus will be starts, breakouts, turns, finishes, and technique for all four strokes.

The schedule for Bronze & Silver is 5:00-6:00 PM and for Gold & Senior, 6:00-7:30 PM.

OST will be offered on March 18-22 (Freestyle), March 25-28 (Backstroke), April 8-11 (Breaststroke), and April 15-18 (Butterfly).

Cost for all four weeks is \$60 for Bronze & Silver and \$90 for Gold & Senior (cash or check payable to SEA).

You can a la carte this experience for \$20 per week for Bronze & Silver and \$30 per week for Gold & Senior.

If you plan on having your swimmer attend OST, please kindly send an email to Coach Neil and he'll add his/her name to the list. Take advantage!

Silver attending: Summer Gustafson-Binger, John Westfall, Amalia Ehmcke, Rhemy Thompkins

Gold attending: Logan Buska, Eli Ehmcke

Senior attending: Sarah Hackenbracht

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 for Spring & Summer

<i>Order By</i>	<i>Delivery On</i>
March 10	March 14-15

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.

January Birthdays

Mathilde Angeline, Sofia Badillo, Ireland Byrne, Eli Coughlin, Amalia Ehmcke, Nicholas Foster, Fiona Marini, Ryan McGillis, Allie Mertins, Evan Olson, Ellie Palermo, Ellie Staniger.

February Birthdays

Maddie Cerny, Jessica Gonzalez, Charlotte Horton, Sophia Marini, Lila Rudoll, Lily Rudoll, Megan Schutlz.

Extended Calendar

March

1-3 11-14 State
9-10 YMCA Sectionals
15 Final practice of the season
15-17 YMCA State

April

2-6 YMCA Nationals
22 Tryouts
23 First day of Spring & Summer practice

May

4-5 SEA Early Bird
19 Swim for a Cause
27 No practice, Memorial Day
31-2 SEA Pirate Plunge

June

11 Last day of school (RUSD)
12 AM practice begins for Seniors
21-22 SEA Summer Sizzler

July

4 No practice, Happy Independence Day
11-14 Speedo Sectionals
19-21 Regionals
26-28 12&U State
31 Last day of Spring & Summer practice

August

1-4 13&O State
8-11 14&U Zones
13 Annual Awards Banquet

September

23 Tryouts
23 First day of practice for Fall & Winter
28 40th Anniversary TEAM SEA Celebration

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 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*