

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 7, 2020

Head Coach Notes

We had a very strong meet last weekend - congratulations to all our swimmers who competed.

It's time to turn our sights on the two Regional meets coming down the pipeline. The first one is scheduled for February 21-23 and the second one is scheduled for March 14-15 and both events will take place at Augustine Prep in Milwaukee. All swimmers can swim in these meets - and should! High school boys who do not qualify for WIAA State are encouraged to swim the Regional meets as well. Don't forget, 50s of stroke are offered for 13&O swimmers this year. Take advantage!

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 18, 19, 20, 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).

RUSD is closed on February 14 and 17. We will practice at Sealed Air YMCA on those days (with augmented practice times).

Friday, February 14

Senior, 10 AM-12:30 PM

Gold, 12:30 PM-2:15 PM

Silver, 2:15 PM-3:15 PM

Monday, February 17

Senior, 1 PM-3:30 PM

Gold, 1:45 PM-3:30 PM

Silver, 3:30-4:30 PM

Bronze, 3:30-4:30 PM

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. 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!

NBSC Meet Information

This section will be updated next week.

Drive safe, swim fast, have fun!

Upcoming Meets

Date	Meet	Entry Deadline
Feb. 15-16	NBSC	Closed
Feb. 21-23	WI LSC Regionals	Feb. 10
Feb. 28-1	12&U State	Feb. 23
Mar. 5-8	13&O State	TBA
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,

Great efforts to those who swam this past weekend. Let's keep that momentum going into WI LSC Regionals and USA State. It is not too late to sign up for this upcoming Regional meet, it is open to all athletes.

Bronze and Silvers have gradually been growing and we love adding to our SEA family. The coaches want to remind athletes to make smart and safe decisions while at practice.

Gold's have been focusing on themselves, and their best qualities. We have

set goals and ways to achieve them. Then Coach Katie made cool stars for each athlete that reminds them why they swim and what their strengths are.

My goal for this year is to build strong, skilled, and confident individuals. Using things from my new book and ideas from experience I hope to achieve this in this season and continue it in the future.

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.

SSTY A+ Highlights & Recap

We had a great meet last weekend racing in the 40th annual A+ Open in Brown Deer. As a team, we posted zero DQs, 55% best times (17 of 31), and finished 34th of 52 teams scoring 24-points.

Mac Thomas picked up another YMCA Nationals qualifying time (50 Freestyle, 24.67) and joined Sofia Badillo, Natalia Badillo, and Megan Schultz to achieve another YMCA Nationals cut in the 400 Medley Relay, 4:00.28.

Mac also broke our Senior 100 Breaststroke team record when she touched in 1:06.23. The old mark was held by Leann Lousier, 1:06.58 from 1989.

Natalia Badillo also broke one of Leann Lousier's 15-16 team records. Natalia finished the 200 Breaststroke in 2:27.83 to slip past Leann's record of 2:28.26 from 1989.

Picking up new State qualifying times included Hugo Arteaga (Senior 100 Butterfly, 55.79), Natalia Badillo (Senior 200 Backstroke, 2:14.78), and CJ Trask (13-14 50 Freestyle 24.53, 100 Freestyle 53.79).

Notching some of the fastest times in our team's history were Mac Thomas (2nd 13-14 50 Freestyle, 8th 100 Freestyle), Megan Schultz (8th 15-16 50 Freestyle, 5th 200 Freestyle, 6th 500 Freestyle, 3rd 1000 Freestyle, 3th 100 Breaststroke, 3rd 200 Breaststroke, 3rd 100 Freestyle), Natalia Badillo (3rd 15-16 100 Backstroke, 3rd 200 Backstroke, 4th 200 IM), Sofia Badillo (6th 15-16 100 Backstroke, 9th 200 Backstroke), Hugo Arteaga (2nd 13-14 50 Freestyle, 2nd 100 Freestyle, 5th 200 Backstroke, 3rd 100 Butterfly, 4th 200 IM, 10th 400 IM), and CJ Trask (10th 13-14 100 Backstroke).

Cutting more than five seconds in a single event included Hugo Arteaga -7.02 in the 200 Backstroke 2:10.20 and Megan Schultz - 11.53 in the 1000 Freestyle 10:58.84.

Sophie Gutknecht and CJ Trask posted 100% best times.

Great efforts TEAM SEA!

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.

New Family Orientation & Registration

New Family Orientation & Registration will be held at Horlick High School Monday, February 10 beginning at 6:00 p.m. Missy Reischl along with some help from some of our board members will talk all new families through the process and be able to answer and questions you may have.

If you are unable to attend, please contact Missy Reischl at mjreischl@outlook.com or text/call her at 262.989.9065.

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.

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 Cancellation

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) - you can also read about PrestroPay 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>
February 16	February 19-20
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

Ava Jacobson
 Age: 10
 Group: Silver
 Role Model: My sister and my mom
 Favorite Stroke: Butterfly
 Favorite Event: I don't have one
 Favorite Swimmer: My sister
 Future Goal: My goal is to get a fast time
 Hobbies: Drawing and sketching
 Famous Person You'd Like to Meet: I would like to meet a famous swimmer
 Favorite Book: Harry Potter series



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
<i>"If you think you can do a thing or think 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

- 10 New family orientation and registration
- 15-16 NBSC meet
- 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 Birth
- 7 Annual Banquet, no practice
- 8-9 MMSC Open
- 25 Memorial Day, no practice
- 29-31 SEA Pirate Plunge

TEAM SEA Parent Board

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- President
Jeff Peterson - petersonj12@gmail.com
 - Vice President
Ben Foster - BenFoster311@gmail.com
 - Treasurer
Britney Bilgrien - babelgrien@gmail.com
 - Registration
Missy Reischl - mjreischl@outlook.com
 - Meet Director
Amy Bergman - bergman_family@att.net
 - Secretary
Katie Ritter - kr Ritter717@att.net
 - Officials
Jose Arteaga - joseharteaga@gmail.com
 - Fundraising
Shay Borzynski - sborzynski@gmail.com
 - Head Coach
Neil Wright - south.eastern.aquatics@gmail.com

*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!