

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 9, 2024

Neil's Notes

We are training at Park High School tonight, Friday, February 9th. Hope to SEA you there! Please note, practice will not be offered on February 16-17 (WI LSC Regionals).

We are on the cusp of the championship portion of our season and the coaching staff is so excited for the final meets of the season. Events kickoff Saturday when our high school boys race in their respective WIAA Sectional meets where they hope to punch their tickets to WIAA State next weekend. Then, on Sunday, we travel to Lake Geneva to race in Conference Champs! Good luck to all TEAM SEA athletes during the next month of racing!

Please remind your swimmer to not leave anything in the locker rooms unless the items are locked in a locker. All items should be brought to the deck and deposited on the bleachers.

Also, it was brought to our attention the Bronze and Silver level girls are "reserving" showers prior to practice by leaving their items in one of the six shower stalls and taking "long" showers. Please speak with your swimmers about taking quick showers so all swimmers have an opportunity to shower prior to departing practice. On a busy night we have close to 20 Bronze and Silver girls at practice (that's roughly three athletes per shower stall). Thank you for your help!

Volunteer sign-up is now open for our final meet of the Fall & Winter Season - YMCA Sectionals. Families need to secure two spots for this event. Thanks in advance for supporting your swimmers' team!

We had a huge sign-up for WI LSC Regionals! Please remember, your athletes' USA Swimming Membership needs to be current to race in this meet.

For those wondering, our Spring & Summer Season is scheduled to begin on Tuesday, April 23. We will be able to conduct Offseason Training between the seasons (read about this opportunity later in this newsletter).

Tentative team summer travel meet is July 12-14 (Bird Bath Invite in Appleton - this is an outdoor 50-meter pool). More information will be available soon.

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. Thanks in advance!

With one month of the season left, please be sure to forward any remaining payments for swim tuition by the end of the month. Thank you.

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).

Conference Champs Meet Information

Sunday we'll be heading back to Lake Geneva for the season finale of our Conference series meets. The address is 203 Wells Street.

We will warm-up in lane six:

Gold and Senior: 8-8:30 AM

Bronze and Silver: 8:30-8:55 AM

The meet begins at 9:00 AM and is scheduled to end by Noon.

Heat sheets will not be available until Saturday PM and will be posted on the homepage of our website and direct emailed when received.

Drive safe, swim fast, have fun!

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Feb 11	Conference Champs	Closed

Feb 16-18	Regionals	Closed
Feb 23-25	Senior State	2/18
Feb 24-25	10&U State	2/18
Mar 1-3	11-14 State	2/18
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

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!

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 card (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>
February 11	February 15-16
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

February

- 9 Training at Park High School
- 10 WIAA Sectionals
- 11 Conference Champs Meet
- 16-17 No practice
- 16-18 Regionals
- 17 WIAA State
- 23-25 Senior State
- 24-25 10&U State

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***