

## 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.*

March 10, 2023

### Neil's Notes

We should be all set for a great meet this weekend at RAC. Doors open at 8:30 AM, warm-ups begin at 9:00 AM and the meet gets underway at 10:05 AM both days. Read more about YMCA Sectionals in the next section of this newsletter ... good luck!

We are offering OST (offseason training) beginning Monday, March 20. Read more about OST later in this newsletter and take advantage!

Save the date, this year's Swim-a-Thon will take place on Sunday, April 30. More information will be posted soon!

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

Save the dates for the Spring & Summer meets 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 on the fence about attending. Take advantage of this great opportunity!

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](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).

### YMCA Sectionals Meet Information

This weekend our team is hosting YMCA Sectionals at the RAC. All swimmers race during the same session.

Saturday & Sunday warm-ups begin at 9:00 AM, meet begins at 10:05 AM and is

scheduled to end at 1:07 PM Saturday and 1:37 PM Sunday.

Drive safe, swim fast, have fun!

### 11-14 State Highlights & Recap

Although the air quality progressively worsened during the three-day meet, we did manage to post 57% best times.

Ale Arteaga raced in six events and PRed in four of them (slipping under the 3:00 mark in the 200 Breaststroke, 2:58.32).

Jack Borzynski broke two team records - 13-14 200 Freestyle, 1:46.91 (broke Dave Bukucek's 1:48.97 from 1996) and 200 Butterfly, 1:59.10 (broke JJ Lipor's 2:00.51 from 2002). He also notched the 4<sup>th</sup> quickest time in our history with his 50 Freestyle effort of 22.99 (7<sup>th</sup> fastest in the 200 Breaststroke, 2:25.38).

Levi Jansen dropped 7.54-seconds in the 400 IM, 6:23.25.

Gabi Peterman posted two PRs (50 and 100 Backstroke, 31.40 and 1:09.57).

Mason Walker continues to close in on breaking :30 in the 50 Freestyle, 30.72.

Great job swimmers!

### Upcoming Meets

Date	Meet	Entry Deadline
Mar 11-12	YMCA Sectionals	Closed
Mar 17-19	YMCA State	3/19
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.

Silver attending: Natalie Johnson, Piper Jansen

Gold attending: Logan and Mason Walker, Levi Jansen, Sophie Gutknecht

## 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 cord (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>
TBA	TBA

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, Noah Fiorentino.

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.

### **March Birthdays**

Nathan Breit, Isabelle Buhler, Grace Gross, Summer Gustafson-Binger, Zack Kopsea, Alex Lopez, Brady Moore, Oliver Pearson, Gabi Peterman, Olivia Schilz, Olivia Speers, Reina Spiecka, and Vivienne Yanke.

### **Extended Calendar**

#### **March**

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***