

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, 2022

Neil's Notes

Beginning Monday, March 14 all training groups will practice at the new aquatic center on the Case High School campus. All practices remain the same for our age-group program (Bronze and Silver 5:00-6:00 PM, Gold 6:00-7:30 PM). Seniors will train 6:00-8:00 PM. It is extremely important that all swimmers behave while at the facility (especially while in the locker rooms). Parents may watch practice from the balcony and should refrain from entering the pool deck.

For clarification, OST will be held at Sealed Air YMCA and when the Spring & Summer Season begins on Monday, April 25, we will be training the new aquatic center using the same practice time as above.

Our last practice of the season for those athletes not attending YMCA Nationals will be held on Friday, March 18. For those athletes that still have a need to be in the water, please look into attending Off-Season Training (read about it later in this newsletter). The first day of practice for the upcoming Spring & Summer Season will be held on Monday, April 25.

The deadline to place your final SCRIP order for this season is March 13. I will be forwarding balances for all families who use SCRIP at the end of the season. Expect a report sometime in April.

Save the date for our team travel meet to Kentucky. Updated dates are July 7-9 (Thursday-Saturday). In the past, Thursday warm-ups started at 3:30 PM and Friday and Saturday had an AM and PM session (I'm not sure which age-groups landed where). Hotel information will be available soon. You don't want to miss this meet as the venue is really different ... have you ever floated in an innertube and watched your son or daughter swim their events? You can here!

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).

YMCA Sectional Meet Information

This weekend we are hosting our final meet of the Fall & Winter Season at the new aquatic center here in town - address is 7567 Washington Avenue (west of the tennis courts at Case High School).

Warm-ups begin at 9:00 AM on both days. The meet is scheduled to end at 1:15 PM Saturday and 1:30 PM on Sunday.

The meet runs as one single session each day, so all TEAM SEA athlete's warm-up at the same time.

Please don't forget to complete the online waiver. Heat sheets will be posted tomorrow afternoon.

Drive safe, swim fast, have fun!

13&O State Highlights & Recap

Although it was a grind of a meet, TEAM SEA posted some pretty solid results last week in Waukesha. As a team, we posted 56% best times individually and 67% best times in relays and finished 17th of 61 teams (7th overall in Division Three) scoring 200-points.

New YMCA National qualifying times were posted by Hugo Arteaga 200 Freestyle 1:44.98, Mac Thomas 100 Backstroke 57.67, boys relays 400 Freestyle 3:13.51, 200 Medley 1:37.16, 400 Medley 3:35.51 and girls 200 Medley relay 1:49.23.

New team records were set by ..

- 1) Mac Thomas, Senior 50 Freestyle 23.62
- 2) Mac Thomas, 15-16 100 Breaststroke 1:05.07
- 3) Mac Thomas, 15-16 200 Breaststroke 2:24.11
- 4) Megan Schultz, 17-18 100 IM 1:01.79

- 5) Hugo Arteaga, 15-16 50 Freestyle 21.56
- 6) Hugo Arteaga, 15-16 100 Freestyle 46.88
- 7) Hugo Arteaga, 15-16 200 Freestyle 1:44.98
- 8) Hugo Arteaga, 15-16 100 Butterfly 50.48
- 9) Hugo Arteaga, 15-16 100 IM 56.22

Posting some of the fastest times in our team's history included Mac Thomas 15-16 3rd 100 Backstroke, 5th 100 Freestyle, Sofia Badillo 17-18 5th 100 Backstroke, 7th 200 Backstroke, 10th 100 Butterfly, Brady Moore 13-14 3rd 50 Freestyle, 3rd 100 Freestyle, 8th 200 Freestyle, 9th 100 Backstroke, Jack Borzynski 13-14 8th 100 Backstroke, 10th 200 Butterfly, Ethan Bergman 17-18 4th 50 Freestyle, 3rd 100 Freestyle, 5th 200 Freestyle, 8th 100 Butterfly, Zack Kopsea 15-16 8th 200 Freestyle, 3rd 500 Freestyle, 2nd 1000 Freestyle, 7th 100 Breaststroke, 5th 200 Breaststroke, 5th 400 IM, Joe Skantz Senior 5th 100 Butterfly, and Hugo Arteaga 15-16 4th 200 IM, 2nd 100 Backstroke.

Zack Kopsea posted 100% best times in all of his races.

Good luck this weekend at YMCA Sectionals!

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Mar. 12-13	YMCA Sectionals	Closed
Mar. 18-20	YMCA State	2/28
Mar. 28-1	YMCA Nationals	3/20

Off-Season Training (OST)

OST will be offered between the end of the Fall & Winter Season and the beginning of the Spring & Summer Season.

OST is an opportunity for our athletes to "bridge the gap" between seasons. It allows them to keep a feel for the water during the off-season and gives them an opportunity to really focus on the little things that make for fast swimming (starts, breakouts, turns, and finishes).

OST will be offered for four weeks (Monday-Thursday, March 21-April 14) and will be led by Coach Joanna.

Bronze and Silver will swim 5:00-6:00 PM and Gold and Senior will swim 6:00-7:00 PM with each week covering starts, breakouts, turns, and finishes for one stroke.

The order will be:

Freestyle, March 21-24
Backstroke, March 28-31
Breaststroke, April 4-7

Butterfly, April 11-14

The cost is \$150 for all four weeks or \$50 per week.

To sign-up simply email Coach Neil and forward payment to Coach Joanna (cash/chdck payable to SEA) when you attend the first practice.

Take advantage!

Bronze and Silver: Walter Olinski, Levi Jansen

Gold and Senior: Grace Gross, Lindsey Hohnl

TEAM SEA Amazon Smile

TEAM SEA has had an Amazon Smile account for many years, but it has been a while since we have reached out to families for support.

If you would like to support TEAM SEA via purchases when ordering from Amazon Smile please go to <https://smile.amazon.com/ch/39-1580537>.

Once there, please click on the Start Shopping button to support TEAM SEA. Thank you for helping one of Racine's Hidden Gems.

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 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.

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 13	March 18

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.

March Birthdays

Isabelle Buhler, Grace Gross, Zack Kopsea, Alex Lopez, Brady Moore, Gabi Peterman, Olivia Speers, and Vivienne Yanke.

Extended Calendar

March

12-13 YMCA Sectionals
18 Final practice of Fall & Winter Season
18-20 YMCA State
21-14 OST (Monday-Thursdays)
28-1 YMCA Nationals

April

11 New swimmer tryouts
25 First day of Spring & Summer practice

May

7-8 SEA Early Bird meet
14 Conference meet
22 Swim-a-Thon

June

3-5 SEA Pirate Plunge meet
11 Conference meet
24-25 SEA Summer Sizzler meet
24-26 WGLO

July

1 Conference meet
7-9 Lakeside Invite in Kentucky
14-17 Speedo Sectionals
15-16 Regionals
22-23 12&U State
28-31 13&O State

August

1-5 Speedo Junior Championships
4-7 14&U Zones

September

19 New swimmer tryouts
20 Fall & Winter Season begins

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. \$15 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) Got a question you need an answer to? Please text Coach Neil at 262.994.3157.

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