

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.

March 12, 2020

Head Coach Notes

Well, the end of our season is not turning out as planned, but our swimmers are continuing to do their best in training and are excited to race regardless of what the season ending meet looks like. These certainly are crazy times.

As the covid-19 news cycle ratchets up, it will be important for everyone to remain calm and keep level heads about the situation we find ourselves in. Please, if your family is concerned and unwilling to attend any of the remaining meets, please contact me and let me know. No harm, no foul if, for the safety of your family, you prefer staying home.

With that said, we will run our Wisconsin YMCA Regional meet as planned. There are no plans to cancel/postpone due to covid-19, but here are many changes. We encourage all who plan on attending to follow precautions recommended by the CDC to greatly reduce your risk of exposure. These precautions are similar to what you should already be doing during the flu season, so be smart and prepared. We are swim coaches and volunteers running a swim meet, not healthcare professions. We will follow updates and recommendations from the CDC and the Wisconsin Department of Health. If you have concerns about your personal health or risk, please contact your physician.

The biggest change to our meet this weekend is that spectators will not be permitted into the venue. If any families prefer not to swim in the meet because of this change, please email ASAP.

Additional changes include no concessions, one timer instead of two, and all people in attendance should practice their social distancing skills (who knew that was going to be a thing).

Now for some normal news ... this Sunday will be the last physical SCRIP card order for the Fall & Winter Season. Orders will be placed at 11:00 p.m. Sunday night and will be handed out at practice next week. Families can still continue to order e-SCRIP cards

anytime. Physical card orders will resume when the Spring & Summer Season begins.

Please don't forget to bring your escrow accounts current.

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:

March 12, 16, 17, 18, 19

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!

Wisconsin YMCA Regional Meet Information

We will be racing at Augustine Prep in Milwaukee at 2607 South 5th Street.

All swimmers will compete in the same session!

Warm-ups on Saturday and Sunday begin at 8:00 a.m., meet begins at 9:05 a.m. and is scheduled to end by 11:40 a.m. on Saturday and 11:55 a.m. on Sunday.

Please remember, no spectators will be allowed in the venue. If you no longer plan on attending the meet, please email ASAP.

Drive safe, swim fast, have fun!

Upcoming Meets

Date	Meet	Entry	Deadline
Mar. 14-15	Y-Regionals		Closed
Mar. 20-22	Y-State		Mar. 15
May 2-3	SEA Early Bird		TBA

Katie's Kickboard

Hello again.

Now we are in the final 2 weeks of practice. This week has been dedicated to preparing for our upcoming Regional meet. This is a very fun and quick meet. Make sure your athletes are prepared, by knowing what they are swimming.

It is still 'Crunch-Time' and I will be handing out Crunch Bars to any Bronze athlete that attends 3 practice in one week, and any Silver or Gold who attends 4 practices per week. This Monday I gave out 7 bars to the Bronze athletes, keep up the great attention.

Please make sure you are staying up to date on any changes to the meet or practice. We hope that everyone stays healthy and safe. Let's take extra caution of sharing germs, by washing our hands, keeping those clean hands to ourselves. Along with not sharing food or water with our teammates.

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.

13&O State Recap & Highlights

TEAM SEA builds on last year's success to improve to a 19th place finish during 13&O WI LSC State Championships

TEAM SEA competed in the 13&O WI LSC State Swimming Championships last week (March 5-8) in Kenosha at the RecPlex Aqua Arena.

Lead by Hugo Arteaga's third place finish in the 13-14 100 Freestyle, TEAM SEA finished 19th of the 60+ USA Swimming clubs in Wisconsin scoring 397-points during the four-day competition.

TEAM SEA has been slowly climbing up the team ranks over the past three years having placed 30th in 2018 and 25th last year. In addition to this great success, TEAM SEA posted zero DQs during the meet and 52% best times (30 of 58 swims).

A handful of team records fell during the meet. Mac Thomas tied the Senior team record in the 50 Freestyle when she posted a 24.41 effort in Finals Thursday night. She joined Julia Meredith (2003) and Emily Bollendorf (2016) as the third swimmer in SEA's

history to equal that time (her time also broke the 13-14 team record previously held by Dana Iverson, 24.47 from 2010).

Megan Schultz broke the team's 15-16 100 Breaststroke team record touching in 1:07.70. The previous record was held by her good friend and teammate, Natalia Badillo, 1:07.96 from last year.

Badillo broke the 15-16 100 IM team record finishing in 1:02.49 (she surpassed Sofia Badillo's - her sister - record of 1:07.26 set this year) and also broke the Senior team record that was held by Anna Brooks, 1:05.81, 2007.

Arteaga broke the Senior team record in the 100 IM when he posted a 56.13. His time surpassed the mark previously held by Jacob Trask from 2018, 57.53 and also broke his 13-14 mark of 59.02 set in 2019.

The final team record broken was from the quartet of Arteaga, Zack Kopsea, CJ Trask, and Hopking Uyenbat. The four 13-14-year-olds swam to a 3:27.06 in the 400 Freestyle Relay (splits of 49.77, 51.59, 52.46, 53.24) and broke the team's 24-year-old team record set by Dave Buckacek, Dan Dargevics, Craig Lashley, and Micah Eberle way back in 1996, 3:28.40.

TEAM SEA keeps a Top Ten list and many swimmers posted times placing them on said list. Zoe D'Alessandro 2nd 13-14 100 Breaststroke 1:09.53, 2nd 13-14 200 Breaststroke 2:28.73, Schultz 3rd 15-16 1000 Freestyle 10:57.39, 2nd 15-16 200 Freestyle 1:57.45, 6th 15-16 500 Freestyle 5:24.49, 5th 15-16 200 IM 2:16.14, Kinzie Reischl 9th 17-18 100 Backstroke 1:02.45, Arteaga 2nd 13-14 50 Freestyle 22.49, 2nd 13-14 100 Freestyle 49.15, 2nd 13-14 200 Freestyle 1:50.37, 3rd 13-14 100 Butterfly 55.08, 5th 13-14 200 IM 2:04.36, Kopsea 6th 13-14 200 Freestyle 1:51.53, 2nd 13-14 500 Freestyle 4:59.32, 2nd 13-14 1000 Freestyle 10:20.36, 9th 13-14 200 Breaststroke 2:27.42, 6th 13-14 200 IM 2:08.57, 2nd 13-14 400 IM 4:32.03, CJ Trask 6th 13-14 100 Backstroke 59.27, Joe Skantz 8th 17-18 50 Freestyle 22.50, and Josh Abel 7th 15-16 200 Butterfly 2:03.17.

New State qualifying times were recorded by Arteaga in the Senior 200 IM and 200 Freestyle for USA State, Kopsea in the Open 200 IM for YMCA State and Senior 400 IM for USA State, and Uyenbat in the 13-14 100 Freestyle for USA State.

Cutting five or more seconds in a single event included D'Alessandro -5.02 in the 200 Breaststroke and Kopsea -7.47 in the 1000 Freestyle and posting 100% best times were Arteaga and Kopsea.

When asked about what he thought of his squad's performance, Head Coach Neil Wright said, "I couldn't be more pleased with this year's 13&O State performance. Although we did experience some bumps in the road, our athletes continued to race hard through the four day meet. Additionally, we competed unshaved and un-tapered for this meet. As a YMCA team, we know we have two weeks to go for YMCA State and another month before YMCA Nationals so there's a lot of work yet to do, a lot of rest to get, and let's not forget about shaving down. You should see some of our female athlete's legs," he said with a smile.

Good luck this weekend during Wisconsin YMCA Regionals!

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.

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, Alice Stratman, Zoe D'Alessandro.

We may need a chaperone or two depending on the number of swimmers attending. Parents interesting in chaperoning include Lindsey Thomas, Erik Bergemann.

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 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>
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

Name: Fiona Marini
Age: 9
Group: Silver
Role Model: Two Cellos
Favorite Stroke: Breaststroke
Favorite Event: 100 IM
Favorite Swimmer: Sophia Marini and Grace Gross
Future Goal: To be a fast swimmer and a good cellist
Hobbies: Painting, biking, and playing cello
Famous Person You'd Like to Meet: Two Cellos
Favorite Book: PAX
If you could change anything in the world, what would you change: No homeless people



March Birthdays

Isabelle Buhler, Blaze Cannalte, Zoe Chartrand, Oliver Greening, Grace Gross, Zack Kopsea, Brady Moore, Gabi Peterman, Kylie Schurman, Raelyn Schurman, Vivienne Yanke, Aarya Zore.

Extended Calendar

March

14-15 Wisconsin YMCA Regionals
20 Deadline to sign-up for the 13&O Training Trip
20-22 YMCA State
23 Team Picture
24 Board meeting, Park, 6:00 p.m.
30-31 YMCA Nationals

April

8-11 ISCA meet
20 Tryouts
21 Spring & Summer Season begin

May

2-3 SEA Early Bird
7 Annual Banquet, no practice
8-9 MMSC Open
25 Memorial Day, no practice
29-31 SEA Pirate Plunge

TEAM SEA Parent Board

President

Jeff Peterson - petersonj12@gmail.com

Vice President

Ben Foster - BenFoster311@gmail.com

Treasurer

Britney Bilgrien - babilgrien@gmail.com

Registration

Missy Reischl - mjreischl@outlook.com

Meet Director

Amy Bergman -

meetdirector.sea@gmail.com

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!