

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 environment to be champions in life through excellence in swimming.

March 14, 2024

Neil's Notes

What a great meet we have last weekend! Thank you to all the families who stepped forward to help run the meet ... we can never do it without you!

This weekend we are heading to Brown Deer for the 2024 version of YMCA State. We've been working hard week-in, week-out for six months and now we are excited to race in one of our final meets of the season. Please carefully read the meet information in the next section. Drive safe, swim fast, have fun!

This will be the final newsletter of the season. I want to personally thank our coaching staff for all their dedication to TEAM SEA this past season. Joanna, Parker, Kelli, Charlie, and Steve are one of the backbones of our team and we are extremely blessed to have them walking the pool deck here at TEAM SEA working with our athletes. Thank you.

During our next season, we will be hosting three meets and unfortunately all three are out of town. In swimming, Spring & Summer Season is known as the long course season and most meets are contested in a 50-meter pool. In our area, there are no 50-meter pools. Please save these dates as we'll continue to need help running our meets which are teamwide fundraisers ... Early Bird (May 4-5 in Brown Deer), Pirate Plunge (May 31-June 2), and Summer Sizzler (June 21-22).

Our Swim for a Cause event information has been handed out during practices and is available on our website. If your swimmer did not bring home a packet, they are available for pick-up at practice. Save the date, Sunday, May 19.

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. All remaining payments were due February 15. Thanks in advance!

Our final practice of the season will be held Friday, March 15. Be sure to take

advantage of Off-Season Training (read all about it on page two of this newsletter).

If you have a Facebook account, please considering 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).

YMCA State Meet Information

We will be racing in Brown Deer at the Walter Schroeder Aquatic Center (9240 North Green Bay Road).

Friday warm-ups begin at 4:30 PM, meet begins at 5:30 PM and will be finished at 6:49 PM. Racing Friday night include Rylie Bergemann, Jack Borzynski, Levi Jansen, Vivienne Yanke, Jordan Borzynski, Gabi Peterman, Ellie Palermo, Sophia Marini, Nathaniel Foster, Ryan McGillis, Caleb Bergman, Sebastian Malfavon.

We have assigned warm-ups for the 10&U sessions. We will warm-up in lanes 6-7 in the South pool both Saturday and Sunday, 8:25-8:50 AM. We are scheduled to finish at 11:30 AM on Saturday and 11:14 AM on Sunday.

Saturday Mid-Session warm-ups for 11&O swimmers racing in events 49-67 begin at 11:15 AM, session begins at 12:30 PM and is scheduled to end at 2:40 PM.

Saturday PM warm-ups for 11&O swimmers racing in events 68-92 begin at 1:30 PM, session begins at 2:55 PM and is scheduled to end at 6:04 PM.

Sunday Mid-Session warm-ups for 11&O swimmers racing in events 131-149 begin at 11:15 AM, session begins at 12:30 PM and is scheduled to end at 2:44 PM.

Sunday PM warm-ups for 11&O swimmers racing in events 150-168 begin at 1:30 PM, session begins at 3:00 PM and is scheduled to end at 5:00 PM.

If any families are confused about when to arrive, please call or text Coach Neil at 262.994.3157.

Swimmers are in charge of picking-up their awards (trophies 1st-3rd, medals 4th-8th) throughout the meet. All Friday and Saturday awards need to be picked-up by the end of meet Saturday. Awards will not be bagged for pick-up.

Admission fee is included with your swimmers' fees so the host team will not be collecting at the door.

Sitting during the 10&U sessions will be tight. Arrive early if you feel you need to. Doors open at 7:45 AM. There is a \$5 charge to park on the property. Free parking is available behind the old Old Navy building.

Don't forget that on ramp (to get back on HWY 43) when leaving the facility is closed.

Drive safe, swim fast, have fun!

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Mar 15-17	YMCA State	Closed
Apr 2-6	YMCA Nationals	3/17
May 4-5	SEA Early Bird	TBA

TYR Pro Series Recap & Highlights

Last week's TYR Pro Series meet in Westmont was the second of three stops this season and the meet was stacked with Olympic athletes (Caeleb Dressel - current world record holder in the 100 Butterfly, Lilly King - current world record hold in the 100 Breaststroke, Regan Smith - former world record holder and current American record holder, Simone Manuel, Cody Miller, Ryan Murphy, and many, many more).

Mac and Hugo gained valuable experience racing in this event. Mac even scored a second swim finishing 22nd in the 100-meter Breaststroke, 1:13.74.

Hugo finished 36th in his specialty, 100-meter Butterfly, touching in 55.83 (just .33 off his PR).

Congratulations Mac and Hugo!

YMCA Sectional Recap & Highlights

Solid results last weekend during YMCA Sectionals. When the waves settled, we finished first overall scoring 4,221-points, 65% best times (316 of 487 swims), 19 DQs, but a lot of small mental mistakes (four Butterfly, four

Backstroke, five Breaststroke, two Freestyle, four IM). Heading into YMCA State, 49 of our 103 swimmers will be racing. Amazing!

Mac Thomas broke the Senior team record in the 100 Freestyle when she finished in 52.00 (old mark was held by Erin Wagner from 2003, 52.74).

Twenty-two new YMCA State qualifying times posted during the two day meet by Ale Arteaga 12-year-old 500 Freestyle 6:04.84, David Binder 10-year-old 50 Butterfly 38.66, 50 Freestyle 34.16, Jack Borzynski Open 100 Backstroke 55.19, 1000 Freestyle 10:19.73, 1650 Freestyle 17:37.74, Nathan Breit Open 400 IM 4:39.57, 200 IM 2:06.59, Ireland Byrne 10-year-old 100 Freestyle 1:11.57, 100 Backstroke 1:21.72, Amalia Ehmcke 9-year-old 50 Breaststroke 49.17, Nathaniel Foster Open 400 IM 4:39.54, 1000 Freestyle 11:01.36, 500 Freestyle 5:10.04, 200 Butterfly 2:09.60, 50 Freestyle 22.76, Sophie Gutknecht 12-year-old 100 Breaststroke 1:20.54, Brady Moore Open 500 Freestyle 5:03.27, 100 Breaststroke 1:03.05, Gabi Peterman Open 100 Backstroke 1:02.26, Evan Steenrod 10-year-old 200 IM 2:52.19, and Nate Steenrod 8-year-old 100 IM 1:45.37.

Many meet records were broken during the meet ... Ale Arteaga broke the 11-12 200 IM record with her swim of 2:32.95 (old record was held by Rylie Bergemann from 2019, 2:40.14, Mac Thomas broke the Open 100 Freestyle record with an effort of 52.00 (old record was held by Ariana Zhao from 2022, 53.46, Harrison Yanke broke the 8&U 100 Freestyle record with his swim of 1:18.39 (old record was held by Evan Steenrod from 2022, 1:24.52, the 50 Breaststroke with a swim of 46.77 (old mark was held by Nicholas Foster from 2019, 50.09, the 50 Butterfly at 40.63 (old record was held by Caleb Bronson from 2018, 46.56, and the 100 IM with his swim of 1:26.81 (old record was held by Logan Christian from 2019, 1:36.37, Evan Steenrod broke the 9-10 100 Backstroke record with his final time of 1:15.67 (old mark was held by Logan Christian from 2021, 1:16.13), Hugo Arteaga broke the Open 50 Freestyle record with a swim of 21.07 (old record was held by Dylan Dettloff from 2023, 21.74), Brady Moore broke the Open 200 Freestyle record with his swim of 1:46.03 (old mark was held by Hugo from 2022, 1:47.72), broke the 100 Backstroke with a swim 54.26 (old mark was held by Issac Fleig from 2023, 55.42), Jack Borzynski broke the Open 500 Freestyle record with an effort of 4:56.24 (old record was held by Joe Skantz from 2021, 5:09.12, broke the 1000 Freestyle Open record

with a time of 10:19.73 (old mark held by Joe Skantz from 2021, 10:58.09), and Nathan Breit broke the Open 200 IM record with a swim of 2:06.59 (old record was held by Carson Biller from 2021, 2:07.77).

Posting some of the fastest times in our team's history included Ale Arteaga 11-12 5th 100 IM 1:07.43, 10th 50 Breaststroke 34.64, Jack Borzynski 15-16 7th 400 IM 4:21.71, 8th 100 Backstroke 55.19, 5th 1000 Freestyle 10:19.73, 7th 1650 Freestyle 17:37.74, Brady Moore 15-16 3rd 100 Backstroke 54.26, 6th 200 Backstroke 1:59.72, Evan Steenrod 9-10 7th 100 Backstroke 1:15.67, 10th 50 Backstroke 35.10, Zack Steenrod 11-12 1650 Freestyle 22:37.29, and Harrison Yanke 8&U 4th 50 Butterfly 40.63, 8th 25 Butterfly 18.50, 2nd 200 Backstroke 3:19.76.

Notching 100% best times were Nathan Breit, Rylee Clouse, Eli Coughlin, Aisling Fahy, Nathaniel Foster, Nicholas Foster, Jessica Gonzalez, Sophie Gutknecht, Carter Justman, Grayson Kirchenberg, Brady Moore, Jocelyn Niebuhr, Gabi Peterman, Lila Rudoll, Cloey Sullivan, Kylie Thomas, Mac Thomas, Finley Thompkins, and Molly Warren.

Cutting five of more seconds in an event included Jett Adams -42.01 200 Freestyle, Ale Arteaga -21.33 500 Freestyle, Caleb Bergmann -8.52 200 Breaststroke, David Binder -5.73 50 Butterfly, Jack Borzynski -189.63 1650 Freestyle, Jordan Borzynski -7.90 500 Freestyle, Nathan Breit -16.87 400 IM, Logan Buska -62.66 200 Freestyle, Ireland Byrne -7.00 100 Backstroke, Max Carlson -30.97 200 Backstroke, Rylee Clouse -15.75 200 Freestyle, Eli Coughlin -13.21 200 IM, Silas Coughlin -33.47 100 Freestyle, Hannah Daams -11.25 200 IM, Amalia Ehmcke -9.43 100 Freestyle, Eli Ehmcke -10.53 100 Backstroke, Aisling Fahy -15.14 1000 Freestyle, Ciara Fahy -5.21 50 Butterfly, Nathaniel Foster -58.30 1650 Freestyle, Nicholas Foster -5.50 200 Breaststroke, Jessica Gonzalez -11.89 100 Butterfly, Matilda Gutjahr -10.58 100 IM, Evelyn Gutknecht -16.75 200 Breaststroke, Sophie Gutknecht -15.97 200 Backstroke, Julie Horton -5.38 100 Freestyle, Adriana Hotchkiss -6.44 100 Freestyle, Maran Jagel -13.68 100 Freestyle, Anna James -5.66 100 Freestyle, Levi Jansen -9.17 500 Freestyle, Natalia Johnson -5.41 200 IM, Carter Justman -6.37 100 Backstroke, Ava Kerbawy -9.69 100 IM, Ella Kirchenberg -10.17 100 IM, Grayson Kirchenberg -27.23 200 Backstroke, Delilah Kuhl -14.98 100 Backstroke, Fiona Marini -9.20 200 Freestyle, Allie Mertins -26.98 500 Freestyle, Brady Moore -11.81 500 Freestyle, Jocelyn Niebuhr -10.79 100 Freestyle, Claire

Speers -5.27 50 Breaststroke, Evalyn Speers -26.87 200 Freestyle, Olivia Speers -5.05 50 Backstroke, Ellie Staniger -10.13 100 Breaststroke, Evan Steenrod -7.22 200 IM, Nate Steenrod -6.69 100 IM, Zack Steenrod -17.68 100 Butterfly, Cloey Sullivan -19.52 200 Freestyle, Grayson Sullivan -17.23 50 Breaststroke, Kylie Thomas -13.93 100 Freestyle, Finley Thompkins -5.75 50 Breaststroke, Rhemy Thompkins -9.59 100 Backstroke, John Westfall -14.97 100 Butterfly, Vivienne Yanke -8.61 100 Backstroke, and Valeria Zaala Lopez -9.02 100 IM.

Gold Medalist: Ale Arteaga, Hugo Arteaga, Jack Borzynski, Jordan Borzynski, Nathan Breit, Ireland Byrne, Zoe D'Alessandro, Aisling Fahy, Matilda Gutjahr, Sophie Gutknecht, Ava Kerbawy, Brady Moore, Ellie Palermo, Evan Steenrod, Nate Steenrod, Zack Steenrod, Mac Thomas, John Westfall, Harrison Yanke

Silver Medalist: Rylie Bergemann, David Binder, Jack Borzynski, Jordan Borzynski, Ireland Byrne, Nathaniel Foster, Katie Goetzke, Matilda Gutjahr, Sophie Gutknecht, Lindsey Hohnl, Callie Klepp, Brady Moore, Evan Olson, Gabi Peterman, Molly Staniger, Nate Steenrod, Zack Steenrod, Molly Warren, Harrison Yanke

Bronze Medalist: David Binder, Jack Borzynski, Jordan Borzynski, Nathan Breit, Ireland Byrne, Zoe D'Alessandro, Eli Ehmcke, Aisling Fahy, Nathaniel Foster, Matilda Gutjahr, Sophie Gutknecht, Julie Horton, Piper Jansen, Ava Kerbawy, Callie Klepp, Allie Mertins, Gabi Peterman, Molly Staniger, Nate Steenrod, Zack Steenrod, Rhemy Thompkins, Molly Warren, John Westfall, Vivienne Yanke, Valeria Zavala Lopez

Good luck at YMCA State this weekend!
Drive safe, swim fast, have fun!!

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!

Bronze attending: Emma Ebert, Emma Masaya

Silver attending: Summer Gustafson-Binger, John Westfall, Amalia Ehmcke, Rhemy Thompkins, Ciara Fahy, Matilda Gutjahr

Gold attending: Logan Buska, Eli Ehmcke, Aisling Fahy

Senior attending: Sarah Hackenbracht, Riley Saenim, Alivia and Lily Nahan

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 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.

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>
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.

February Birthdays

Maddie Cerny, Jessica Gonzalez, Charlotte Horton, Sophia Marini, Lila Rudoll, Lily Rudoll, Megan Schutlz.

March Birthdays

Nathan Breit, Summer Gustafson-Binger, Zachary James, Zack Kopsea, Bennett Menken, Brady Moore, Gabi Peterman, Olivia Speers, Reina Spicka, Vivienne Yanke.

Extended Calendar

March

15 Final practice of the season

15-17 YMCA State

April

2-6 YMCA Nationals

7 GYC LC Single Day Splash

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