

## 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 16, 2023

### **Neil's Notes**

This represents the final newsletter for the 2022-2023 Fall & Winter Season. We have had an amazing season and with two more meets still on the schedule, things are about to get really exciting! It's a testament to the coaching staff that 50% of the team will be racing in YMCA State this season. Congratulations to all swimmers and coaches on this amazing feat. The Spring & Summer Season begins April 18<sup>th</sup> (there are Spring Only and Summer Only season options (read more on our website). Registration will open in mid-April. More information will be forwarded in early April. Enjoy the break and/or OST!

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 State Meet Information**

YMCA State is this weekend in Brown Deer. Expect it to be crowded and fun. The meet landing page will contain heat sheets for the weekend.

Friday warm-ups (events 1-8) begin at 4:30 PM, meet begins at 5:30 PM and is scheduled to end at 6:12 PM.

Warm-ups for 10&U athletes (Saturday events 9-52; Sunday events 97-144) will take place in lanes 3-4 (north pool, competition pool), 8:25-8:50 AM, meet begins at 9:00 AM and is scheduled to end at 11:23 AM Saturday and 11:18 AM Sunday.

Warm-ups for 11&O athletes racing in the early session Saturday (events 53-71) begin at 11:30 PM, meet begins at 12:30 PM and is scheduled to end at 2:41 PM.

Warm-ups for 11&O athletes racing in the late session Saturday (events 72-96) begin at 2:00 PM, meet begins at 2:55 PM and is scheduled to end at 5:27 PM.

Warm-ups for 11&O athletes racing in the early session Sunday (events 145-163) begin at 11:30 PM, meet begins at 12:30 PM and is scheduled to end at 3:00 PM.

Warm-ups for 11&O athletes racing in the late session Sunday (events 164-186) begin at 2:00 PM, meet begins at 3:10 PM and is scheduled to end at 5:29 PM.

Unlike many meets we attend, swimmer's pick-up their awards during the meet. Awards can be picked up in the coaches' hospitality room through the entrance north of the north pool (doors right outside the Rite Hite YMCA swimming pool).

Drive safe, swim fast, have fun!

### **YMCA Sectional Highlights & Recap**

Great swimming last weekend during YMCA Sectionals. We combined for 63% best times (267 swims of 425) and sixteen DQs (six Breaststroke, five Backstroke, two each of Butterfly and IM, and one Freestyle ... many of these were mental errors).

New YMCA State qualifying times were achieved by Silas Coughlin in the 25 Freestyle, Nathaniel Foster in the 400 IM, 100 Backstroke, and 500 Freestyle, Nicholas Foster in the 100 Freestyle and 50 Backstroke, Matilda Gutjahr in the 50 Breaststroke, Sophie Gutknecht 50 Backstroke, Lindsey Hohnl (USA State) 200 Breaststroke, Hannah Scherwinski in the 100 Freestyle and 200 Breaststroke, Claire Speers in the 25 Backstroke, Olivia Speers in the 25 Butterfly, Ellie Staniger in the 50 Freestyle, and Evan Steenrod in the 200 IM and 100 IM.

Hugo Arteaga broke his 15-16 YMCA team record in the 200 Butterfly finishing in 1:53.98 (broke his 2022 record of 1:54.10).

TEAM SEA athletes broke four meet records during the two-day meet: Zoe D'Alessandro (Open 100 Breaststroke, 1:08.38), Sofia Badillo (Open 200 Butterfly, 2:21.86), Zack Kopsea (Open 100 Breaststroke, 1:01.67), and Hugo Arteaga (Open 200 Butterfly, 1:53.98).

Posting some of the quickest times in our team history were Sofia Badillo, 6<sup>th</sup> 17-18 200 Butterfly, 2:21.86, Jack Borzynski 8<sup>th</sup> 13-14 100 Breaststroke, 1:05.55 and 7<sup>th</sup> 50 Freestyle, 23.45, Jordan Borzynski 7<sup>th</sup> 9-10 50 Backstroke, 35.01 and 5<sup>th</sup> 100 Butterfly, 1:21.11, Zoe D'Alessandro 3<sup>rd</sup> 17-18 100 Breaststroke, 1:08.38, Nathaniel Foster 9<sup>th</sup> 13-14 200 Butterfly, 2:23.58, Lindsey Hohnl 8<sup>th</sup> 15-16 1650 Freestyle, 20:24.02, Callie Klepp 6<sup>th</sup> 15-16 100 Breaststroke, 1:08.64, Brady Moore 5<sup>th</sup> 15-16 100 Freestyle, 48.91, Hannah Scherwinski 7<sup>th</sup> 17-18 100 Backstroke, 1:02.67, 5<sup>th</sup> 200 Breaststroke, 2:36.74, 7<sup>th</sup> 200 IM, 2:17.33, Evan Steenrod 2<sup>nd</sup> 9-10 200 Backstroke, 2:55.32, Nate Steenrod 8<sup>th</sup> 8&U 50 Butterfly, 1:18.55, and Harrison Yanke 6<sup>th</sup> 8&U 50 Breaststroke, 52.04, 9<sup>th</sup> 50 Backstroke, 44.89.

Posting 100% best times in all of their events included Savannah Allison, Max Carlson, Eli Coughlin, Summer Gustafson-Binger, Ian Lopez, Sophia Marini, Brooklyn Podoba, Zosia Spiecka, and Mac Thomas.

Cutting five or more seconds in a single event were Jett Adams -13.01 100 Freestyle, Savannah Allison -17.17 100 Backstroke, Nolan Barrett -21.63 200 Backstroke, David Binder -7.63 50 Breaststroke, Jordan Borzynski -5.92 100 Butterfly, Logan Buska -6.13 50 Breaststroke, Ireland Byrne -21.32 200 Freestyle, Greyson Clark -6.19 100 Freestyle, Ciara Fahy -10.00 100 IM, Nina Fick -9.40 100 Freestyle, Nathaniel Foster -54.58 400 IM, Sarina Foster -8.33 100 Breaststroke, Evelyn Gutknecht -22.94 500 Freestyle, Lindsey Hohnl -36.13 1650 Freestyle, Charlotte Horton -9.59 100 Freestyle, Jules Horton -5.14 50 Freestyle,

Luiza Jaime -23.40 200 Freestyle, Levi Jansen -16.28 100 Butterfly, Piper Jansen -14.48 100 IM, Carter Justman -15.60 100 Freestyle, Ava Kerbawy -5.63 100 Freestyle, Grayson Kirchenberg -17.77 100 Backstroke, Allie Mertins -7.06 100 Butterfly, Ellie Palermo -6.09 200 Backstroke, Gabi Peterman -6.93 100 Breaststroke, Brooklyn Podoba -10.12 50 Freestyle, Olivia Speers -11.59 100 IM, Ellie Staniger -5.01 100 IM, Kaylee Staniger -5.86 200 Freestyle, Evan Steenrod -7.04 50 Butterfly, Nate Steenrod -33.58 100 IM, Zack Steenrod -10.30 500 Freestyle, Mac Thomas -11.86 100 Butterfly, Logan Walker -5.81 200 IM, Molly Warren -7.02 200 Breaststroke, John Westfall -19.06 100 Freestyle, and Harrison Yanke -14.15 50 Breaststroke.

Congratulations to Matilda Gutjahr on racing in the first meet of her life!

Gold Medalist: Ale Arteaga, Sofia Badillo, Rylie Bergemann, Jordan Borzynski, Ireland Byrne, Zoe D'Alessandro, Nicholas Foster, Lindsey Hohnl, Levi Jansen, Zack Kopsea, Brady Moore, Hannah Scherwinski, Evan Steenrod, Nate Steenrod, Zack Steenrod, Logan Walker, Mason Walker, Harrison Yanke, Vivienne Yanke

Silver Medalist: Ale Arteaga, David Binder, Silas Coughlin, Nina Fick, Nathaniel Foster, Nicholas Foster, Matilda Gutjahr, Sophie Gutknecht, Callie Klepp, Ellie Palermo, Hannah Scherwinski, Olivia Speers, Evan Steenrod, Nate Steenrod, Zack Steenrod, Logan Walker, Mason Walker, Vivienne Yanke

Bronze Medalist: Savannah Allison, Sofia Badillo, Jack Borzynski, Ireland Byrne, Hannah Daams, Nathaniel Foster, Lindsey Hohnl, Levi Jansen, Ava Kerbawy, Ella Kirchenberg, Callie Klepp, Sophia Marini, Evan Olson, Hannah Scherwinski, Olivia Speers, Ellie Staniger, Evan Steenrod, Zack Steenrod, Mason Walker, Harrison Yanke

Continued success for those athletes moving on to YMCA State this weekend in Brown Deer!

### Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Mar 17-19	YMCA State	Closed
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.

Bronze attending: John Westfall, Summer Gustafson-Binger, Brooklyn Podoba, Amalia Ehmcke, Matilda Gutjahr

Silver attending: Natalie Johnson, Piper Jansen, Sylvie Carlson, Ciara Fahy, Eli Ehmcke

Gold attending: Logan and Mason Walker, Levi Jansen, Sophie Gutknecht, Max Carlson, Aisling Fahy, Aubree Van Dyke

Senior attending: Lindsey Hohnl

### **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/nwreservation/?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

Order By	Delivery On
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: Rylie Bergemann, Sophia Marini, Brady Moore, Lindsey Hohnl, Gabi Peterman, Jack Borzynski, Alice Stratman, Nathaniel Foster, Nicholas Foster, Caleb Bergman, Molly Warren, Evelyn Gutknecht, Noah Fiorentino, Ian Lopez.

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

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

6-7 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  
11 Conference Meet  
23 No practice  
23-24 Summer Sizzler  
23-25 WGLO Invite  
29 Open Water State  
30 Conference Meet

#### July

4 No practice  
6-8 Lakeside Invite  
13-16 Speedo Sectionals  
14-16 WI LSC Regionals  
21-23 12&U State  
27-30 13&O State  
31-4 Junior Nationals  
3-6 14&U Zones

### 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***