

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 2, 2022

Neil's Notes

Good luck to our 13&O State swimmers this weekend! Leave it in the pool!!

Incredible job signing up for YMCA Sectionals. To date, we have 76 of our 84 swimmers entered in the meet (that's 90% of the team). The deadline to sign-up is March 4.

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). 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).

13&O State Meet Information

Thursday-Sunday our 13&O swimmers will be racing at Waukesha South High School for this year's installment of 13&O State.

We are in Prelim Session A and will swim the early Prelim Sessions on Thursday and Saturday and the late Prelim Sessions on Friday and Sunday.

Tickets are only for sale online!

There will be no parking on school grounds Thursday-Friday ... please give yourself some extra time to find street parking. Also, please don't forget to complete the online waiver.

Prelim warm-up sessions are assigned ... please be on time for warm-ups.

Thursday Prelim warm-ups run 7:25-7:50 AM, meet begins at 8:35 AM and is scheduled to end at 10:04 AM. The 400 Freestyle Relays will race in Finals.

Friday Prelim warm-ups run 12:35-1:00 PM, meet begins at 1:20 PM and is scheduled to end at 4:02 PM. The 200 Medley Relay will race in Finals.

Saturday Prelim warm-ups run 7:00-7:25 AM, meet begins at 8:35 AM and is scheduled to end at 11:26 AM. The 400 Medley Relays will race in Finals.

Sunday Prelim warm-ups run 12:25-12:50 PM, meet begins at 1:35 PM and is scheduled to end at 3:46 PM. The 200 Freestyle Relays will race in Finals.

Athletes moving forward to Finals (top 16 for 13-14 and top 24 for Senior) can check with Neil on what time to return. Finals begin at 5:35 PM each evening of the meet with warm-ups running 4:30-5:30 PM.

Drive safe, swim fast, have fun!

12&U State Highlights & Recap

TEAM SEA finished 42nd of 60 teams scoring 7-points notching 29% best times and picking up one DQ ... no to bad with only three athletes entered in the meet.

Jordan Borzynski had the highest finish placing 13th in the 100 Butterfly, 1:29.52.

Sophie Gutknecht picked up the YMCA State qualifying time in the 100 Freestyle, 1:11.91.

Zack Steenrod scored points in the 100 Breaststroke, 15th at 1:39.71.

Good luck this weekend at 13&O State!

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Mar. 3-6	13&O State	Closed
Mar. 12-13	YMCA Sectionals	3/4
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

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

3-6 13&O State
12-13 Wisconsin YMCA Regionals
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