

## 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, 2023

### **Neil's Notes**

72! Currently there are 72 TEAM SEA swimmers ready to race in YMCA Sectionals (March 11-12 at RAC). If you would like your swimmer to race in this event, please send me an email by March 4 ... don't miss out on our final team hosted meet!

We will run practice for Gold and Senior this Saturday, March 4! We will not run practice Saturday, March 11.

We are offering OST (offseason training) beginning Monday, March 20. Read more about OST later in this newsletter and take advantage!

Beginning next season, Bronze swimmers will be able to train Friday nights!

Save the dates for the Spring & Summer meet 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 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](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).

### **11-14 State Meet Information**

This weekend our team is racing at the RecPlex during the 11-14 State event.

Here is the warm-up schedule for the 13-14 age-group:

Friday warm-ups begin at 8:00 AM in lane 10 on the lake side, meet begins at 8:35 AM and is scheduled to end at 10:20 AM.

Saturday warm-ups begin at 7:30 AM in lanes 9-10 on the water park side for Gabi and 8:30 AM in the warm-up pool for Jack, meet begins at 8:35 AM and is scheduled to end at 10:38 AM.

Sunday warm-ups begin at 8:00 AM in lanes 9-10 on the water park side, meet begins at 8:35 AM and is scheduled to end at 9:34 AM.

Here is the warm-up schedule for the 11-12 age-group:

Friday warm-ups begin at 11:15 AM in lane 10 on the lake side, meet begins at 12:30 PM and is scheduled to end at 1:28 PM.

Saturday warm-ups begin at 11:30 AM in lane 10 on the water park side, meet begins at 12:20 PM and is scheduled to end at 1:35 PM.

Sunday warm-ups begin at 11:30 AM in lane 8 on the water park side, meet begins at 12:10 PM and is scheduled to end at 1:50 PM.

Athletes moving on to Finals should check with either Joanna or Neil on what time to return for warm-ups. Racing for Finals begins at 5:30 PM except on Sunday, 5:00 PM.

Drive safe, swim fast, have fun!

### **Senior State Highlights & Recap**

After a wild week of weather and practice cancelations, TEAM SEA managed to post 40% best times during last weekend's Senior State meet and finished 18<sup>th</sup> of the 50+ teams in Wisconsin.

New YMCA National qualifying times were achieved by the quartet of Hugo Arteaga, Brady Moore, Andy Krug, and Zack Kopsea in the 200 Freestyle Relay, 1:29.27, the quartet of Hugo Arteaga, Zack Kopsea, Jack Borzynski, and Brady Moore in the 200 Medley Relay, 1:37.67, and the quartet of Mac Thomas, Zoe D'Alessandro, Sofia Badillo, and Hannah Scherwinski in the 200 Medley Relay, 1:50.96.

Five team records were broken during the three-day meet:

Mac Thomas broke the Senior USA record in the 200 Breaststroke, 2:21.74 (old record was held by Megan Schultz, 2:22.09 from 2023).

Hugo Arteaga broke the Senior record in the 200 Butterfly, 1:53.35 (old record was held by Ivar Iverson, 1:53.78 from 2016).

Jack Borzynski broke the 13-14 record in the 400 IM, 4:21.56 (old record was held by Jacob Trask, 4:22.60 from 2017).

Hugo Arteaga broke the Senior record in the 100 Freestyle, 46.54 (old record was held by Brian Michalowski, 46.87 from 1993).

Hugo Arteaga broke the Senior USA record in the 200 Freestyle, 1:43.69 (old record was held by Scott Bell, 1:44.28 from 1991).

Notching some of the fastest times in our team's history included Hannah Scherwinski, 7<sup>th</sup> 17-18 200 Breaststroke, Brady Moore 6<sup>th</sup> 15-16 100 Freestyle, Zack Kopsea 6<sup>th</sup> 17-18 500 Freestyle, 3<sup>rd</sup> 1000 Freestyle, 7<sup>th</sup> 200 Breaststroke, Jack Borzynski 5<sup>th</sup> 13-14 200 Backstroke, 2<sup>nd</sup> 100 Butterfly, 2<sup>nd</sup> 100 IM, 4<sup>th</sup> 200 IM, and Andy Krug 3<sup>rd</sup> 17-18 100 IM.

Cutting five or more seconds in a single event were Jack Borzynski -16.18 400 IM and Andy Krug -6.72 100 IM.

Making their way to the podium were Hugo Arteaga and Mac Thomas.

Unsung heroes during the three-day meet were Sofia Badillo (first time posting a :27 in the 50 Butterfly), Zoe D'Alessandro (PRed the 50 Breaststroke), and Callie Klepp (posted two PRs in the sprint Freestyles).

This weekend we finish up the USA Swimming portion of our season with the 11-14 State meet in Kenosha (at the time of this posting, we have yet to receive the results from 10&U State last weekend and will post a recap when results are received).

### 10&U State Highlights & Recap

Our 10&U State athletes put together a great outing last weekend in Green Bay. When the waves had settled, TEAM SEA finished 23<sup>rd</sup> of the 50+ teams in the state scoring 64-points.

Jordan Borzynski notched the 7<sup>th</sup> fastest time in our team's history in the 100 Backstroke, 1:16.40 (dropping 5.79-seconds), dropped 1.07-seconds in the 100 Freestyle, and podiumed in the 50 Butterfly, 34.52 (4<sup>th</sup>).

Ireland Byrne dropped 2.67-seconds in the 100 Freestyle, 1:20.27.

Evan Steenrod posted three best times out of his five races dropping 2.12-seconds in the 50 Backstroke, 38.46.

Harrison Yanke, posted four best times of his six races and scored points in three of them.

Vivienne Yanke posted three best times of her six races and dropped 3.05-seconds in the 100 Breaststroke, 1:33.82.

Great job swimmers!

### Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry</i>	<i>Deadline</i>
Mar 3-5	11-14 State		Closed
Mar 11-12	YMCA Sectionals		3/4
Mar 17-19	YMCA State		2/19
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.

Silver attending: Natalie Johnson

Gold attending: Logan and Mason Walker

### 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/newreservation/?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 card (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**

<i>Order By</i>	<i>Delivery On</i>
March 5	March 9-10

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: Jordyn Tran, Rylie Bergemann, Sophia Marini, Brady Moore, Lindsey Hohnl, Gabi Peterman, Jack Borzynski, Alice Stratman, Nathaniel Foster, Nicholas Foster, Sofia Badillo, Caleb Bergman, Molly Warren, Evelyn Gutknecht, Noah Fiorentino.

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**

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### March

- 3-5 11-14 State
- 4 No practice
- 11 No practice
- 11-12 YMCA Sectionals
- 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

- 5-6 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
- 13 Conference Meet
- 23-24 Summer Sizzler
- 23-25 WGLO Invite
- 29 Open Water State
- 30 Conference Meet

## **F.A.Q.**

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- 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*