

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.

April 15, 2020

Head Coach Notes

Our weekly Zoom meetings with the Senior and Gold swimmers are continuing and have been regularly attended by 15-17 Senior swimmers and 10-12 Gold swimmers. Katie and I are working our way through books that cover the mental side of our sport. If you have not informed your swimmers about these meetings, please do pass the message along so they can hangout with their swimming friends during the Safer at Home order.

Don't forget to forward your unwanted or unneeded shoes to Shay Borzynski. She is in the process of collecting shoes for a TEAM SEA fundraiser. She'll be collecting them for another 50-days or so. The swimmer who donates the most shoes wins a \$50 gift certificate and TEAM SEA will receive \$1000.

We are continuing to hope that the Safer at Home order expires on April 24. If it does, we will begin practicing as soon as possible. Be advised, all the pools we train at in Racine have been drained. Carthage College still has water and we hope to train there when the season begins. More information will follow as it becomes available. In the meantime, please continue working out so we are stronger when the Spring & Summer Season gets underway!

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

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!

Upcoming Meets

Date	Meet	Entry Deadline
May 8-9	MMSC Open	TBD
May 29-31	SEA Pirate Plunge	TBD
June 5-7	SHOR Open	TBD

June 26-27	SEA Summer Sizzler	TBD
June 26-28	LAKE WGLO Invite	TBD
July 10-12	Bird Bath Invite	TBD
July 15-18	Speedo Sectionals	TBD
July 17-19	WI LSC Regionals	TBD
July 24-26	12&U State	TBD
July 30-Aug. 2	13&O State	TBD

Katie's Kickboard

Hello again,

The closer we get to April 24th the more I can smell the chlorine of the pool. We are crossing our fingers that we are all able to get back in the water. But until then we will continue our Zoom meetings and staying engaged via social media.

Last week during our Zoom, I gave the Golds homework. I challenged them to daily affirmations. Affirmations are a set of words or phrases that you repeatedly say to yourself every day. The idea, is to train our brains to choose being positive first.

We are also talking about how we can control our emotions. The way we react to people or bad situations. Or if we're pushing through a tough event or practice. We discussed why we get nervous and what that does to your body and how it affects your race.

Don't forget, I am still putting together a team coloring book. Feel free to email me with questions or to submit your drawings. Coachkatiejames@gmail.com

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.

Request for Pictures - Annual Banquet

Jose Arteaga is in the process of building a video to be played during our upcoming Annual Awards Banquet. If you have any pictures you would like to share that were not posted via social media over the past year, please email him at joseharteaga@gmail.com. Thanks!

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).

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, Ethan Bergman, Arev Buchaklian, Hopking Uyenbat, Maddie Cerny.

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>
TBA	TBA

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

Will return when practices begin.

Name:

Age:

Group: Gold

Role Model:

Favorite Stroke:

Favorite Event:

Favorite Swimmer:

Future Goal:

Hobbies:

Famous Person You'd Like to Meet:

Favorite Book:

If you could change anything in the world, what would you change:

April Birthdays

Michael Cartwright, Madison Marry, Kinzie Reischl, Marie Spang, Alice Stratman, Kylie Thomas, Claire Wolfe.

Extended Calendar

April

20 Board meeting, 6:00 p.m. via Zoom

24 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

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Meet Director

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Katie Ritter - kr Ritter717@att.net

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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!