

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.

June 25, 2020

Head Coach Notes

Can't believe how fast summer is moving ... we are already at the end of June for crying out loud.

Morning practices have been just great. We currently have 45 swimmers on the team! The Senior team is almost full (we have room for five more). A handful of spots remain in the Gold group and the Silver/Bronze training groups have plenty of spots open - tell your friends!

We will be running our annual banquet this summer. It will be held in a local park on one of the following dates, August 3, 4, or 5. More information to follow as details are firmed up. Hope to SEA you there!

We will also be hosting our annual team picture! This will take place at Meadowbrook Country Club in the near future. Similar to our banquet, more information will be shared soon.

Beginning Monday, June 29, we will begin allowing athletes to change in the changing rooms. Please continue to arrive in your swim suits for practice. If swimmers would like to change after practice, we will allow three swimmers at a time in the changing rooms. Please follow social distancing while in the changing room and while waiting your turn to go in. Thanks!

We will be conducting an expanded OST (off-season training) experience in August. OST will run Monday-Thursday in the mornings at Meadowbrook. Information can be found on the homepage of our website - take advantage!

We are in need of parents to step forward to help behind the scenes here at TEAM SEA. Currently, we are looking for some help in the kitchen during hosted meets, with SCRIP, and even a new treasurer. If you think you would be a good fit to help out behind the scenes, please reach out to me.

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).

Katie's Kickboard

Hello again,

I know I've said it before but it feels AMAZING to be back on deck! The ability to have a regular routine, soak up some vitamin D, and real socialization, is the best. I truly missed everyone!

We have been graced with clear skies and no storms, keep your fingers crossed that we get the summer we deserve. Make sure we are applying sunscreen, eating breakfast, and bringing a filled water bottle. Take care of yourself so you can perform at your best.

This summer is a blessing, we are allowed to relax. Going back to the basics, the fundamentals. Breaking down each stroke, turn, breakout, how we do streamline, or even what our fingers do. This is the time to perfect each element of your swimming. We have already improved immensely on each stroke. The biggest thing is being mindful of your body movements and remaining mentally engaged while performing.

To help us better understand how to become more mentally strong in and out of the water we have started meditating for 10 min at the end of dryland. We are using the Calm app I found in the App Store, starting with the LeBron James segment. They really enjoyed it, especially his deep voice, some even fell asleep. Please pack an extra towel, yoga mat, or even a pillow on dryland days.

This summer will be great! Feel free to contact Neil or I with anything.
coachkatiejames@gmail.com

Upcoming Meets

Date	Meet	Entry Deadline
July 30	End of Season Time Trial	7/27
July 31	Rain date for above meet	

Hopefully we will be conducting a dual meet with GYD sometime in July as well.

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.

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>
June 21	June 24-25
July 12	July 15-16
July 26	July 29-30

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 next week.

Name:

Age:

Group: Bronze

Role Model:

Favorite Stroke:

Favorite Event:

Favorite Swimmer:

Future Goal:

Hobbies:

Famous Person You'd Like to Meet:

Favorite Book:

Favorite Movie:

If I could be any animal:

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

June Birthdays

Evelyn Gutknecht, Nicolette Jansen, Callie Klepp, Catherine Mike, Ashton Moesch, Aubree Van Dyke.

Extended Calendar

July

28 Board meeting, 6:00 p.m., Sealed Air Y

30 End of Season Time Trial

31 End of Season Time Trial - rain date

31 Last day of Summer practice

August

3-27 Off-season training

TEAM SEA Parent Board

President

Jeff Peterson - petersonj12@gmail.com

Vice President

Ben Foster - BenFoster311@gmail.com

Treasurer

Open

Registration

Missy Reischl - mjreischl@outlook.com

Meet Director

Amy Bergman -

meetdirector.sea@gmail.com

Secretary

Katie Ritter - kr Ritter717@att.net

Officials

Jose Arteaga - joseharteaga@gmail.com

Fundraising

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!