

Serpent Times

newsletter for

Southeastern Aquatics

Racine Family YMCA Swim TEAM

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TEAM SEA's Mission:

To empower the youth of Southeastern Wisconsin in a safe and supportive environment to be champions in life through excellence in swimming.

July 10, 2024

Neil's Notes

We have a busy week/weekend of swimming with some of us heading south to Westmont for Speedo Sectionals and some of us heading north to Appleton for the Bird Bath Invite. All practices will continue to be held in normal fashion so those not racing should attend practice in preparation for our remaining meets.

Speaking of our remaining meets, entries for Regionals are due July 14 - this meet is open to all swimmers (athletes may not race in events where they have State qualifying times); entries for Conference Champs are due July 22 - this meet is short course yards and all swimmers are welcome to race. Take advantage of these great opportunities!

Save the date ... our annual banquet is scheduled for Tuesday, August 13. More information can be found on our website. As usual, we are looking for a few families to bring cupcakes. Thanks to the Westfall family for stepping up around. Please speak with me if you are able to help out. Thanks!

All final payments were due June 23rd. Please forward any remaining payments ASAP.

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. Please contact me when you have any questions, concerns, or comments.

Are you social? TEAM SEA is - find us at Instagram (seaswimteam) and Facebook (SEA Swim Team - this page is set to private and you'll need to request to join).

Speedo Sectional Meet Information

Beginning tomorrow and running through Sunday we will be racing at the FMC Natatorium during this summer's Central Speedo Sectionals meet.

Here is the warm-up schedule and timeline for this week's meet:

Thursday - we will meet in the lobby at 7:15 AM this day

Gabi (100 Free), Nathan (100 Free), Jack (100 Free, 200 Fly), Brady (100 Free) = 7:30 AM warm-up (in the 50-meter pool)
Gabi's event begins at 9:00 AM
Boys' 100 Free begins at 9:28 AM
200 Fly begins at 11:09 AM

Friday

Brady (100 Back), Nathan (100 Back) = 10:00 AM warm-up (in the 25-yard pool)
Event begins at 11:53 AM

Saturday

Nathan (200 Back) = 8:00 AM warm-up (in the 50-meter pool)
200 Back begins at 9:36 AM
Jack (100 Fly) = 10:45 AM warm-up (in the 25-yard pool)
100 Fly begins at 12:20 PM

Sunday

Gabi (50 Free), Jack (50 Free), Brady (50 Free) = 8:45 warm-up (in the 25-yard pool)
Gabi's event begins 10:17 AM
Boys' event begins at 10:34 AM

Time Trials will be offered shortly after the conclusion of Prelims. Here are the projected end times for Prelims each day:

Thursday, 12:39 PM
Friday, 12:53 PM
Saturday, 1:31 PM
Sunday, 1:01 PM

If anyone would like to Time Trial, please speak with Coach Neil.

The top 36 swimmers will move forward to Finals with the D final protected for 18&U athletes. Heat sheets will be available on the meet landing page.

Drive safe, swim fast, have fun!

Bird Bath Invite Meet Information

Friday through Sunday we'll be racing in the Bird Bath Invite at Erb Park (1800 North Morrison Street in Appleton).

Here is the warm-up schedule and timeline:

Friday warm-ups (Fiona & Jordan) run 3:05-3:30 PM in lanes 7-8, meet begins at 3:40 PM and is scheduled to end at 8:00 PM.

Saturday AM warm-ups (Gavin & Jordan) run 7:25-7:50 AM in lanes 7-8, meet begins at 8:00 AM and is scheduled to end at 1:52 PM.

Saturday PM warm-ups (Fiona) run 2:40-3:05 PM in lanes 6-8, meet begins at 3:15 PM and is scheduled to end at 6:22 PM.

Sunday AM warm-ups (Gavin & Jordan) run 7:25-7:50 AM in lane 8, meet begins at 8:00 AM and is scheduled to end at 12:03 PM.

Sunday PM warm-ups (Fiona) run 1:05-1:30 PM in lanes 6-8, meet begins at 1:45 PM and is scheduled to end at 5:25 PM.

Coach Joanna will be on deck in support for this meet. Please be sure to bring sunscreen, an umbrella and/or shade tent, and a chair. Heat sheets are available on the meet landing page.

Drive safe, swim fast, have fun!

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Jul 11-14	Speedo Sectionals	Closed
Jul 12-14	Bird Bath Invite	Closed
Jul 19-21	Regionals	7/14
Jul 23-27	Junior Nationals	7/15
Jul 26-28	12&U State	7/21
Jul 30	Conference Champs	7/22
Aug 1-4	13&O State	7/23
Aug 8-11	14&U Zones	8/4

Conference Meet Recap & Highlights

Great racing at a new facility for most of our swimmers in attendance. As a team, we finished with 46% best times and no DQs.

Congratulations to Harrison Yanke on breaking Ivar Iverson's 8&U 50 Breaststroke team record of 48.07 set in 2006 with his swim of 47.86. Harrison also posted the second fastest times in our team's history for the 100 Butterfly 1:42.76 and 200 IM 2:33.60.

Matilda Gutjahr notched the second fastest time in our team's history for the 8&U 100 Breaststroke touching in 1:57.25.

Vivienne Yanke posted 100% best times.

Dropping five or more seconds in an event included Nate Steenrod -39.00 in the 50 Butterfly, Harrison Yanke -8.25 in the 100

Butterfly, and Vivienne Yanke -9.06 in the 200 IM.

Don't forget to sign-up for Regionals and Conference Champs!

Summer Sizzler Recap & Highlights

Another solid outing for TEAM SEA this past weekend during our 14th Annual Summer Sizzler. When the waves had calmed, we posted 66% best times (260 of 391 swims) and 12 DQs (five Breaststroke, four Backstroke, two Butterfly, one Freestyle).

Congratulations to Jack Borzynski on picking up a new Speedo Sectional cut in the 100 Freestyle touching in 54.67.

New State qualifying times were posted by Nathan Breit in the Senior 100 Freestyle 57.21, Nathaniel Foster in the Senior 50 Freestyle 26.42 and 100 Butterfly 1:04.49, Matilda Gutjahr in the 8&U 100 Freestyle 1:37.99, Brady Moore in the Senior 200 IM 2:22.45, Gabi Peterman in the Senior 100 Freestyle 1:01.80, Nate Steenrod in the 8&U 50 Freestyle 46.17 and 50 Backstroke 53.01, and Vivienne Yanke in the 11-12 50 Breaststroke 43.29.

Three new team records were set and/or broken during the meet. Matilda Gutjahr set the team record in the 8&U 200 Backstroke 4:12.10, Harrison Yanke (3:52.05) and Nate Steenrod (3:54.27) both broke the 8&U 200 Backstroke record set by Evan Steenrod in 2022, 4:02.38, and Harrison Yanke set the 8&U 200 Breaststroke team record finishing in 4:04.68.

Notching some of the fastest times in our team's history were Matilda Gutjahr (8&U) 7th 50 Freestyle 42.47, 6th 100 Freestyle 1:37.99, 4th 200 IM 4:11.86, Molly Staniger (8&U) 7th 200 Freestyle 4:20.94, 2nd 400 Freestyle 9:12.61, Olivia Speers (9-10) 3rd 200 Backstroke 3:55.93, 2nd 200 Breaststroke 4:23.33, Emma Masaya (9-10) 4th 200 Backstroke 4:16.86, Kaylee Staniger (11-12) 4th 200 Butterfly 3:42.73, Aubree Van Dyke (11-12) 6th 200 Butterfly 4:17.38, Gabi Peterman (Senior) 7th 100 Freestyle 1:01.80, Harrison Yanke (8&U) 4th 50 Freestyle 39.56, 2nd 100 Breaststroke 1:50.76, 2nd 100 Butterfly 1:51.01, Nate Steenrod (8&U) 10th 50 Freestyle 46.17, 8th 100 Freestyle 1:46.04, 9th 100 Backstroke 1:54.64, 2nd 200 Backstroke 3:54.27, 4th 200 IM 4:25.44, Nathan Breit (15-16) 8th 50 Freestyle 26.12, 9th 100 Freestyle 57.21, Brady Moore (Senior) 3rd 100 Freestyle 54.66, Jack Borzynski (Senior) 4th 100 Freestyle 54.67, 4th 400 Freestyle 4:25.29, Jack Borzynski (15-16) 10th 200 Backstroke

2:26.91, and Brady Moore (17-18) 8th 200 IM 2:22.45.

Posting 100% best times included Max Carlson, Sarina Foster, Zachary James, Ella Kirchenberg, Grayson Kirchenberg, Allie Mertins, Pedro Nogueira, Lila Rudoll, Riley Sarnim, Evan Steenrod, Zack Steenrod, and Vivienne Yanke.

Slicing five of more seconds in a single event were Jett Adams -47.43 100 Backstroke, Jordan Borzynski -10.07 200 IM, Nathan Breit -6.15 100 Butterfly, Max Carlson -14.21 100 Backstroke, Eli Coughlin -19.55 200 IM, Silas Coughlin -5.24 100 Freestyle, Aisling Fahy -9.72 100 Backstroke, Nathaniel Foster -61.04 400 Freestyle, Sarina Foster -17.34 200 Freestyle, Summer Gustafson-Binger -10.60 100 Freestyle, Matilda Gutjahr -6.99 100 Freestyle, Charlotte Horton -9.96 100 Freestyle, Jules Horton -12.13 100 Backstroke, Levi Jansen -63.80 200 Freestyle, Piper Jansen -9.57 100 Freestyle, Natalie Johnson -14.67 200 Freestyle, Ella Kirchenberg -11.25 100 Freestyle, Grayson Kirchenberg -17.54 400 Freestyle, Emma Masaya -17.25 200 Backstroke, Allie Mertins -19.27 200 Backstroke, Brady Moore -29.82 400 Freestyle, Pedro Nogueira -19.78 100 Backstroke, Gabi Peterman -11.82, Evalyn Speers -65.98 200 Freestyle, Molly Staniger -17.14 200 Freestyle, Evan Steenrod -14.69 200 IM, Nate Steenrod -16.10 100 Freestyle, Zack Steenrod -24.35 200 Freestyle, John Westfall -5.48 50 Butterfly, and Vivienne Yanke -8.16.

Congratulations to Gavin Hart for racing in the first swim meet of his life!

Gold Medalist – Jack Borzynski, Brady Moore, Gabi Peterman

Silver Medalist – Jack Borzynski, Nathan Breit, Brady Moore, Gabi Peterman

Bronze Medalist – Jack Borzynski, Nathan Breit, Nathaniel Foster

Keep on keeping on TEAM SEA!

RaiseRight Fundraising Information

SEA offers RaiseRight (formally 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! RaiseRight 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

RaiseRight 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 card (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.

RaiseRight 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>
July 14	July 18-19

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.

OST (Off-Season Training)

OST will be offered between the end of the Spring & Summer Season and the beginning of the Fall & Winter 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-Wednesday, August 5-28) and lead by Coach Joanna and Coach Parker. Gold and Senior will swim 7:30-9:00 AM and Bronze and Silver will swim 9:00-10:00 AM with each week covering starts, breakouts, turns, and finishes for one stroke (the order by weeks is Freestyle, Backstroke, Breaststroke, Butterfly).

The cost for Gold and Senior is \$160 for all four weeks or \$40 per week.

The cost for Bronze and Senior is \$120 for all four weeks or \$30 per week.

To sign-up simply email Coach Neil and forward payment on the first practice your athlete attends. Take advantage!

All practices will be held at the outdoor SCJ Community pool and all participants will need a membership to the pool. There will be no refunds or “make-up days” for inclement weather/canceled practices. Take advantage!

June Birthdays

Gennie Bruzas, Max Carlson, Eli Chentnik, Mason Fisher-Sedlachek, Evelyn Gutknecht, Callie Klepp, Sebastian Malfavon, Arya Morey, Bizzy Strickling, Cloey Sullivan, Grayson Sullivan, Aubree Van Dyke, Mason Walker.

July Birthdays

Hugo Arteaga, Ethan Eckel, Ciara Fahy, Sarah Hackenbracht, Julie Horton, Anna James, Jocelyn Niebuhr, Ethan Rudolph, Evan Steenrod.

Extended Calendar

July

11-14 Speedo Sectionals
12-14 Bird Bath Invite
19-21 Regionals
23-27 Speedo Summer Championships
26-28 12&U State
30 Conference Champs Meet
31 Last day of Spring & Summer practice

August

1-4 13&O State
8-11 14&U Zones
13 Annual Awards Banquet
13 High School girls swimming begins

September

23 Tryouts
23 First day of practice for Fall & Winter

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. \$20 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*