

## 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 environment to be champions in life through excellence in swimming.*

July 16, 2026

### Neil's Notes

Great swimming last weekend in Westmont and Holland! Read all about our successes in this newsletter. Keep it up!!

We'll be racing at the RecPlex this weekend during Regionals. Good luck TEAM SEA!

Heads-up, we will be conducting practice Friday AM (weather permitting) and PM along with Saturday morning at the Y. Take advantage!

Current individual entries are posted on our website for 12&U and 13&O State. Watch for an update when Regional concludes Sunday evening.

Zone practice for those racing in Minnesota will take place at SCJ, 7:00-8:30 AM (Monday, Tuesday, and Wednesday if needed - August 3-5).

High school girls are welcome to "bridge the gap" between the end of the summer season and the beginning of the high school season by attending OST free of charge. Take advantage!

The final day of practice is July 29. We will continue to conduct both AM and PM practices through the 29<sup>th</sup>.

Make a note ... beginning this Fall & Winter all swimmers will need to secure their USA Swimming Membership.

Please note, the information in our weekly newsletter changes from week-to-week. Dates and times for upcoming events are fluid and can change. Please ensure you are reading the latest newsletter so you are up-to-date!

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) and Facebook (SEA Swim Team - this page is set to private and you'll need to request to join).

### Regionals Meet Information

Friday-Sunday we'll be racing at the RecPlex in Pleasant Prairie (9900 Terwall Terrace).

Friday warm-ups run 5:00-6:00 PM, meet begins at 6:05 PM and is scheduled to end at 8:46 PM.

Saturday AM (12&U) warm-ups run 7:30-8:30 AM, meet begins at 8:35 AM and is scheduled to end at 11:39 AM.

Saturday PM (13&O) warm-ups run 11:30 AM-12:40 PM, meet begins at 12:45 PM and is scheduled to end at 4:03 PM.

Sunday AM (12&U) warm-ups run 7:30-8:30 AM, meet begins at 8:35 AM and is scheduled to end at 11:19 AM.

Sunday PM (13&O) warm-ups run 11:15 AM - 12:20 PM, meet begins at 12:30 PM and is scheduled to end at 4:09 PM.

Drive safe, swim fast, have fun!

### Upcoming Meets

| Date       | Meet                      | Entry Deadline |
|------------|---------------------------|----------------|
| July 17-19 | WI LSC Regionals          | closed         |
| July 24-26 | 12&U State                | 7/19           |
| July 28    | Conference Champs         | 7/19           |
| July 29-1  | Futures                   | 7/19           |
| July 30-2  | 13&O State                | 7/19           |
| Aug 6-9    | 14&U Zones                | 8/2            |
| Oct 16-18  | OZ Fall Classic           | tba            |
| Oct 29     | Sprint Time Trials        | 10/25          |
| Nov 1      | SEA Pentathlon            | tba            |
| Nov 12     | Mid-Distance Time Trials  | 11/8           |
| Nov 13     | Conference Meet           | tba            |
| Nov 15     | SSTY YMCA Invite          | tba            |
| Nov 20-22  | Arena Mid-Season Showdown | tba            |
| Dec 4-6    | YMCA Finalist             | tba            |
| Dec 11-13  | RA Distance Classic       | tba            |
| Dec 12-13  | 12&U Single Age State     | tba            |
| Dec 17     | Distance Time Trials      | 12/13          |

### Speedo Sectionals Recap & Highlights

Solid efforts during last weekend's Speedo meet in Westmont. Our squad posted 50% best times (7 of 14 swims) and no DQs.

Nathaniel Foster picked up his Futures cut in the 50 Butterfly touching in 25.80.

Posting swims in our top ten included Jack Borzynski 17-18 4<sup>th</sup> 100 Freestyle 54.07, 3<sup>rd</sup> 100 Butterfly 57.35 and Ryan McGillis 17-18 5<sup>th</sup> 100 Backstroke 1:03.21.

Great job boys! Good luck this weekend during Regionals.

### **West Michigan Classic Recap & Highlights**

What a great meet! When the waves settled, we posted 70% best times (76 of 109 swims) and only two DQs (Butterfly and Freestyle).

Congratulations to Charlotte Gruettner who reset her team record in the 9-10 200 Breaststroke with an effort of 3:48.90 (old mark set early this summer, 3:53.02).

New Zone qualifying times were posted by Charlotte Gruettner 10&U 50 Backstroke 39.16 and Braxton Rosemann 13-14 50 Backstroke 33.32.

New State qualifying times were achieved by Zoey Aho 9-10 50 Backstroke 44.55, Braxton Rosemann 13-14 50 Butterfly 32.22, 200 IM 2:42.66, Ellie Staniger 11-12 400 Freestyle 5:23.29, 200 Butterfly 3:18.12, 50 Butterfly 36.41, Kaylee Staniger 13-14 400 IM 5:43.40, 50 Butterfly 32.38, 200 IM 2:41.90, Molly Staniger 9-10 400 Freestyle 6:24.50, 100 Backstroke 1:36.11, Bria Widmar 9-10 50 Backstroke 42.86, 100 Backstroke 1:34.08, 50 Freestyle 36.91, 50 Butterfly 44.79.

Swimmers' cracking into our top ten list were Ellie Staniger 11-12 6<sup>th</sup> 400 Freestyle 5:23.29, 8<sup>th</sup> 200 Butterfly 3:18.12, Molly Staniger 9-10 5<sup>th</sup> 400 Freestyle 6:24.50, Kaylee Staniger 13-14 7<sup>th</sup> 400 IM 5:43.40, 10<sup>th</sup> 200 Breaststroke 3:04.25, 5<sup>th</sup> 200 IM 2:41.90, 6<sup>th</sup> 200 Butterfly 3:02.90, Charlotte Gruettner 9-10 6<sup>th</sup> 50 Backstroke 39.16, 9<sup>th</sup> 100 Backstroke 1:30.18, Ashlyn Malzewski 17-18 10<sup>th</sup> 100 Backstroke 1:14.14, Lindsey Hohnl 17-18 10<sup>th</sup> 200 Breaststroke 3:12.70, EJ Gruettner 8&U 5<sup>th</sup> 100 Backstroke 1:51.92, 3<sup>rd</sup> 200 Breaststroke 5:21.53, and Braxton Rosemann 13-14 8<sup>th</sup> 200 IM 2:42.66.

Sophia Marini achieved 100% best times in all her races.

Cutting five or more seconds in a single race included Zoey Aho -15.58 100 Breaststroke, EJ Gruettner -11.00 100 Breaststroke, Lindsey Hohnl -12.52 50 Butterfly, Ashlyn Malzewski -5.75 100 Backstroke, Olivia Speers -9.23 100 Backstroke, Ellie Staniger -11.25 400 Freestyle, Kaylee Staniger -10.16 400 IM, Molly Staniger -117.89 400 Freestyle, John Westfall -9.95 200 Butterfly, Bria Widmar -

13.86 200 IM, and Brynn Widmar -24.68 100 Freestyle.

Great job in Michigan and good luck this weekend during Regionals!

### **Hospitality Lead Needed**

We are looking for parent of a 10&U swimmer who is interested in learning the ins-and-outs of running concessions and hospitality for coaches and officials at the meets we host.

Kelly and Chris Jansen will conduct business as usual for the next two years, but after their son Levi graduates it will be time for another family to take the reins.

Although this is a volunteer position, the family who steps into this role will have their escrow account credited \$100 per session volunteered.

If you are interested in training to take over this position, please speak with Coach Neil.

### **Off-Season Training in August**

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 affords them the opportunity to really focus on the little things that make for fast swimming (starts, breakouts, turns, and finishes). Also, they get to hangout with their friends which is really great!

OST will be offered for four weeks Monday-Wednesday, August 3-26. Gold and Senior will swim 7:00-8:30 AM and Bronze and Silver will swim 8:30-9:30 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 Silver is \$120 for all four weeks or \$30 per week.

All practices will be held at the outdoor SCJ Community pool and all participants will need a membership to the pool (secure at the front desk at the facility, \$28). There will be no refunds or "make-up days" for inclement weather/canceled practices.

If practice needs to be canceled because of thunder or lightening, a Facebook notification will be posted at 6:00 AM for Gold and Senior practice and 7:00 AM for Bronze and Silver.

If you plan on attending, simply attend the week(s) you would like to train at and forward payment to any coach on deck when you arrive. Take advantage!

### **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/scrrip](http://www.sea-y.org/scrrip)) - 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 cord (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.

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**

| <i>Order By</i> | <i>Delivery On</i> |
|-----------------|--------------------|
| October 11      | October 14-15      |
| November 15     | November 18-19     |
| December 13     | December 16-17     |
| January 10      | January 13-14      |
| February 14     | February 17-18     |
| March 14        | March 17-18        |

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](mailto:south.eastern.aquatics@gmail.com).

### **July Birthdays**

Marbella Davalos, Victoria Domnikova, Ethan Eckel, Ciara Fahy, Julie Horton, Evan Steenrod, Lillian Tanking.

### **Extended Calendar**

#### July

17-19 Regionals

24-26 12&U State  
28 Conference Champs  
29 Final practice of the season  
29-1 Futures  
30-2 13&O State  
29 Final practice to the season

#### August

6-9 14&U Zones

#### September

21 Tryouts

22 Fall & Winter Season begins

#### October

16-18 OZ Fall Classic

29 Sprint Time Trials

#### November

1 Pentathlon

12 Middle Distance Time Trials

13 Conference Meet

15 SSTY YMCA Invite

20-22 Arena Mid-Season Showdown

#### December

4-6 YMCA Finalist

11-13 RA Distance Classic

12-13 12&U Single Age State

17 Distance Time Trials

#### January

9-10 Penguin Challenge

17 Conference Meet

22-24 ChaseStrong Invite

24 J-HK 8&U All Star

#### February

7 Conference Champs

19-21 WI LSC Regionals

26-28 Senior State

27-28 10&U State

#### March

5-7 11-14 State

13-14 YMCA Sectionals

19-21 YMCA State

#### April

19 Tryouts

20 Banquet

21 Spring & Summer Season begins

### **How to TEAM SEA**

In this section of the newsletter, you'll be able to review some of the processes involved with TEAM SEA. If you need additional help in understanding anything TEAM SEA related after reading this section, please reach out to Coach Neil. *Please note this section is under construction and will be updated throughout the season.*

#### **How do we sign-up our swimmers for meets?**

To enter your swimmer in any meet on our meet schedule (which can be viewed online

at MEMBERS/MEET SCHEDULE or earlier in this newsletter) simply email Coach Neil stating which meet you plan on having your swimmer race in (please include the day(s) you plan on having your swimmer race if the meet is multiple days). 95% of our family's leave event selection up to the coaching staff (you are welcome to select your swimmer's events and if you do, please include them in the email you send).

Families can view meet information, entries, meet fees, and final results online on the MEET SCHEDULE page. Families should view their escrow account via MEMBERS/ESCROW ACCOUNT throughout the season and forward meet fee payments via check (payable to SEA) or cash to any coach on deck.

***How do we purchase TEAM SEA swim caps?***

Coach Neil has TEAM SEA swim caps with him at practices and meets. Cost for silicone is \$20 and latex is \$5. What's the difference between the two caps ... basically, thickness. These days, most swimmers prefer silicone, but to each their own.

***How many practices should my swimmer attend?***

General rule of thumb: Bronze and Silver 2-3, Gold 4-5, and Senior 5-6.

***How do I receive emails?***

If you are currently not receiving weekly newsletter emails and other updates, please send an email to Coach Neil at [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com) and he'll ensure your email is added to the database.

***I submitted a check for escrow and/or swim tuition and it's not cashed yet, when will it?***

Deposits are made at the end of each month.

***Caring \* Honesty  
Respect \* Responsibility  
Build \* Promote \* Achieve***