

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 in a safe and supportive way to be champions in life through excellence in swimming.

July 17, 2020

Head Coach Notes

Attend Matthew's Birthday Parade!

Matthew's mom is organizing a birthday parade for Matthew (Silver swimmer). Maybe you can attend?

Wednesday July 22, 6:00 PM
5624 Windward Drive

Line-up on the corner of Skyline & Hilldale

Birthday parade starts at 6:10 PM
Every car get cupcakes!

RSVP: Text/call Ahnna, 262.676.9548

Don't forget, our team picture is scheduled for 10 AM, Monday, July 27 and we have scheduled our team banquet for Wednesday, August 5. Save those dates!

We are offering a pre-season conditioning experience for eight lucky high school girls (that's all the room we have) August 3-10. Read all about it later in this newsletter and please share with your high school friends and families.

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,

Bronze and Silvers have been working hard with Coach Alyssa, they just completed their first T-10 for the season. This is a test set, where they swim freestyle for 10 minutes without stopping. The goal is to get as many yards in 10 minutes as they can, with the hopes of getting better each time.

Gold's have been doing a test kick set for the last few weeks. Test sets are designed to track progress of athletes. They are able to remember their times (and I keep track) and they can better them. Thursday they completed their first 400 I.M this season, for some of them this was their first EVER 400 I.M. They did great, and have been putting good efforts into each set.

We are now offering afternoon practices at the YMCA:

Golds - Monday & Wednesday (3-4:45pm)

Bronze/Silvers - Friday (3pm-4pm)

****YOU MUST TEXT/EMAIL AHEAD OF TIME TO RESERVE YOUR SPOT****

Upcoming Meets

Date	Meet	Entry Deadline
July 26-27	SSTY	7/15
July 30	Time Trial	7/27
July 31	Time Trial (rain date)	

PM practice times added to practice schedule

Beginning Monday, July 13, we will begin PM practices at Sealed Air YMCA.

Details about using the YMCA ... all swimmers and coaches must swipe in at the front desk (if you don't have a card, you can pick one up when you arrive), the men's and women's locker rooms are for 18-and-older, limited lockers available in the family locker room.

Here are the new opportunities for all training groups:

Senior, Tuesday & Thursday, 3-5 PM

Gold, Monday & Wednesday, 3-4:45 PM

Silver/Bronze, Friday, 3-4 PM

Please note, Senior swimmers must speak with Coach Neil and let him know which day (they can only attend one day) they would prefer to train (because the Senior training group is 20+ swimmers and we are only able to secure two lanes for practice, we must split the Senior group into two groups – first come, first served). If a day does not fill (eight swimmers per day), athletes will be allowed to secure an additional day (same as above, first come, first served).

High School Girls' Conditioning to be Offered

We will extend an opportunity for eight (8) high school girls to get in some preseason conditioning prior to the start of high school swimming. This experience is open to high school girls currently not on TEAM SEA.

Practices will be held at Sealed Air YMCA Monday-Friday, August 3-10. Cost is \$50.

Interested swimmers should contact Coach Neil to secure their spots.

TEAM SEA, please spread the word!

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>
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.

July Birthdays

Sarah Amundson, Hugo Arteaga, Natalia Badillo, Arev Buchaklian, Jayden DiBlase, Luiza Jaime, Austin Lentz, Madhura Patil, Evan Steenrod, Elizabeth Stratman, Matthew Thornton, Natalie Vitek.

Extended Calendar

July

- 25-26 SSTY Distance/Sprint Meet
- 27 Team picture, 10 AM, Meadowbrook
- 28 Team picture, rain date
- 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
- 5 Banquet
- September
- 8-17 Pre-season training
- 21 Tryouts
- 22 Fall & Winter Season begins

TEAM SEA Parent Board

President

Jeff Peterson – petersonj12@gmail.com

Vice President

Ben Foster – BenFoster311@gmail.com

Treasurer

Vacant

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!