

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 18, 2024

Neil's Notes

This weekend we will travel back to Pleasant Prairie for the WI LSC Regional meet. This meet represents the last opportunity to pick-up State qualifying times for the summer. Good luck swimmers!

There's still time to enter your swimmer in the Conference Champs meet scheduled for Tuesday, July 30 at the Lake Geneva YMCA. This is a great event and is conducted in a 25-yard pool. Take advantage!

We have received 12 Colorado Backstroke State Devices from the \$12,000 grant we received from the WI LSC. These will be housed at the RAC and we will see these in action this Fall & Winter!

It's hard to believe, but we only have 11 practice days remaining. Even though we are racing this weekend, we will be conducting practice Friday and Saturday. Please remember, our final practice of the Spring & Summer Season is Wednesday, July 31. For those swimmers still interested in training during August, we do offer Off-Season Training. Read about this opportunity later in this newsletter.

Don't miss this year's annual team banquet. Information has been shared via our weekly emails. All families who had swimmers racing in 2023-2024 Fall & Winter and 2024 Spring & Summer are welcome and encouraged to attend. We hope to see everyone there!

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

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).

Regional Meet Information

Beginning tomorrow and running through Sunday evening we will be racing at the RecPlex in Pleasant Prairie during this summer's installment of WI LSC Regionals. Best of luck to all TEAM SEA athletes scheduled to race!

Friday warm-ups begin at 4:00 PM, meet begins at 5:05 PM and is scheduled to finish at 8:03 PM.

Saturday AM (12&U swimmers) warm-ups begin at 7:30 AM in lane 10, meet begins at 8:35 AM and is scheduled to end at 11:20 AM.

Saturday PM (13&O swimmers) warm-ups begin at 11:20 AM in lane 10, meet begins at 12:30 PM and is scheduled to end at 4:44 PM.

Sunday AM (12&U swimmers) warm-ups begin at 8:00 AM in lane 6, meet begins at 8:35 AM and is scheduled to end at 11:10 AM.

Sunday PM (13&O swimmers) warm-ups begin at 11:45 AM, meet begins at 12:30 PM and is scheduled to end at 5:17 PM.

Drive safe, swim fast, have fun!

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Jul 19-21	Regionals	Closed
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

Speedo Sectionals Meet Recap & Highlights

Speedo Sectionals is one of the fastest meets in the Central Zone and TEAM SEA finished with a very respectable 50% best times and no DQs.

Athletes notching some of the fastest times in our team's history included Nathan Breit 9th 17-18 100 Freestyle 57.12 and 4th Senior 100 Backstroke 1:03.26, Brady Moore 2nd Senior 100 Freestyle 53.49, 5th Senior 100

Backstroke 1:03.40, 3rd Senior 200 Freestyle 2:00.68, and Gabi Peterman 5th Senior 100 Freestyle 1:01.37.

Great job swimmers!

Bird Bath Invite Recap & Highlights

We had a small contingent of swimmers in attendance at this summer's Bird Bath Invite, but they had fun and swam fast. We posted 36% best and one DQ (Breaststroke).

Jordan Borzynski posted the 9th fastest times in our team's history for 11-12 50 Backstroke 36.33 and 100 Backstroke 1:20.96.

Gavin Hart dropped 12.13-seconds in the 100 Breaststroke and posted best times his events.

Good luck at Regionals this weekend!

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 cord (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>
TBA	TBA

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, Eveln 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

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