

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 23, 2020

Head Coach Notes

Incase you missed it via social media, TEAM SEA is now recognized as a Safe Sport Club through USA Swimming. Safe Sport will be required by all USA Swimming teams in late 2021, but thanks to a little push from Jose Arteaga, TEAM SEA has become the second team in the WI LSC to be awarded the recognition - well ahead of the deadline. Congratulations on continuing to keep TEAM SEA a safe place where swimmers can grow and learn.



It's hard to believe, but we will be RACING this weekend! All the information you need can be found on page two of this newsletter. Please be sure to read all information carefully and ROCK those BLOCKS!

We will not be having a duel meet with Lake Geneva. Maybe we'll schedule a virtual event with them in the Fall & Winter Season.

Thanks to Katie and Alyssa for helping coach the Senior group this past Monday through Wednesday while we visited our first grandchild. The Senior group trained well and I'm excited to SEA some fast swimming this weekend!

Our summer season wraps up next Friday ... time sure does fly. Please plan to take advantage of Off-season Training during August (information can be found on the homepage of our website).

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,

The weather has been perfect this last week! Water temperature could be a tad warmer, but we're still so thankful to be swimming, especially so close to home.

Good luck to any athletes who are competing this weekend at Schroeder. I will be watching my meet Mobile app for updates on swims, I can't wait to see their results.

Bronze and Silvers have been working so hard this past week. Dolphin kick has been a big focus, as well as practicing their starts and race pace swims.

Gold's are continuing their mental training by listening to a motivational

meditation about self-esteem. I think some of them were so relaxed they fell asleep. It is important to me that they are mentally tough and can understand their frustration or what makes them anxious about racing.

I like to think we're trying to swim smarter, not faster. Speed is just a positive outcome of swimming smarter.

Please email Coach Neil or I with any questions or concerns (coachkatiejames@gmail.com). We are also available on deck before and after practice.

Schroeder Distance / Sprint Information

This weekend we will be racing in Brown Deer! Swimmers competing should plan to warm-up at Meadowbrook Country Club (warm-ups available 7-11 AM Saturday and 7-10 AM Sunday).

Here are a few reminders ... 1) we will warm-up at Meadowbrook County Club, 2) there will be no warm-up/warm down pool available during the meet in Brown Deer, 3) please be sure to turn in your Covid-19 waiver to Coach Neil, 4) please ensure you read the meet information very carefully (face coverings are required while at the meet), 5) listed arrival times are roughly 30-minutes before athlete's first swim (please arrive earlier if you feel you need more time), 6) swimmers should be racing in their fastest suit, and 7) drive safe, swim fast, have fun!

Saturday Arrival Times

10:00 AM, Payton, Ben
11:00 AM, Jack, Sofia
11:15 AM, Ethan
11:30 AM, Lindsey, Natalia, Megan
11:45 AM, Rylie

Sunday Arrival Times

9:30 AM, Girls 50 Free
9:45 AM, Boys 50 Free
10:00 AM, Girls 100 Breast
10:15 AM, Boys 100 Breast, Girls 50

Back

10:30 AM, Boys 50 Back, Girls 100 Fly,

Boys 100 Fly

11:00 AM, Girls 100 Free
11:15 AM, Boys 100 Free
11:30 AM, Girls 50 Breast, Boys 50

Breast, Girls 100 Back

12:00 PM, Boys 100 Back
12:15 PM, Girls 50 Fly, Boys 50 Fly

The meet is scheduled to end at 12:58 PM on Saturday and 12:50 PM on Sunday.

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
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

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*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!