

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 25, 2024

Neil's Notes

We had a great Regional meet and now we slide into 12&U State this weekend, followed by Conference Champs Tuesday and finally 13&O State the first weekend of August.

We will be offering all practices though Wednesday, July 31 (this includes Friday PM, Saturday morning for Gold and Senior, and Tuesday evening during the Conference Champs meet) ... take advantage!

Please don't forget to forward you list of attendees for this year's TEAM Banquet. 117 are signed up to date. We hope to SEA you there on Tuesday, August 13 ... take a break from preparing dinner and best our guest!

Our final practice of the season will be Wednesday, July 31. We will conduct OST (off-season training) during August, Monday through Wednesday. Read about this opportunity later in this newsletter. This is a great opportunity get train outside and bridge the gap between the end this season and the beginning of our Fall & Winter Season.

We have purchased, received and installed ten new Colorado Backstroke Starting Devices at RAC. Thanks again to the WI LSC on their generous \$12,000 donation that made this happen!

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 SEA everyone there!

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

If you have a Facebook account, please considering 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).

12&U State Meet Information

Friday-Sunday we will be racing in Brown Deer (9240 N. Green Bay Road) during this summer's 12&U State.

Friday warm-ups (11-12 swimmers) run 1:55-2:20 PM in lane 8, meet begins at 2:25 PM and is scheduled to end at 5:01 PM.

Saturday warm-ups (10&U swimmers) run 9:25-9:50 AM in lane 5, meet begins at 10:05 AM and is scheduled to end at 12:43 PM.

Saturday warm-ups (11-12 swimmers) run 2:05-2:30 PM in lane 8, meet begins at 2:45 PM and is scheduled to end at 5:43 PM.

Sunday warm-ups (10&U swimmers) run 9:25-9:50 AM in lane 5, meet begins at 10:05 AM and is scheduled to end at 11:54 AM.

Sunday warm-ups (11-12 swimmers) run 1:25-1:50 PM in lane 8, meet begins at 2:10 PM and is scheduled at to end at 5:33 PM.

Drive safe, swim fast, have fun!

Conference Champs Meet Information

Tuesday, July 30 we will head to Lake Geneva YMCA (203 Wells Street) for this summer's Conference Champs.

Warm-ups begin at 4:00 PM and the meet begins at 5:00 PM.

Heat sheet and timeline will be emailed and posted Monday.

The theme of the meet is Olympics so be sure to wear your favorite Olympic swag.

Drive safe, swim fast, have fun!

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Jul 26-28	12&U State	Closed
Jul 30	Conference Champs	Closed
Aug 1-4	13&O State	Closed
Aug 8-11	14&U Zones	8/4

Regional Recap & Highlights

We had a great outing during Regionals last weekend. As a team we finished 10th of 18 teams with 608-points (not bad since we were the 13th largest team in the meet), finished with 67% best times (52 of 78 swims) and only one DQ (Breaststroke).

New State qualifying times were achieved by Ale Arteaga 13-14 100 Butterfly 1:13.38, 50 Freestyle 29.63, Jack Borzynski Senior 800 Freestyle 9:15.52, Jordan Borzynski 11-12 200 IM 2:59.07, 100 Breaststroke 1:34.82, 200 Freestyle 2:34.87, and Kaylee Staniger 11-12 50 Breaststroke 43.41.

Notching some of the fastest swims in our team's history included Molly Staniger 8&U 200 Freestyle 6th 4:11.83, 2nd 400 Freestyle 8:40.07, Ale Arteaga 13-14 6th 100 Butterfly 1:13.38, and Jack Borzynski Senior 2nd 800 Freestyle 9:15.52.

Posting 100% best times were Ale Arteaga, Jack Borzynski, Max Carlson, Sylvie Carlson, Ryan McGillis, and Kaylee Staniger.

Dropping five of more seconds in an event: Ale Arteaga -6.10 200 IM, Jordan Borzynski -11.73 200 Freestyle, Nathan Breit -11.65 400 IM, Max Carlson -9.48 400 Freestyle, Ciara Fahy -10.55 100 Backstroke, Evan Olson -35.55 200 Backstroke, Ellie Staniger -10.64 400 Freestyle, Kaylee Staniger -40.80 400 Freestyle, and Molly Staniger -32.54 400 Freestyle.

Gold Medalist: Ale Arteaga, Jack Borzynski, Jordan Borzynski, Nathan Breit, Kaylee Staniger

Silver Medalist: Jordan Borzynski, Ryan McGillis, Ellie Staniger, Kaylee Staniger

Bronze Medalist: Max Carlson, Jordan Borzynski, Ellie Staniger, Kaylee Staniger

Great job swimmers!

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>
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

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*