

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 29, 2026

Neil's Notes

What a busy and fun Spring & Summer Season it's been! Please remember tonight is the final practice of the season. Off-Season Training begins Monday (read all about this opportunity later in this newsletter).

Zone practices for those racing in Minnesota will take place at SCJ, 7:00-8:30 AM (Monday, Tuesday, and Wednesday as 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!

On behalf of the entire coaching staff, have a great reminder of the summer and an amazing start to the school year!

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. 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).

13&O State Meet Information

Thursday-Sunday we'll be heading back to the RecPlex in Pleasant Prairie to race in this summer's WI LSC 13&O State Championships.

Warm-ups are assigned, please be on time.

Thursday Prelim warm-ups run 7:25-7:50 AM in lane 5, meet begins at 8:35 AM and is scheduled to finish at 10:37 AM.

Friday Prelim warm-ups run 7:50-8:15 AM in lane 5, meet begins at 8:35 AM and is scheduled to finish at 11:19 AM.

Saturday Prelim warm-ups run 7:00-7:25 AM in lane five, meet begins at 8:35 AM and is scheduled to finish at 12:02 PM.

Sunday Prelim warm-ups run 7:25-7:50 AM in lane five, meet begins at 8:35 AM and is scheduled to finish at 11:26 AM.

Races begin at 5:05 PM for Finals (Thursday-Saturday) and 4:05 PM (Sunday).

Swimmers moving on to Finals should arrive for warm-ups 90-minutes before they are scheduled to swim in the evening (view the session report on the meet landing page to figure out your arrival time). If you need help with anything, please reach out to Coach Neil.

Drive safe, swim fast, have fun!

Upcoming Meets

Date	Meet	Entry Deadline
July 29-1	Futures	closed
July 30-2	13&O State	closed
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

12&U State Recap & Highlights

We had a great meet last weekend during 12&U State! As a team, we finished 19th with 226-points (8th overall for division two), 72% best times (48 of 67 swims) and two DQs (Butterfly).

New team records were recorded by Harrison Yanke for 9-10, 200 IM 2:50.09 (old mark was held by Ivar Iverson, 2:53.01 from 2008), 100 Breaststroke 1:28.02 (old mark was held by Ivar Iverson, 1:31.48 from 2008), 100 Butterfly 1:20.14 (old mark was held by Ivar

Iverson 1:22.12 from 2008) and our 9-10 girls broke both relay records – Zoey Aho, Charlotte, Bria Widmar, and Molly Staniger raced to 2:49.29 in the 200 Medley Relay breaking the mark set by Kate Patterson (Charlotte's mom), Katie Hansen, Robyn Zastrow, and Erin McCarthy of 2:49.75 from 1994 and Charlotte Gruettner, Bria Widmar, Zoey Aho, and Molly Staniger raced to 2:25.36 in the 200 Freestyle Relay breaking the mark set by Mac Thomas, Zoe D'Alessandro, Ellie Palermo (Coach Parker's sister), and Maddy Cerny of 2:27.13 from 7/31/2016.

New 14&U Zone qualifying times were turned in by Harrison Yanke 9-10 50 Butterfly 35.38, 100 Butterfly 1:20.14, and 200 Freestyle 2:36.06. He also brought home the 3rd place Highpoint award!

New long course State qualifying times were turned in by Zoey Aho 9-10 100 Backstroke 1:36.13, 50 Butterfly 44.69, Julissa Gonzalez 8&U 50 Breaststroke 1:02.42, 50 Butterfly 45.25, EJ Gruettner 8&U 50 Butterfly 56.56, AJ Phillips 8&U 50 Freestyle 46.71, and Nate Steenrod 9-10 200 Freestyle 2:57.99.

Cracking into our top ten list were Charlotte Gruettner 9-10 9th 100 Backstroke 1:29.36, 8th 100 Freestyle 1:16.93, 10th 100 Breaststroke 1:43.83, 10th 50 Freestyle 34.48, EJ Gruettner 8&U 10th 50 Butterfly 56.56, Ellie Staniger 11-12 8th 200 IM 2:50.00, 4th 400 Freestyle 5:17.08, 2nd 200 Freestyle 2:26.91, 2nd 800 Freestyle 11:07.72, 8th 100 Freestyle 1:08.06, 10th 100 Butterfly 1:12.25, Molly Staniger 9-10 2nd 400 Freestyle 6:08.66, 6th 200 Freestyle 2:54.25, and Harrison Yanke 9-10 2nd 50 Butterfly 35.38, 2nd 200 Freestyle 2:36.06.

Notching 100% best times included Julissa Gonzalez, Charlotte Gruettner, and Ellie Staniger.

Cutting five or more seconds: Zoey Aho -12.67 50 Butterfly, Charlotte Gruettner -9.04 200 IM, EJ Gruettner -10.52 50 Butterfly, Ellie Staniger -7.32 200 Freestyle, Molly Staniger -15.84 400 Freestyle, Nate Steenrod -11.77 200 Freestyle, and Harrison Yanke -10.21 200 IM.

Athletes standing tall on the podium included Harrison Yanke, Ellie Staniger and Charlotte Gruettner.

Great job TEAM SEA!

Conference Champs Recap & Highlights

Solid efforts in Lake Geneva last night. As a team we posted 50% best times (17 of 34 splashes) and no DQs.

Zack Steenrod notched the 9th fastest times in our team's history for the 15-16 100 IM, 1:03.63.

Molly Staniger, Zack Steenrod and John Westfall posted 100% best times in their events.

Cutting five or more seconds in an event were Molly Staniger -12.50 100 Butterfly, Zack Steenrod -5.93 100 IM, and John Westfall -16.60 200 Breaststroke.

Gold Medalist: Ethan Eckel, Brennan Meyer, Zack Steenrod

Silver Medalist: Brennan Meyer, Ellie Staniger, John Westfall

Bronze Medalist: Brennan Meyer, Cashton Peterson, Lila Rudoll

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/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

<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.

July Birthdays

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

Extended Calendar

July

29 Final practice of the season
29-31 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 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***