

## 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 31, 2020

### **Head Coach Notes**

Today marks the end of the summer season. For what we had to work with, the past two months can be viewed as a success. Thank you to the swimmers, families, and coaching staff for continuing some sense of normalcy in this crazy time. We look forward to seeing a lot of you next month as we slip into Off-Season Training!

Beginning Monday, August 3 we will begin Off-Season Training. OST will run Monday-Thursday at Meadowbrook Country Club. Similar to our Summer Season, practice times will be, Senior (7-8:30 AM), Gold (8:30-10 AM), and Silver/Bronze (10-11 AM). Fees are \$150 for Senior and Gold and \$100 for Silver and Bronze (we will prorate if you have vacations planned or are heading to the high school girls' season).

This Wednesday, August 5 at the Franksville Craft Beer Garden, we will celebrate our successes over the past year-and-a-half during our Annual Awards Banquet. The plan is to meet at 5 PM for drinks, Pico's food truck will arrive at 5:30 PM, and we'll begin the awards portion at 6:30 PM. Please do not bring any food or drinks. The beer garden and Pico's food truck are on hand strictly for TEAM SEA ... let's do our part by supporting these local businesses. Cost is \$5 per person 5&U (fees collected are to offset the awards cost - thank you for your support). Items you may want to bring include folding chairs and bug spray.

At this point, we will be having a Fall & Winter Season. Although many of the pools we normally use will more than likely, not open up, we will be able to schedule practices at Sealed Air YMCA (although we are unsure what the practice schedule will be as of yet). In addition, we will probably need to continue to limit the number of swimmers per lane to four. During the next month-and-a-half we will piece together the best possible schedule we can with the limited pool time at our disposal. Updates will be forwarded as they become available.

We had some great experiences during the SSTY meet and time trials recently. Even though we missed three months of swimming, a majority of our athletes punched best times and raced well. Congratulations to all!

It certainly was a busy week! Our Senior team competed in the Navy Warrior Challenge this past Wednesday. Basically, they performed the same exercises navy recruits do when they join the Navy (500-yard swim, 1.5-mile run, as many push-ups and sit-ups they can perform in two minutes, and as many pull-ups as they can do). Results are posted on our website under the Senior page. Afterwards, we enjoyed a team breakfast at Castlewood Restaurant in Sturtevant. So proud of everyone's efforts!

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.

This will be the final newsletter of the Summer Season. Updates will be emailed as they become available. If you are not taking advantage of OST, we look forward to SEAing everyone in September. As always, it has been a pleasure working with all families and swimmers. Have a great August!

I can be reached at 262.994.3157 or [south.eastern.aquatics@gmail.com](mailto: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,

As we enter the last week of our summer season, be thankful for the pool space we have been granted. Some teams across the

country still have limited pool time. We are very lucky to have Meadowbrook in our backyard.

Great job to all athletes who competed this past weekend. Having best times after a few weeks of practice is incredible. Neil and I talked about how fast kids can bounce back from adversity. Keep working hard and we will one day be back to normal.

Silvers and Bronze have been trying to stay warm, as the water temperature is a little chilly for them. Coach Alyssa does a great job of keeping them engaged and moving!

I have started training to become a certified 200-hour yoga instructor! I'm so excited to start this journey, I will definitely be using the athletes as my Guinea pigs.

Don't forget to sign up for off season training, there is a link on the SEA homepage with detailed information on that. Feel free to contact Neil or I with anything, before or after practice, or via email.

[Coachkatiejames@gmail.com](mailto:Coachkatiejames@gmail.com)

### **Schroeder Distance / Sprint Recap**

We posted solid results during the meet and as a team notched 56% best times (27 swims of 48) and only two DQs (both came in the Breaststroke).

Congratulations to Megan Schultz on breaking her Senior team record in the 100 Breaststroke (1:16.35) and to Natalia Badillo on breaking two 17-18 team records: 100 Breaststroke (she broke Carina Tennesen's record of 1:21.74 from 1997 with her effort of 1:19.78) and 200 Breaststroke (broke Julia Schlimm's record of 2:56.05 from 1992 with a swim of 2:50.37).

New State qualifying times were turned in by Hugo Arteaga (Senior 100 Freestyle and 100 Butterfly), Natalia Badillo (Senior 400 IM), Jack Borzynski (11-12 50 Butterfly), Megan Schultz (Senior 100 Freestyle), and Mac Thomas (13-14 100 Freestyle).

Posting some of the fastest times in our team's history included Mac Thomas (3<sup>rd</sup> 13-14 50 Freestyle, 5<sup>th</sup> 13-14 100 Freestyle, 2<sup>nd</sup> 13-14 100 Breaststroke), Megan Schultz (5<sup>th</sup> 15-16 50 Freestyle, 3<sup>rd</sup> Senior 100 Freestyle), Natalia Badillo (7<sup>th</sup> 17-18 100 Backstroke, 5<sup>th</sup> Senior 100 Breaststroke, 2<sup>nd</sup> Senior 200 Breaststroke, 6<sup>th</sup> 17-18 100 Butterfly, 5<sup>th</sup> Senior 400 IM), Sofia Badillo (9<sup>th</sup> 15-16 100 Backstroke, 9<sup>th</sup> Senior 200 Backstroke), Jack Borzynski (6<sup>th</sup> 11-12 200 Backstroke), and Hugo Arteaga (2<sup>nd</sup> 13-14 100 Freestyle, 10<sup>th</sup> Senior 100 Butterfly).

Achieving 100% best times were Ethan Bergman, Jack Borzynski, and Lindsey Hohnl.

Dropping more than five seconds in a single event included Natalia Badillo -65.73 400 IM, Caleb Bergman -8.82 50 Freestyle, Ethan Bergman -28.88 200 Backstroke, and Jack Borzynski -18.85.

Congratulations swimmers!

### **Upcoming Meets**

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
August 25	Time Trials	Aug. 24
August 26	Time Trials rain date	

### **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, 3-5 PM. 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](http://www.sea-y.org/scrip)) - you can also read about PrestoPay on that page too.

Your order can be placed at [www.shopwithscrip.com](http://www.shopwithscrip.com) by use the SEA enrollment cord (please email Julie Kopsea at [jkopsea@yahoo.com](mailto: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](mailto: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

31 Last day of Summer practice

##### August

3-27 Off-season training

26 Time Trials

27 Time Trials – rain date

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](mailto:petersonj12@gmail.com)

Vice President

Ben Foster – [BenFoster311@gmail.com](mailto:BenFoster311@gmail.com)

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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!