

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 31, 2024

Neil's Notes

Great efforts last weekend in Brown Deer during 12&U State and yesterday's Conference Champs! Read all about our success in this newsletter. Good luck to our 13&O swimmers during their State competition which runs tomorrow through Sunday.

This will be the final newsletter of the Spring & Summer Season. We will send out important updates as we process through the remainder of the summer and work our way into the next school year/season. We hope everyone has an amazing end to the season!

Please don't forget to forward you list of attendees for this year's TEAM Banquet. 120 are signed up to date. We hope to SEA you there on Tuesday, August 13 ... take a break from preparing dinner and be our guest!

Tonight is our final practice of the season. 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 to train outside and bridge the gap between the end of this season and the beginning of our Fall & Winter Season.

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).

13&O State Meet Information

Beginning tomorrow and running through Sunday, we will be attending 13&O State in Pleasant Prairie.

For events 200 and under, the top 16 13-14 swimmers and the top 24 Senior swimmers move on to finals. The 400 Free is Prelim/Final with the top eight moving on to Finals and the 800/1500 is a Timed Final event with the top eight seeded athletes racing in Finals.

Warm-ups are assigned and only last 20-minutes. Please be in the water at the beginning of warm-ups.

Thursday Prelim warm-ups run 8:10-8:30 AM in lane 9, meet begins at 8:35 AM and is scheduled to end at 12:49 PM (earlier if you are not racing the 1500). Racing today includes the 50 Freestyle and 1500 Freestyle.

Friday Prelim warm-ups run 7:50-8:10 AM in lane 6, meet begins at 8:35 AM and is scheduled to end at 11:31 AM. Events contested today include the 200 Freestyle Relay, 200 Freestyle, and 100 Butterfly.

Saturday Prelim warm-ups run 7:30-7:50 AM in lane 9, meet begins at 8:35 AM and is scheduled to end at 11:50 AM. Events today are the 400 Freestyle, 200 Backstroke, and 100 Breaststroke.

Sunday Prelim warm-ups run 8:10-8:30 AM in lane 7, meet begins at 8:35 AM and is scheduled to end at 1:05 PM (a lot earlier if you are not swimming the 800 Freestyle). Racing today is the 100 Backstroke, 200 Breaststroke, 100 Freestyle, and 800 Freestyle.

Athletes moving on to Finals should check with Coach Neil on what time to return for warm-ups. Racing for the Final session begins at 5:05 PM Thursday-Saturday and 4:05 PM on Sunday.

Drive safe, swim fast, have fun!

Upcoming Meets

Date	Meet	Entry Deadline
Aug 1-4	13&O State	Closed
Aug 8-11	14&U Zones	8/4
Nov 3	SEA Pentathlon	10/19

Conference Champs Recap & Highlights

What a spirited event this summer's Conference Champs turned out to be! When the waves settled, TEAM SEA won the meet with 1,277-points, posted 78% best times and only five DQs (two relays and one each for Breaststroke, Backstroke, and IM).

Jordan Borzynski notched a new State qualifying time in the 11-12 100 Breaststroke, 1:22.40.

These athletes posted some of the quickest times in our team's history: Harrison Yanke 8&U 4th 25 Freestyle 15.08, 4th 25 Butterfly 16.68, Jack Borzynski 15-16 6th 50 Freestyle 22.26 and Senior 8th 500 Freestyle 4:52.95, Nate Steenrod 8&U 10th 200 Freestyle 3:18.85, 3rd 200 Breaststroke 4:25.85, Matilda Gutjahr 8&U 6th 100 Breaststroke 1:45.86, 3rd 200 Breaststroke 3:53.06, 10th 100 Butterfly 2:07.44, and Ale Arteaga 13-14 7th 100 Butterfly 1:03.77.

Dropping five or more seconds in an event were Jordan Borzynski -7.82 100 Breaststroke, Sylvie Carlson -12.96 50 Freestyle, Matilda Gutjahr -29.06 200 Breaststroke, Fiona Marini -7.84 100 IM, Evan Olson -6.50 100 Breaststroke, Ellie Staniger -7.71 200 Freestyle, Molly Staniger -8.03 25 Breaststroke, and Nate Steenrod -14.76 200 Freestyle.

Achieving 100% best times included Jack Borzynski, Max Carlson, Fiona Marini, William Martin, Pedro Nogueira, Evan Olson, Lily Rudoll, Ellie Staniger, Kaylee Staniger, Evan Steenrod, and Vivienne Yanke.

Congratulations to Julia and Rafaela Nogueira on racing in their first meet!

Gold Medalist: Jack Borzynski, Zoe D'Alessandro, Ryan McGillis, Kaylee Staniger, Evan Steenrod, Vivienne Yanke

Silver Medalist: Ale Arteaga, Max Carlson, Evan Steenrod, Zack Steenrod, Molly Warren, Harrison Yanke, Vivienne Yanke

Bronze Medalist: Ale Arteaga, Matilda Gutjahr, Ashlyn Malzewski, William Martin, Lila Rudoll, Harrison Yanke

Amazing job swimmers!

12&U State Recap & Highlights

TEAM SEA had a strong showing at last weekend's 12&U State finishing ninth overall in Division Two with 143-points (20th overall out of all teams) and posted 72% best times (26 of 36 swims) and only one DQ (relay).

Harrison Yanke was crowned State Champion in the 8&U 50 Breaststroke breaking his team record in the process, 45.45 (old mark

was 47.86). He also reset his team record which was set earlier this summer, 47.86.

Athletes notching some of the fastest times in our history included Matilda Gutjahr 3rd 8&U 50 Breaststroke 53.19, Harrison Yanke 3rd 50 Freestyle 38.06, 3rd 50 Backstroke 46.00, 2nd 50 Butterfly 41.80, 2nd 100 Breaststroke 1:42.78 all in 8&U, Nate Steenrod 10th 8&U 50 Backstroke 52.61, and Jordan Borzynski 8th 11-12 100 Backstroke 1:18.22.

Dropping five or more seconds in a single event were Harrison Yanke -7.98 100 Breaststroke and Vivienne Yanke -8.92 100 Breaststroke.

Posting 100% best times included Kaylee Staniger, Harrison Yanke, and Vivienne Yanke.

Thank you to our relay swimmers for making the team to race in last weekend's meet - Ellie Staniger, Emma Masaya, Evalyn Speers, Ireland Byrne. You all gained valuable State level experience!

Great job to our 10&U girls relays (Rhemy Thompkins, Matilda Gutjahr, Ellie Staniger, and Emma Masaya) on scoring points!

Gold Medalist: Harrison Yanke

Silver Medalist: Harrison Yanke

Bronze Medalist: Matilda Gutjahr

Congratulations 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 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

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***