

## 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 way to be champions in life through excellence in swimming.*

July 5, 2023

### **Neil's Notes**

We had a great turnout for practice this morning and hope to SEA a lot of athletes tonight! It's always tough after a late-night of watching fireworks, but the Seniors did a great job "showing up."

We are in our last month of our Spring & Summer Season. Please be sure to send in your intentions for your swimmers and what meets you want them to race in this month. The Meet Information webpage of our website has been updated to reflect the more current entries to date for our remaining meets.

Entries are open for Regionals (open to all swimmers; swimmers are not permitted to swim events in which they have State qualifying times in), Conference Champs (a great end of the season short course yard meet), and the WLSC State meets. Please send an email if you would like your swimmers entered in any of these meets!

Our annual banquet is scheduled for Thursday, August 10 at Infusino's Banquet Hall in Racine. More information will be emailed soon and all swimmers who were on the team in the Fall & Winter and this Spring & Summer are welcome to attend!!

Our annual team picture is scheduled for Tuesday, July 18 at the Racine Aquatic Center. All swimmers who were on the team last Fall & Winter and currently on the team are encourage to be there. Pictures begin at 5:00 PM.

Please ensure your swimmers YMCA membership is current. Stop by the Image Management Family YMCA (8501 Campus Drive) Welcome Center Desk to sign-up if you have not done so or call 262.634.1994. Thank you.

This summer our YMCA is not running the SCJ Community pool and all Senior swimmers planning on attending morning practices will have to purchase a season pass (\$19 for Racine County residents, \$29 otherwise). Season passes can be purchased online at the Racine County website or in

person at the facility. Morning practices are scheduled to begin Monday, June 12.

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](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) and Facebook (SEA Swim Team - this page is set to private and you'll need to request to join).

### **Lakeside Invite Meet Information**

We will be racing at one of the most interesting pools in America this week, Thursday through Saturday at the Lakeside Swim Club, 2010 Trevilian Way in Louisville, KY.

Don't forget the we will be in the Eastern Time Zone during the meet. Heat sheets were recently email to all families attending. If you did not receive them, please reach out to Coach Neil.

Thursday warm-ups begin at 3:30 PM, meet begins at 4:30 PM and is scheduled to end at 7:09 PM.

Friday AM warm-ups (13&O) begin at 7:00 AM, meet begins at 8:00 AM and is scheduled to end at 11:13 AM.

Friday PM (warm-ups (12&U) begin at 11:45 AM, meet begins at 12:45 PM and is scheduled to end at 3:17 PM.

Saturday AM warm-ups (13&O) begin at 8:00 AM, meet begins at 8:00 AM and is scheduled to end at 10:58 AM.

Saturday PM warm-ups (12&U) begin at 11:15 AM, meet begins at 12:15 PM and is scheduled to end at 3:23 PM.

Don't forget to bring you swim suits (parents and spectators are welcome to view the racing from the area next to the competition pool), chairs, sunscreen, hats, sun

glasses, and umbrellas or a shade tent for shade.

### **Conference Meet Recap & Highlights**

Our small team of athletes raced well last Friday night during our July Conference Meet. As a team we finished with 47% best times (7 of 15 swims) and only one DQ (Backstroke).

Rylie Bergemann dropped .53 in the 100 Freestyle and finished 4<sup>th</sup> in the 100 Backstroke.

Jack Borzynski dropped 8.73 in the 400 IM (won the event) and finished 2<sup>nd</sup> in the 200 Breaststroke.

Ellie Olson raced well and scored points in the 100 Backstroke.

Evan Olson dropped 10.97 in the 200 Freestyle and PRed the 100 Breaststroke.

Gabi Peterman posted 100% best times. Congratulations swimmers!

### **Upcoming Meets**

<i>Date</i>	<i>Meet</i>	<i>Entry</i>	<i>Deadline</i>
Jul 6-8	Lakeside Invite		Closed
Jul 13-16	Speedo Sectionals		Closed
Jul 14-16	WI LSC Regionals		7/9
Jul 21-23	12&U State		7/16
Jul 25	Conference Champs		7/20
Jul 27-30	13&O State		7/16
Jul 31-4	Junior Nationals		7/24
Aug 3-6	14&U Zones		7/30
Oct 13-15	OZ Swim Your Own Age		TBA
Nov 5	SEA Pentathlon		TBA

### **Incentive Program for Key Roles**

In an effort to ensure our hosted meets and fundraising continue to run smooth, we will begin incentivizing key positions; these positions include head official, meet director, concessions & hospitality lead (this is one position) and AO (administrative official).

These key roles will have their escrow accounts credited \$100 for each session they attend in their capacity (fundraising lead will be credited \$250 per season).

At this time, we have parents slotted into all positions except concessions & hospitality lead. If you are interested in learning more about this position, please contact Coach Neil.

We are always looking at training the next generation of parents so if anyone is interested in learning about any of these positions prior to a spot opening, please do reach out to Coach Neil.

### **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 Coach Neil at [south.eastern.aquatics@gmail.com](mailto: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.

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 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](mailto:south.eastern.aquatics@gmail.com).

### **Off-Season Training (OST)**

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 five weeks (Monday-Wednesday, July 31-August 30) and will be led by Coach Joanna.

Gold and Senior will swim 8:00-9:30 AM and Bronze and Silver will 9:30-10:30 AM with each week covering starts, breakouts, turns, and finishes for one stroke (the order by weeks is Free, Back, Breast, Fly, IM).

The cost for Gold and Senior is \$150 for all five weeks or \$30 per week.

The cost for Bronze and Silver is \$100 for all five weeks of \$20 per week.

To sign-up simply email Coach Neil and forward payment to Coach Joanna (cash/check payable to SEA) when you attend the first practice. Take advantage!

All practices will be held at the outdoor SCJ Community pool and all participants will need a membership (\$19 for Racine County residents, \$29 for all others). There will be no refunds or "make-up days" for inclement weather/canceled practices.

Bronze & Silver: Ciara Fahy

Gold & Senior: Aisling Fahy, Ryan McGillis, Ethan Bergman, Caleb Bergman

### July Birthdays

Hugo Arteaga, Ethan Eckel, Ciara Fahy, Julie Horton, Luiza Jaime, Madhura Patil, Evan Steenrod, Matthew Thornton, Rhegan Weidner.

### Extended Calendar

#### July

- 6-8 Lakeside Invite
- 13-16 Speedo Sectionals
- 14-16 WI LSC Regionals
- 21-23 12&U State
- 26 Final practice of the season
- 27-30 13&O State
- 31-4 Junior Nationals

#### August

- 3-6 14&U Zones
- 8 Girls High School swim begins
- 10 Annual Team Banquet

#### September

- 18 Tryouts for new members
- 19 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***