

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 8, 2026

Neil's Notes

We are at the threshold of our championship season! Always a fun time to SEA all our hard work payoff at the end of season meets. Don't forget to sign-up your swimmer to race!

Our squad is heading to Illinois and Michigan this weekend to race in Speedo Sectionals and West Michigan Classic. Safe travels everyone!

Here's the list of meets still open for entries: Regionals, 12&U State, Conference Champs, 13&O State, and 14&U Zones (please note families are responsible for entering their swimmers in Zones via the WI LSC Zones page ... if you need help, please reach out). Send your swimmers' intentions to attend any of the remaining meets today!

It's America's 250th birthday this summer. Be sure to stop by and see me to pick-up one of our TEAM SEA USA flag swim caps.

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).

Speedo Sectionals Meet Information

Thursday through Sunday we'll be racing in Westmont at the FMC Natatorium (275 Plaza Drive).

Thursday warm-ups begin at 8:00 AM for Jack.

Friday warm-ups begin at 8:00 AM for Jack, 10:30 AM for Ryan, and 11:00 AM for Nathaniel.

Saturday warm-ups begin at 7:45 AM for Nathaniel and Ryan and 10:00 AM for Jack.

Sunday warm-ups begin at 8:45 AM for Jack and Nathaniel and 9:30 AM for Ryan.

The top 32 swimmers move to Finals. Racing for Finals begins at 6:00 PM except Sunday, 5:00 PM.

Drive safe, swim fast, have fun!

West Michigan Classic Meet Information

This weekend we'll be racing in Michigan at the Holland Aquatic Center (550 Maple Avenue).

Friday warm-ups begin at 4:00 PM, meet begins at 5:00 PM and is schedule to end at 7:25 PM.

Saturday AM 12&U warm-ups begin at 7:30 AM, meet begins at 9:00 AM and is scheduled to end at 11:54 AM.

Saturday PM Senior warm-ups begin at 11:45 AM, meet begins at 1:00 PM and is scheduled to end at 4:54 PM.

Our Saturday night team dinner is scheduled for 6:00 PM at Boatwerks Waterfront Restaurant (216 Van Raalte Avenue in Holland). Reservation is under Coach Joanna Caro ... we hope to SEA you there!

Sunday AM 12&U warm-ups begin at 7:30 AM, meet begins at 9:00 AM and schedule to end at 11:34 AM.

Sunday PM Senior warm-ups begin at 11:15 AM, meet begins at 1:00 PM and is scheduled to end at 4:20 PM.

Keep an eye on the meet landing page. Besides the timeline and psych sheet, nothing else is currently posted. Not sure if the host team will or will not post heat sheets.

Drive safe, swim fast, have fun!

Upcoming Meets

Date	Meet	Entry Deadline
June 26	Conference Meet LCM	closed
July 9-12	Speedo Sectionals	closed

July 10-12	West Michigan Classic	closed
July 17-19	WI LSC Regionals	7/12
July 24-26	12&U State	7/19
July 28	Conference Champs	7/19
July 29-1	Futures	7/19
July 30-2	13&O State	7/19
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

Long Course Conference Recap & Highlights

We raced outdoors in Janesville last Friday night. As a team we posted 20% best times and two DQs (Backstroke and Freestyle).

Kaylee Staniger posted the 8th fastest time in our team's history for 13-14 in the 1500 Freestyle, 21:15.59.

Zack Steenrod dropped 50.41-seconds in the 1500 Freestyle and John Westfall dropped 7.99-seconds in the 200 Breaststroke.

Gold Medalist: Zack Steenrod, John Westfall

Silver Medalist: Ellie Staniger, Kaylee Staniger

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 (formerly 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

Order By	Delivery On
July 12	July 16-17

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

9-12 Speedo Sectionals
10-12 West Michigan Classic
17-19 Regionals
24-26 12&U State
28 Conference Champs
29-1 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***