

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

July 9, 2020

### Head Coach Notes

I'm am just so enjoying morning practices and the weather we have been blessed with so far this season. I honestly can't remember it ever being this awesome ... it reminds me when we took the team to the National Triathlon Training Center for a 13&O Training Trip ... it was hot! Let's hope I didn't jinx us (since the next few days call for thunderstorms).

Although our Fall & Winter Season is still an unknown, our Summer Season is really rolling along. We have scheduled a meet in Brown Deer July 25-26. Meet information was emailed and available on our website. Take advantage of this great opportunity. Entries are due July 15.

Don't forget, our team picture is scheduled for 10 AM, Monday, July 27 and we have scheduled our team banquet for Wednesday, August 5. Save those dates!

We are offering a pre-season conditioning experience for eight lucky high school girls (that's all the room we have) August 3-10. Read all about it later in this newsletter and please share with your high school friends and families.

We will be conducting an expanded OST (off-season training) experience in August. OST will run Monday-Thursday in the mornings at Meadowbrook. Information can be found on the homepage of our website - take advantage!

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.

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,

We wanted summer and Mother Nature listened, I finished my 32 oz water bottle by the end of every practice! Your health and safety are my number one priority. With temps high, minimal shade, and humidity that hits you in the face, it's important to take care of your bodies. Bring a water bottle EVERY practice (Gold's might want to bring two), wear sunscreen, and eat breakfast before you come.

Finally the skies are opening and we have been granted afternoon pool time at the YMCA. Each training group will have assigned days and times every week. We will lose a little pool time but we are very excited to be adding this opportunity to our schedule.

Gold's will be doing learning sessions next week for stroke mechanics. We will do this the first 15-20 minutes of practice Monday, Wednesday, and Friday. They have already learned so much and improved on their technique tremendously, but there is always more to learn.

There is an opportunity for athletes to compete safely at the end of the month. This will be a long course meet at Schroeder YMCA. Please email Neil if you are interested in attending this meet. It is a first come basis, so get your entries in ASAP. If you have any questions do not hesitate to contact Neil or I via email, [coachkatiejames@gmail.com](mailto:coachkatiejames@gmail.com). Or on deck before or after practice.

### Upcoming Meets

Date	Meet	Entry Deadline
July 26-27	SSTY	7/15
July 30	Time Trial	7/27
July 31	Time Trial (rain date)	

Hopefully we will be conducting a dual meet with GYD sometime in July as well.

## **PM practice times added to practice schedule**

Beginning this Monday, July 13, we will begin PM practices at Sealed Air YMCA.

Details about using the YMCA ... all swimmers and coaches must swipe in at the front desk (if you don't have a card, you can pick one up when you arrive), the men's and women's locker rooms are for 18-and-older, limited lockers available in the family locker room.

Here are the new opportunities for all training groups:

Senior, Tuesday & Thursday, 3-5 PM

Gold, Monday & Wednesday, 3-5 PM

Silver/Bronze, Friday, 3-4 PM

Please note, Senior swimmers must speak with Coach Neil and let him know which day (they can only attend one day) they would prefer to train (because the Senior training group is 20+ swimmers and we are only able to secure two lanes for practice, we must split the Senior group into two groups - first come, first served). If a day does not fill (eight swimmers per day), athletes will be allowed to secure an additional day (same as above, first come, first served).

## **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. 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 12	July 15-16
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).

## **Swimmer Spotlight**

Name: Marcus Van Dyke

Age: 6

Group: Bronze

Role Model: Mom and Dad

Favorite Stroke:

Backstroke

Favorite Event: No meets yet

Favorite Swimmer: None

Future Goal:

Construction Worker

Hobbies: Soccer, Basketball, Baseball

Famous Person

You'd Like to Meet: None

Favorite Book: None

Favorite Movie: Son of Bigfoot

If I could be any animal: Cheetah

If you could change anything in the world, what would you change: No coronavirus



Name: Ava Jacobson

Age: 10

Group: Silver

Role Model: My sister

Favorite Stroke: Breaststroke

Favorite Event: 50 Breaststroke

Favorite Swimmer: My sister Jordyn

Future Goal: I just want to swim

Hobbies: Swimming

Famous Person You'd Like to Meet: I don't know

Favorite Book: Harry Potter series

Favorite Movie: I live every single movie

If I could be any animal: Giraffe

If you could change anything in the world, what would you change: No coronavirus



Name: Rylie Bergemann

Age: 13

Group: Gold

Role Model: My parents

Favorite Stroke: Breaststroke

Favorite Event: 200 Breaststroke

Favorite Swimmer: Katie Ledecky

Future Goal: Go to Zones

Hobbies: Singing, playing sports, reading about history

Famous Person You'd Like to Meet: Justin Bieber

Favorite Book: I don't read

Favorite Movie: Hamilton

If I could be any animal: Shark

If you could change anything in the world, what would you change: No more judgmental people



Name: Kinzie Reischl

Age: 18

Group: Senior

Role Model: My sister

Favorite Stroke: Backstroke

Favorite Event: 100 Backstroke

Favorite Swimmer: Missy Franklin

Future Goal: Completing my first year swimming and studying at UW-LaCrosse

Hobbies: Baking, tanning by the pool

Famous Person You'd Like to Meet: Michael Phelps

Favorite Book: Relentless Spirit

Favorite Movie: Mama Mia

If I could be any animal: Dolphin

If you could change anything in the world, what would you change: Clean all the oceans of plastic and garbage



### 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

- 25-26 SSTY Distance/Sprint Meet
- 27 Team picture, 10 AM, Meadowbrook
- 28 Team picture, rain date
- 28 Board meeting, 6:00 p.m., Sealed Air Y
- 30 End of Season Time Trial
- 31 End of Season Time Trial, rain date
- 31 Last day of Summer practice

#### August

- 3-27 Off-season training
- 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)

Treasurer  
Vacant  
Registration  
Missy Reischl - [mjreischl@outlook.com](mailto:mjreischl@outlook.com)  
Meet Director  
Amy Bergman -  
[meetdirector.sea@gmail.com](mailto:meetdirector.sea@gmail.com)  
Secretary  
Katie Ritter - [kr Ritter717@att.net](mailto:kr Ritter717@att.net)  
Officials  
Jose Arteaga - [joseharteaga@gmail.com](mailto:joseharteaga@gmail.com)  
Fundraising  
Shay Borzynski - [sborzynski@gmail.com](mailto:sborzynski@gmail.com)  
Head Coach  
Neil Wright -  
[south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com)

*Caring \* Honesty  
Respect \* Responsibility  
Build \* Promote \* Achieve*

#### **Did You Know?**

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When you introduce new swimmers to TEAM SEA and they join, your escrow account is credited \$50. Take advantage!