

Serpent Times

newsletter for

Southeastern Aquatics

Racine Family YMCA Swim TEAM

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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 26, 2023

Neil's Notes

It always amazing me how fast our Spring & Summer Seasons go ... it's hard to believe we had our final practice tonight. If your swimmer is not ready for a break, consider signing them up for OST (read all about it on page two of this newsletter).

Our annual banquet is scheduled for Thursday, August 10 at Infusino's Banquet Hall in Racine. Please forward your RSVP soon. All swimmers who were on the team in the Fall & Winter and this Spring & Summer are welcome to attend!!

Please ensure you view the escrow reports posted online and zero out your accounts prior to the start of the Fall & Winter Season. Thank you.

As always, it was a pleasure working with your swimmers this past season. Have a great rest of your swimmer!

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

This weekend (beginning tomorrow actually) we travel to Brown Deer for this summer's installment of 13&O State.

Warm-ups during the meet are assigned and 25-minutes in length (please be on time).

Thursday Prelim warm-ups, 7:50-8:15 AM in lane 6, meet begins at 8:30 AM, scheduled to end at 10:46 AM.

Friday Prelim warm-ups, 7:00-7:25 AM in lane 8, meet begins at 8:30 AM, scheduled to end at 11:27 AM.

Saturday Prelim warm-ups, 7:25-7:50 AM in lane 8, meet begins at 8:30 AM, scheduled to end at 11:40 AM.

Sunday Prelim warm-ups, 7:50-8:15 AM in lane 8, meet begins at 8:30 AM, scheduled to end at 10:47 AM.

The top 24 athletes from Prelims will race in Finals. Racing for Finals begins at 5:00 PM. Athletes moving on to Finals can check with Coach Neil on what time to return for Finals warm-ups.

All relays will race in the Finals sessions (new this year).

Please reach out if you have any questions and go SEA!

Jr. National Championships Meet Information

Junior Nationals will be held in Irvine, CA, July 31-August 4. Good luck Hugo!

12&U State Recap & Highlights

TEAM SEA had a great showing at this summer's 12&U State meet. As a team we finished with 77% best times (17 of 22 swims), no DQs, and placed 10th in division two scoring 146-points.

Jordan Borzynski notched another 14&U Zone qualifying time (50 Freestyle, 32.28), posted the 3rd fastest time in our team's history in the 50 Butterfly 36.42, the 4th fastest times in our team's history in the 100 Backstroke 1:25.71, 100 Freestyle 1:16.22, 50 Freestyle, and podiumed in three of his six races.

Harrison Yanke notched four of the fastest swims in our team's history (4th 50 Breaststroke 56.55, 3rd 50 Butterfly 51.16, 5th 50 Freestyle 41.63, 9th 50 Backstroke 52.51), podiumed in three of his four events, and dropped 8.37-seconds in the 50 Freestyle.

Ale Arteaga posted the 6th (100 Butterfly 1:19.62) and 8th fastest (8th 50 Freestyle 30.64) times in our team's history, scored in two

events, and dropped 23.70-seconds in the 200 Breaststroke.

Evan Steenrod dropped 32.19-seconds in the 200 Freestyle and helped our 10&U relays score well.

Nate Steenrod helped our 10&U relays score well (not bad for a 7-year-old).

Way to go TEAM SEA and good luck our athletes racing in Brown Deer this weekend!

Conference Champs Recap & Highlights

Solid efforts in Lake Geneva this week during our Conference Champs meet. As a team we finished with 51% best times and three DQs (two relays and one Backstroke).

Congratulations to Nate Steenrod on his new YMCA State qualifying time in the 50 Backstroke 50.81.

Posting 100% best times included Ale Arteaga, Adriana Hotchkiss, and Ellie Olson.

Dropped more than five seconds in an event were Ellie Olson -6.70 100 Breaststroke and Nate Steenrod -16.63 100 Backstroke.

Gold medalist: Lindsey Hohnl, Ryan McGillis, Gab Peterman, Zack Steenrod

Silver medalist: Ellie Palermo, Gabi Peterman

Bronze medalist: Lindsey Hohnl, Ellie Palermo, Riley Saenim, Nate Steenrod

Great job swimmers!

Upcoming Meets

| <i>Date</i> | <i>Meet</i> | <i>Entry Deadline</i> |
|-------------|----------------------|-----------------------|
| Jul 27-30 | 13&O State | Closed |
| Jul 31-4 | Junior Nationals | Closed |
| 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) - 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.

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.

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 7:30-9:00 AM and Bronze and Silver will 9:00-10:00 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, Walter Olinski

July Birthdays

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

Extended Calendar

July

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***