

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 in a safe and supportive way to be champions in life through excellence in swimming.

October 23, 2020

Head Coach Notes

Great job signing-up for TEAM SEA through the YMCA! There are only a few more swimmers who need to register and at this point here are the number of spots open by training group: Bronze (zero), Silver (two), Gold (two), and Senior (one). Katie and I will keep a close eye on practices and if we feel it's safe to add additional swimmers, we will - within the restrictions currently in place through the CDC and local health departments.

Protocol update for Sealed Air YMCA - all swimmers must scan in when they arrive for practice (if they haven't had their picture taken yet and/or received their Y card, they will when they stop at the welcome desk). In addition, all parents must also scan in at the welcome desk if they are staying in the building (or sign in if they are not members of the Y). Thank you for your cooperation.

We are slated to host our annual Pentathlon meet at the RecPlex in Pleasant Prairie on Sunday, November 8th. This event will be conducted as a single session and will require some parental assistance in the form of meet workers (mostly timers). We will be emailing out a sign-up link next week. Please note it's the RecPlex's policy that spectators are not allowed in the facility during the meet (we will stream the event though). If you would like your swimmer entered in the meet, please let me know. Warm-ups will begin at 8:00 AM. More information can be found on our website.

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 with SCRIP. 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. 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 fall,

We were blessed with a few days of warm weather until mother nature reminded us it was truly fall. I hope everyone is staying healthy and sane in these gloomy days, remember that we are all riding in the same boat and have one another to lean on when things get tough.

Bronze and Silvers are working hard on the fundamentals. Silvers focused on butterfly this week, while Bronze did A BUNCH of dolphin kicks, they had sore legs by Wednesday. Don't forget the most important part of swimming, streamline!

Gold's worked on their goal sheets this week, they are a little different than years past. This year we were kind of general when setting our goals, but focused on the mental wellbeing of the athlete. This is a very hard time for any human, change is never easy, but we are all here together and all have the love of swimming to share. I have been making sure we are having fun and creating good memories every day at practice.

As for dryland, I would like to start incorporating our mini bands into our workouts. Please check out the link on the website so we can all have these by Monday the 26th. If you have any questions do not hesitate to shoot Neil or I an email. You can also chat with us on deck before or after practice.

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Nov. 8	Pentathlon	Nov. 1
Nov. 15	Conference Meet	Nov. 8
Dec. 4-6	Y-Finalist	Nov. 7
Dec. 12-13	12&U State	TBA
Dec. 13	Conference Meet	Dec. 6
Dec. 19-20	Speedo Long Course	Dec. 1
Jan. 16-17	Penguin Challenge	TBA

Conference Meet Recap & Highlights

We had a solid meet two weekends ago in Lake Geneva – congratulations swimmers!

As a team, we finished with 52% best times (32 of 62 swims), won half of the events contested, and had five DQs (three in back, two in breast, one in fly).

Joe Skantz broke his team record in the 17-18 100 IM finishing in 58.07 (his old mark was 1:00.39 set in November of 2019).

New State qualifying times were recorded by Hugo Arteaga (Senior 100 Backstroke, 57.55), Jack Borzynski (11-12 50 Backstroke, 33.49, 50 Breaststroke, 37.19), Jordan Borzynski (8&U 25 Freestyle 16.06, 25 Backstroke, 21.28), and Megan Schultz (Senior 50 Freestyle, 24.90, 100 Freestyle 54.27).

Notching some of the fastest times in our team's history included Hugo Arteaga (3rd 13-14 100 Backstroke), Natalia Badillo (3rd 17-18 100 Breaststroke, 1:09.91, 7th 17-18 100 Butterfly, 1:01.75, 7th 17-18 100 Backstroke, 1:04.17), and Megan Schultz (3rd 15-16 100 Freestyle, 4th 15-16 50 Freestyle).

Posting 100% best times were Ethan Bergman, Jack and Jordan Borzynski, Sarina Foster, Andy King, and Brady Moore.

Nicholas Foster (-5.18 50 Freestyle, 38.42) and Lindsey Hohnl (-8.83 500 Freestyle, 6:48.22) dropped more than five seconds in a single event.

Congratulations to Brady Moore on swimming sub-1:00 in the 100 Freestyle for the first time! (59.96)

Gold Medalists: Hugo Arteaga 50 Freestyle @ 22.60, 100 Butterfly @ 55.51, Ethan Bergman 100 Freestyle @ 51.18, Jack Borzynski 50 Backstroke, Jordan Borzynski 25 Freestyle, 25 Backstroke, Megan Schultz 100 Breaststroke @ 1:07.76, Joe Skantz 100 IM

Silver Medalists: Hugo Arteaga 100 Backstroke, Jack Borzynski 50 Breaststroke, Zack Kopsea 500 Freestyle @ 5:14.28, Sydney Rybarik 25 Breaststroke @ 26.26, Joe Skantz 50 Freestyle @ 23.10, 100 Breaststroke @ 1:08.33

Bronze Medalists: Natalia Badillo 100 Butterfly, Ethan Bergman 50 Freestyle @ 23.38, 100 Backstroke @ 1:01.72, Jack Borzynski 50 Butterfly @ 30.17, Zack Kopsea 100 Freestyle @ 53.44

Continue attending practice regularly (while staying focused on the process when you're there) to prepare for our November 8th meet! Great job swimmers!

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/scrrip) - 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 Julie Kopsea at 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>
October 25	October 26-27
November 8	November 9-10
November 29	November 30-December 1
December 6	December 7-8
December 13	December 14-15
January 3	January 4-5
January 17	January 18-19
January 31	February 1-2

If you have any questions or need help, please reach out to Julie Kopsea at 414.530.5399 or at jkopsea@yahoo.com.

October Birthdays

Sarina Foster, Ava Jacobson, Shaelyn Jensen, Lenna Karapetian, Finley Weidner, Charlotte Wright.

Extended Calendar

October

24 Elegant Farmer orders due

26 Board meeting, 6:00 PM at the Y

November

8 Pentathlon meet

15 Conference meet

December

4-6 Y-Finalist meet

12-13 12&U State

13 Conference meet

19-20 Speedo Long Course

Did You Know?

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

Caring * Honesty
Respect * Responsibility
Build * Promote * Achieve