

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.

October 4, 2019

Head Coach Notes

Welcome to the 2019-2020 Fall & Winter Season, our 35th year! It's been great being back on deck, working with the Senior group and watching all our returning and tryout swimmers attend practice. So many new faces.

We are hitting the ground running with some of important events taking place during the month of October. In light of this, please pay close attention to this weekly newsletter as it will be chalked full of all the information you'll need to navigate successfully through the day-to-day operations of TEAM SEA. When in doubt, please text/call/email me anytime.

As we begin the new season, I would like to refresh everyone on some standard operating procedures.

- 1) Swimmers should never leave their belongings in the locker rooms (unless they are using a lock), please have your swimmers keep their items on the pool deck.
- 2) Locker rooms are not play areas. At the conclusion of practice, swimmers have 15-minutes to shower, change, and depart for home.
- 3) Family and friends can view practice from the bleachers at Horlick, the balcony at Carthage, and the lobby at Sealed Air.
- 4) Do not drop off your swimmer at practice unless you are sure a SEA coach is on deck. Coaches will be on deck beginning at 5:15 p.m. In addition, please plan on picking up your swimmer no later than 8:15 p.m.
- 5) SEA is a bully-free swim team and bullying of any kind will not be tolerated (whether physical or verbal).
- 6) Finally, your job as a parent is fairly simple - love, support, transport. Love your swimmer unconditionally, support them by ensuring they have

everything they need and volunteering behind the scenes, and transport them to and from practices and meets. Leave the coaching to the paid professionals. (If you need help organizing carpools, please reach out to me and I will be happy to assist you.)

For those who haven't heard, our very own Coach Katie has taken over the Horlick girls' swim team and is doing a great job. With her new roll comes added responsibilities that will take her away from SEA practice occasionally. Be advise, there will be some shuffling of the coaching staff when Coach Katie is off deck attending a Horlick swimming function, but all practices will continue to run smoothly and effortlessly.

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).

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Oct. 18-20	OZ	Oct. 7
Nov. 3	SEA	Oct. 25
Nov. 10	KENO	Oct. 28
Nov. 17	SSTY	Nov. 7
Nov. 22-24	HPAC	Oct. 10
Dec. 6-8	SSTY	Nov. 9
Dec. 14-15	12&U Single Age State	TBA

Katie's Kickboard

Welcome back!

It is so great to see new and old faces back in the water. It feels like such a long time since we have seen some of your lovely faces.

As some of you know I like to be organized and plan ahead. I have completed season practice plans for Golds and Silvers that

are posted on the website, go check it out! Bronze will have a weekly plan coming soon, Coach D and I are working on that calendar together.

We would like to remind parents and athletes that we are using the facilities at Horlick and we ask that you respect them and other activities happening in the facility. The showers for the girls get VERY hot very quickly and we will only leave them on for a maximum of 10min to ensure the safety of our athletes.

Coach Alyssa and I have been working with the Silvers on establishing a solid kicking base for every stroke. We will be taking it slow for the first couple weeks to ensure proper technique before working them hard. The Gold's start at 6:15pm, so for the last 15min Silvers will be with Coach Alyssa or combine with the Bronze to focus on starts, turns, finishes, or play some games.

Gold's will start dryland on Tuesday and Thursday, if we continue to not have a pool on Tuesdays this might change. I will require tennis shoes and workout clothes. If they do not have the proper attire, I will have swimming articles for them to read while the rest workout. We will do about 30 min of dryland before hopping in the water.

Remember to set yourself up for success by ALWAYS bringing a water and positive attitude to practice!

Please don't hesitate to contact me with any questions, comments, or concerns via email (coachkatiejames@gmail.com) or 15min before practice and 15min after practice.

Carthage College Practice Dates & Times

Here are the dates and times for practices that will take place at Carthage College on the date's pools are not available in Racine.

Bronze & Silver will practice 6:00-7:00 p.m. (Swimmers will have an opportunity to become certified diving off the blocks during these practices.)

Gold & Senior will practice 6:00-8:00 p.m.

Dates we will practice at Carthage College include October 15, 22, 24, 25, and December 10.

Elsmore Swim Shop on deck October 14

Elsmore Swim Shop will be at practice on Monday, October 14 beginning at 5:30 p.m. Swimmers can stock up on swim gear and be sized correctly for a swim suit. Save the date and mark your calendar.

Tryouts Scheduled for October 28

TEAM SEA has another Tryout scheduled for new and interested swimmers on Monday, October 28 at Horlick High School between 5:30 p.m. and 6:30 p.m.

Tell all our friends about how to get involved with one of Racine's hidden gems!

LSC Athlete Rep Opportunity for HS Boy

Any high school boy interested in serving as TEAM SEA's LSC Athlete Rep should reach out to Coach Neil and declare their intention. This position will look great on a college application and gives the individual insight to the innerworkings of USA Swimming at the state level here in Wisconsin. Meetings are held three times per way (usually on the fourth Tuesday of the month in October and January and on a Saturday in April). It's a great opportunity ... take advantage!

Bronze & Silver Buddy Day Scheduled, 10/21

On Monday, October 21 we will host a Bronze & Silver Buddy Day during their normal practice time (5:30-6:30 p.m.). During this practice, current Bronze & Silver swimmers can invite up to five friends to attend practice.

Practice will be "extra fun" this evening and treats will be served at the conclusion.

Invitations will be handed out to all Bronze and Silver swimmers beginning the week of October 7.

New Family Orientation & Registration

New Family Orientation & Registration will be held at Horlick High School this Monday, October 7 beginning at 6:00 p.m. Missy Reischl along with some help from some of our board members will talk all new families through the process and be able to answer and questions you may have.

If you are unable to attend, please contact Missy Reischl at mjreischl@outlook.com or text/call her at 262.989.9065.

Team Travel Meet T-shirt design contest

TEAM SEA is headed to Michigan for a team travel meet which will take place January 10-12 at Zeeland High School in Zeeland, Michigan (roughly a four-hour drive from here).

Hotel information will be available soon, but in the mean time TEAM SEA is looking for designs for t-shirts we will make for families attending this trip. The meet's name is Tropical Challenge so designs should incorporate a tropical theme and have enough

room for names of the swimmers attending the meet.

Swimmers can submit their designs to the coaching staff through December 1. Swimmers will vote for their favorite designs December 2-6 (on deck at practice).

New Family Meeting, Tuesday, October 29

Parents of all new swimmers are welcome and encouraged to meet with Head Coach Neil Wright on Tuesday, October 29 during practice at Horlick beginning at 6:00 p.m.

This is a perfect opportunity to learn more about TEAM SEA, ask questions, and meet new parents. Hope to SEA you there!

If you are unable to attend, you can contact Coach Neil at 262.994.3157 or at south.eastern.aquatics@gmail.com anytime.

Guarantee Checks

New for the 2019-2020 Fall & Winter Season is the cessation of collecting a guarantee check for meet worker sessions. Instead, families will have their escrow accounts charged \$75 for each session missed during TEAM SEA hosted meets.

Guarantee checks will continue to be collected for fundraising (\$150). Families registering online need to forward their fundraising guarantee check to Shay Borzynski

Elegant Famer Fundraiser Underway

One of our favorite fundraisers is currently underway. This is a great opportunity to sell some of southeastern Wisconsin's most favorite pies (just in time for Thanksgiving even).

Information is posted on the team's website and orders are due October 24 with pick-up taking place on November 13. Take advantage of this easy fundraiser!

Inclement Weather and Practice Cancellation

In the event RUSD cancels school or afterschool activities, TEAM SEA swim practice will also be canceled. In order to get the word out, the coaching staff will send emails, post a note on the homepage of our website, and post on social media (Twitter, Facebook, and Instagram).

In addition, from time-to-time, the pools we train in close unexpectedly. When this happens, the same protocol as inclement weather will put in place.

Please ensure Coach Neil has added your email address to the team's distribution

list so you don't miss any timely updates and changes in regards to the practice schedule.

Annual TEAM SEA Halloween Practice

The Annual TEAM SEA Halloween practice is scheduled for Friday, November 1 at Horlick High School from 5:30 p.m. to 8:00 p.m.

This has been a super fun event for all ages and ends with a glowstick swim and pizza for dinner. Save the date!

TEAM SEA will provide pizza and families are asked to volunteer to bring the following items (please contact Coach Neil if you are willing to donate any of the items below):

Case of water	Case of water
Juice boxes	Juice boxes
Fruit plate	Fruit plate
Veggie plate	Veggie plate
Brownies	Cupcakes
Paper plates	Paper plates
Napkins	Napkins
Pretzels	Popcorn

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 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>
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September 22	September 25-26
October 6	October 9-10
October 20	October 23-24
November 3	November 6-7
November 17	November 20-21
December 8	December 11-12
December 15	December 18-19
January 5	January 8-9
January 19	January 22-23
February 2	February 5-6
February 16	February 19-20
March 8	March 18-19

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, Shaelyn Jensen, Lenna Karapetian, Lauren Michel, Angela Mrotek, Parker Stingl, Charlotte Wright, Quinn Wright, Neil Wright III.

Extended Calendar

October

- 7 New Family Registration & Orientation at Horlick High School beginning at 6:00 p.m.
- 14 Elsmore Swim Shop on deck at Horlick High School, 5:30-7:00 p.m.
- 18-20 OZ meet
- 21 Buddy Day for Bronze & Silver swimmers
- 28 Tryouts at Horlick High School, 5:30-6:30 p.m.
- 29 Parent board meeting, Horlick High School beginning at 6:00 p.m. – all welcome

November

- 1 Halloween Glowstick Party!
- 3 SEA meet
- 10 Kenosha YMCA meet
- 11 New Family Registration & Orientation at Horlick High School beginning at 6:00 p.m.
- 17 SSTY meet
- 22-23 HPAC meet
- 28-29 No practice, Happy Thanksgiving

December

- 6-8 SSTY meet
- 14-15 12&U mid-season State meet
- 24-25 No practice, Happy Holidays

TEAM SEA Parent Board

President

Jeff Peterson – petersonj12@gmail.com

Vice President

Ben Foster – BenFoster311@gmail.com

Treasurer

Sheila Mrotek & Ana Arteaga – thepowerofseatreasury@gmail.com

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Secretary

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