

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 9, 2020

October Conference Meet Information

This weekend we'll travel to Lake Geneva to participate in our October Conference meet. The address of the Lake Geneva YMCA is 203 Wells Street.

Please be sure to carefully read the information associated with this event (there's a lot). Don't forget to forward the waiver of liability, release, and indemnity agreement to Coach Neil (you can turn them in at practice or on the day of the meet).

We will warm-up in lane six for the duration of the warm-up period. In order to maintain a safe environment, we will limit each warm-up session to a maximum of six athletes – please be ready to warm-up when your session begins!

Warm-up schedule:

8:00-8:25 AM (Hugo, Ethan, Zack, Andy, Charles, Joe)

8:25-8:50 AM (Natalia, Sofia, Rylie, Lindsey, Madi, Megan)

8:50-9:05 AM (Sarina, Sydney, Jordan, Nicholas)

9:05-9:25 AM (Shaelyn, Caleb, Jack, Nathaniel, Brady)

The meet is scheduled to begin at 9:35 AM and is scheduled to end at 12:07 PM.

Drive safe, swim fast, have fun!

Head Coach Notes

Welcome to the 2020-2021 Fall & Winter Season. We are so happy you could join us!

THANK YOU to EVERYONE'S flexibility in these crazy times. Our team barely looks like it did just six months ago. There's a laundry list of changes that have taken place since March 14th, but TEAM SEA (swimmers, families, coaches) just keep on keeping on. I'm so proud of everyone for keeping their heads-up in these stressful times.

Please understand the most important skill set to a successful swim season is timely communication. If you have any questions, concerns, or comments reach out to me or

Coach Katie. We are hear for all athletes, parents, and families.

Our Elegant Farmer fundraiser is underway. Orders are due to Shay Borzynski by October 24th.

With our move from Horlick and Park high school pools to Sealed Air YMCA we find it necessary to place limits on the number of swimmers we can safely allow in each training group. To date, the limits are Bronze eight, Silver 16, Gold 22, and Senior 28. These limits are fluid and the coaching staff will make adjustments as the season progresses. We should be able to accommodate all swimmers who were on the team last summer and a few new swimmers. Currently, all training groups are pretty much at capacity except for Gold.

This weekend we will be competing in Lake Geneva. This meet represents only the second competition in the past seven months! Keep in mind, it's Octoberfest in Lake Geneva this weekend ... take advantage of the activities after the meet if time allows!

As we begin our new season, I would like to take a moment to remind everyone of some important points:

- 1) Swimmers should never leave their belongings in the locker rooms (unless they use 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) TEAM SEA is a bully-free swim team and bullying of any kind will not be tolerated (whether physical, verbal, or online).
- 4) Finally, your job as parents is fairly simple ... love, support, transport your swimmers. Love your swimmers unconditionally, support them by ensuring they have everything they need and by

volunteering behind the scenes, and transport them to and from practices/meets. Leave the coaching to the paid professionals.

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

Welcome back,

It is so great to see so many familiar faces in the pool. We are so happy to welcome our new athletes to the team and hope we have a great season!

Thank you, families, athletes, and coaches, for being flexible as we navigate sharing the pool with the community. We are just so thankful we have water to swim in!

We are preparing for our first meet in what seems like forever. This Sunday we have a dual in Lake Geneva, good luck and swim fast!

Gold's are adding mini bands to their dryland routine. These are an underrated piece of equipment and I have some fun plans with them. We can also use them for shoulder stability exercises. You can find the link on our Facebook page and the website under the Gold training group.

Don't forget to check out the meet information on our website for upcoming meets! Email Neil or I with any questions, you can also find us on deck before or after practice. Coachkatiejames@gmail.com

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Oct. 15	Conference Meet	Closed
Nov. 8	Pentathlon	Nov. 2
Nov. 15	Conference Meet	Nov. 8
Dec. 12-13	12&U State	TBA
Dec. 13	Conference Meet	Dec. 6

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) – 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 11	October 14-15
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

11 Conference meet
24 Elegant Farmer orders due
26 Board meeting, 6:00 PM at the Y

November

8 Pentathlon meet
15 Conference meet

December

12-13 12&U State
13 Conference meet

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