

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.

January 9, 2020

Head Coach Notes

Welcome to 2020, TEAM SEA's 36th year! I hope everyone had a safe and happy holiday break and I hope 2020 is a great year for each and every one of you and all your dreams and goals come true.

This weekend we head to Michigan and what's interesting about this trip is it's somewhere new for TEAM SEA. I'm looking forward to coaching our swimmers and watching them race against the Michigan LSC (we will be the only team from Wisconsin in the meet which I feel, is a great opportunity to race without knowing the opponent's strengths and weaknesses). Please remember we gain an hour traveling to Michigan.

Words can't explain how proud of our Senior swimmers I am. We have been working really hard and struggling through a bad bug that has been ripping through the training group (even knocked yours truly down for a bit), but the attendance for the majority of the squad was great during the holiday break and our test sets have been really firing on all cylinders this week - Megan Schultz even tied our team record for the T30! She covered 2,550-yards in a 30-minute swim. All her teammates looked impressive too and the chatter after the test set was finished was amazing (lots of congratulations, chat about who they were trying to pass or not to be passed by, smiles even).

Above all, this year's Senior group is inclusive of each and every swimmer within their training group and team. I consider myself very blessed and lucky to have the pleasure of working with these fine young adults. Keep it up Seniors!

We are up to six swimmers interested in attending this summer's 13&O Training Trip. The deadline to sign-up is March 20. Read all about this experience later in this newsletter.

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).

Great Lakes Tropical Challenge Information

This weekend we'll compete in our first team-wide meet of 2020 in Zeeland, Michigan at Zeeland West High School (3390 100th Avenue).

There will be team dinner Saturday at 7:00 PM. It will take place at Vitale's Pizza (very close to the pool). It's buffet in nature. Please reach out to Shay Borzynski if you plan on attending.

Don't forget ... we gain an hour traveling to Michigan!

Be sure to wear your favorite Hawaiian shirt Saturday and your TEAM SEA meet travel t-shirt Sunday. Also, all swimmers deciding to wear a swim cap should be in a TEAM SEA cap - available from Coach Neil and Coach Katie.

Notes from the host team: 1) no coolers, bag chairs, camp chairs, or folding chairs permitted in the balcony, 2) all swimmers should shower prior to entering the pool, 3) swimmer check-in will be located in the lower level of the building by the pool entrance, and 4) unofficial results will be available via the Meet Mobile app.

This is a Prelim/Final meet. All 11&O swimmers placing top 16 in Prelims will swim in the evening during Finals.

Friday PM warm-ups begin at 4:30 p.m., meet begins at 5:30 p.m. and is scheduled to end at 7:11 p.m.

Saturday Prelim warm-ups (11&O) begins at 7:30 a.m., meet begins at 8:30 a.m. and is scheduled to end at 12:06 p.m.

Saturday PM warm-ups (10&U) begins at 12:30 p.m., meet begins at 1:30 p.m. and is scheduled to end at 3:28 p.m.

Saturday Final warm-ups (11&O) begins at 4:30 p.m., meet begins at 5:30 p.m. and is scheduled to end at 7:42 p.m.

Sunday Prelim warm-ups (11&O) begins at 7:30 a.m., meet begins at 8:30 a.m. and is scheduled to end at 11:38 a.m.

Sunday PM warm-ups (10&U) begins at 12:30 p.m., meet begins at 1:30 p.m. and is scheduled to end at 3:08 p.m.

Sunday Final warm-ups (11&O) begins at 4:00 p.m., meet begins at 5:00 p.m. and is scheduled to end at 7:02 p.m.

Drive safe, swim fast, have fun!

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Jan. 10-12	RAYS	Closed
Jan. 18-19	SEA	Jan. 9
Jan. 31-2	SSTY	Jan. 20
Feb. 15-16	NBSC	Jan. 27
Feb. 21-23	WI LSC Regionals	Feb. 10
Feb. 28-1	12&U State	TBA
Mar. 5-8	13&O State	TBA
Mar. 14-15	Y-Regionals	Mar. 8
Mar. 20-22	Y-State	Mar. 15
Mar. 30-3	Y-Nationals	Mar. 22
Apr. 8-11	ISCA	Mar. 30

Katie's Kickboard

Happy New Year.

We hope that you had the best holiday break and enjoyed some time with your friends and families. This weekend we head to Michigan to compete in the Rays invitational - wish us luck.

This is our first time heading to this meet and having a prelim/final type of meet this early in the season is great for us. Keeping the athletes on their toes and preparing for this meet was the focus of this week.

Bronze and Silvers worked on perfecting their starts at Carthage on Tuesday. Remember, anytime we are at Carthage we will take this time to work on certifying those athletes that need to be and fine tuning those who are already certified.

Golds worked hard on Monday and Tuesday; they will spend the rest of the week preparing for the upcoming meet. We will resume videotaping after our SEA next weekend.

Remember to take a look at the meet schedule and let Neil or I know if your athlete is interested in swimming in an upcoming meet. Deadlines creep up faster than you think and we only have about 2 and a half months left of this season.

Coach Neil and I are always happy to answer any questions you may have 15 minutes before or after practice or anytime via email.

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

Mid-States All Star Recap and Highlights

Team Wisconsin finished fourth of six LSC's at last weekend's Mid-States All Star event with 1987.25 points (only eight points behind the third place Minnesota LSC team).

Mac Thomas broke two team records while representing Team Wisconsin during the two day meet. She broke the 13-14 200 Breaststroke team record when she finished fifth with a team record of 2:26.93 (also a YMCA National qualifying time) - old record was held by Natalia Badillo from 2018, 2:30.56. She also broke her own 13-14 100 Breaststroke team record with her second-place finish of 1:07.04 (old mark was from last year, 1:08.36). Mac posted the 2nd fastest time in our team's history for 13-14 50 Freestyle, 24.75 and help Team Wisconsin's 13-14 200 Medley Relay and 200 Freestyle Relay finished second and third respectively.

Hugo Arteaga posted some of the fastest times in our team's history while helping Team Wisconsin's 13-14 200 Medley Relay and 200 Freestyle Relay finish fourth and seventh respectively. Hugo notched the 2nd fastest times for the 13-14 50 Freestyle (22.90) and 100 Freestyle (50.11), the 3rd fastest time in the 100 Butterfly (57.16), and the 5th fastest time in the 200 Freestyle (1:51.76).

Congratulations swimmers and thanks to their families for supporting them in their pursuits of their dreams.

Good luck this weekend in Michigan!

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 January 14, 20, 21.

Duckpin Bowling Scheduled for January 26

We'll be heading up to the Thirsty Duck in Wauwatosa for another round of Duckpin Bowling. This is our second year conducting

this event and it was well received last year. Spots are limited so contact Coach Neil early if you're planning on attending.

This event will take place at the Thirsty Duck (11320 W. Bluemound Road, Wauwatosa) from 11:00 AM to 12:30 PM. Cost is \$15 per person and 1.5-hours of bowling and giant pretzels. This event is limited to 30 team members.

Do not forward payment - your escrow account will be charged for this event.

Attending to date:

Coach Neil	Coach Katie	Coach Alyssa
Coach Dana	Kim Wergin	Donnie James
Steve Hall	Zoe Chartrand	Neil Wright III
Quinn Wright	Charlotte Wright	Lindsey Hohnl
Ian Hohnl	Mike Hohnl	Melissa Hohnl
Gabi Peterman	Justin Peterman	Maria Peterman

Swimmer Requirements for YMCA Nationals

For those swimmers who have YMCA Nationals (March 30-April 3) on their radar for the 2019-2020 Season, please be sure to follow the following guidelines: **male swimmers** planning on attending YMCA Nationals must swim the following meets (KENO meet on November 10, SSTY meet on November 17, Wisconsin YMCA Regionals on March 14-15, and YMCA State on March 20-22); **female swimmers** planning on attending YMCA Nationals must swim the following meets (SSTY meet on November 17, SSTY meet on December 6-8, Wisconsin YMCA Regionals on March 14-15, and YMCA State on March 20-22).

Qualifying times are posted on our website. If you have questions or concerns in regards to YMCA Nationals, please reach out to Coach Neil.

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.

Tryouts Scheduled for January 27

TEAM SEA has another Tryout scheduled for new and interested swimmers on Monday, January 27 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!

New Family Orientation & Registration

New Family Orientation & Registration will be held at Horlick High School Monday, February 10 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.

13&O Training Trip, June 2020

Every so often (usually every other year), Coach Neil organizes a 13&O Training Trip to Panama City Beach, FL.

This trip is a great way to get in shape (includes 11 swim practices and three day-land practices), a way to tighten team bonds and friendships, and it even serves as a right-of-passage for our swimmers.

The dates for our next 13&O Training Trip is June 14-21. We usually drive down in 15-passenger vans (departing at 3 AM and returning at 9 PM). Cost is usually around \$1,000 for the week (covers everything).

At this time, please reach out to Coach Neil if you are interested in sending your swimmer (a minimum of ten swimmers must attend this event). The deadline to declare your intentions is March 20, 2020.

Swimmers interesting in attending include Megan Schultz, Mac Thomas, Macie Ritter, Josh Abel, Rylie Bergemann, Hugo Arteaga.

We may need a chaperone or two depending on the number of swimmers attending. Parents interesting in chaperoning include Kim Wergin, Lindsey Thomas, Erik Bergemann.

:21 & Under Club for 8&U Swimmers

As an incentive for our youngest swimmers we offer a really cool t-shirt for any athlete breaking :21 in any 25-yard race.

With the meet season about to start, begin working towards this goal and remember, streamline position is the most important aspect of swimming! Good luck!

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 be 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 Swim-a-Thon

The Annual TEAM SEA Swim-a-Thon is scheduled for Friday, January 24 at Horlick High School from 5:30 p.m. to 8:00 p.m. 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 - Hohnl	Case of water - Keland
Juice boxes - Steenrod	Juice boxes - Marini and Peterman
Fruit plate - Peterman	Fruit plate -
Veggie plate - Kaprelian	Veggie plate - Arteaga
Brownies - Thomas	Brownies -
Paper plates - Schurman	Paper plates - Gutknecht
Napkins - Schurman	Napkins - Stingl
Pretzels - Steenrod	Popcorn - Vitek

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>
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.

Swimmer Spotlight

Jake Hendricks

Age: 13

Group: Gold

Role Model: No

Favorite Stroke: Backstroke

Favorite Event: 200 Backstroke

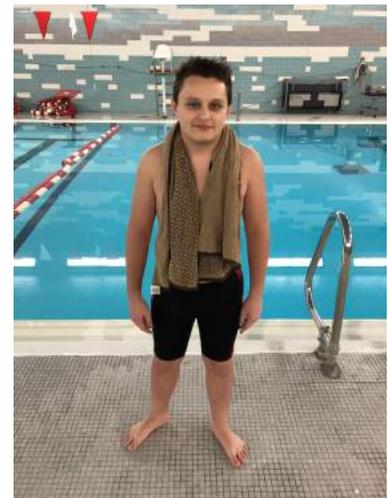
Favorite Swimmer: Michael Phelps

Future Goal: To beat my 200 Backstroke time

Hobbies: Sports, video games, going outside (to the woods)

Famous Person You'd Like to Meet: Messi

Favorite Book: The Hatchet



January Birthdays

Sofia Badillo, Nicholas Foster, Fiona Marini, Evan Olsen.

State & National Qualifiers to Date

In this section you'll be able to see our State and National qualifiers to date. This section will hopefully be updated after each competition we attend. There're already three to five swimmers very close to punching their tickets to State ... stay focus on the process of improvement, attend practice regularly, and work hard/smart during practice!

12&U State

Brady Moore	
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<i>Who's next?</i>	<i>It could be you!</i>
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13&O State

Natalia Badillo	Sofia Badillo
Zoe D'Alessandro	Kinzie Reischl
Megan Schultz	Mac Thomas
Josh Abel	Hugo Arteaga
Zack Kopsea	Joe Skantz
CJ Trask	Hopking Uyenbat
<i>If they can do it ...</i>	<i>YOU CAN DO IT!</i>

YMCA State

Alessandra Arteaga	Brady Moore
Sofia Badillo	Zoe D'Alessandro
Mac Thomas	Hugo Arteaga
Zack Kopsea	Hopking Uyenbat
Natalia Badillo	Isabelle Buhler
Kinzie Reischl	Macie Ritter
Megan Schultz	Josh Abel
Joe Skantz	CJ Trask
<i>"If you think you can do a thing or think you can't do a thing, Henry</i>	<i>do a thing or think you're right." Ford</i>

YMCA Nationals

Natalia Badillo	Mac Thomas
Megan Schultz	
<i>Three is a magic but four is</i>	<i>number, MORE!</i>

ISCA Elite Showcase Classic

Hugo Arteaga	Zoe D'Alessandro
Mac Thomas	CJ Trask

Extended Calendar

January

- 10-12 RAYS meet
- 13 Bronze & Silver Open Swim
- 13 Board meeting, 6:00 p.m. at Horlick
- 18-19 SEA meet
- 24 Swim-a-Thon
- 26 Duckpin Bowling
- 27 Tryouts
- 28 No practice (no pools available)
- 31-2 SSTY meet

February

- 10 New family orientation and registration
- 15-16 NBSC meet
- 21-23 WI LSC Regionals
- 28-1 12&U USA State

March

- 5-8 13&O USA State
- 14-15 Wisconsin YMCA Regionals
- 20 Deadline to sign-up for the 13&O Training Trip
- 20-22 YMCA State

- 23 Team Picture
- 30-3 YMCA Nationals
- April
- 8-11 ISCA meet

TEAM SEA Parent Board

- President
Jeff Peterson - petersonj12@gmail.com
- Vice President
Ben Foster - BenFoster311@gmail.com
- Treasurer
Britney Bilgrien -
- Registration
Missy Reischl - mjreischl@outlook.com
- Meet Director
Amy Bergman -
- Secretary
Katie Ritter - kr Ritter717@att.net
- Officials
Jose Arteaga - josearteaga@gmail.com
- Fundraising
Shay Borzynski - sborzynski@gmail.com
- Head Coach
Neil Wright - south.eastern.aquatics@gmail.com

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

Did You Know?

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