

## 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 10, 2019

### Head Coach Notes

I would like to invite all of our new families to meet with me on Tuesday, October 29 at Horlick High School beginning at 6:00 p.m. It would be great to share with you a bit more about TEAM SEA and what your family has to look forward to over the next six months. Please save the date and I hope to SEA you there.

Beginning next week, the coaching staff will be handing out invites for Bronze and Silver swimmers to share with their friends. These invites are for our upcoming Buddy Day for the Bronze and Silver training group which will take place on Monday, October 21. This will be a fun practice and will give our current swimmers an opportunity to demonstrate their skill sets and their buddies an opportunity for a fun open swim experience and to learn about our upcoming Tryout which will take place Monday, October 28 at Horlick High School, 5:30-6:30 p.m.

If you haven't heard, we are in the middle of our Elegant Pie fundraiser. All orders are due October 24 with \$6 from each pie sold going towards your \$150 fundraising minimum. There's a rumor going around that one swimmer from each training group who sells the most pies will get to smooch a pie into a coach's face? Who's idea was this?

Thanks to Zack Kopsea and the Kopsea family for volunteering Zack to be TEAM SEA's co-athlete rep at the LSC level (LSC stands for Local Swim Committee and is the state level arm of USA Swimming). Zack, along with Natalia Badillo will attend LSC meetings and learn all about the "dry-side" of the sport of swimming through the eyes of USA Swimming at the state level. Thank you Zack and Natalia!

We have 15 swimmers slated to compete in the upcoming OZ meet, October 18-20. This represents our first meet action since early August and the coaching staff can't wait. As we progress through the meet season, please email me when you would like your son or daughter entered into a meet. If the meet is

multiple days, please be sure to include the day(s) you want your son or daughter swimming. As a point of interest, there is no paperwork involved in signing up your swimmer for meets. I will submit all necessary paperwork for TEAM SEA to attend meets and families need only cover meet fees associated to attending meets (can be found on our website at Meet Information/Meet Fees). Easy cheesy.

I can be reached at 262.994.3157 or [south.eastern.aquatics@gmail.com](mailto: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).

### OZ Meet Information

*This section will be finalized next week.*

The OZ meet will take place in Mequon at Homestead High School, October 18-20. The school address is 5000 W. Mequon Road.

Coaching coverage will be as follows:  
Neil Friday PM and Saturday AM, Alyssa Saturday PM and Sunday AM, and Katie Sunday PM.

Friday warm-ups: 4:30-5:30 p.m., meet begins at 5:35 p.m. and is scheduled to end at  
Saturday & Sunday AM warm-ups: 7:00-8:00 a.m., meet begins at 8:05 a.m. and is scheduled to end at

Saturday PM warm-ups:

Sunday PM warm-ups:

Drive safe, swim fast, have fun!

### Upcoming Meets

<u>Date</u>	<u>Meet</u>	<u>Entry Deadline</u>
Oct. 18-20	OZ	Closed
Nov. 3	SEA	Oct. 25
Nov. 10	KENO	Oct. 28
Nov. 17	SSTY	Nov. 7
Nov. 22-24	HPAC	Oct. 16
Dec. 6-8	SSTY	Nov. 9

### **Katie's Kickboard**

Hello again!

Our first meet is coming up next weekend, the OZ meet hosted at Homestead High School. Entries for this meet are posted on our website under Meet Information. We will be preparing for or 2019 short course debut.

These types of meets often are slower and you may have big chunks of time between events. Remember to pack extra towels or clothes to stay warm, as well as plenty of snacks.

We have a big group of Silvers and have been splitting them up to work in smaller groups. Butterfly and breaststroke were the strokes of focus the last two weeks. These seem to be the most challenging and we will continue to work technique and kicking for them.

Golds have added dryland to their practice, this season I have decided to do this on Tuesday and Thursday. Last season we did dryland Monday, Wednesday, and Friday. But I thought we didn't get enough time to work on our in-water skills those days. Please remember to dress with tennis shoes and workout clothes on Tuesday and Thursday.

Goal sheets will be handed out during practice next week. This is a great way to reflect on last season's accomplishments and look forward to our goals for this season. Golds will do this during dryland, Bronze and Silvers will take some time at the beginning of practice to discuss their goals.

Please don't hesitate to contact me with any questions, comments, or concerns via email ([coachkatiejames@gmail.com](mailto: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.

### **Elmore Swim Shop on deck October 14**

Elmore 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.

### **Mid-States All Star Scheduled for January**

Once again, the WI LSC will be sending a Zone level team to represent Team Wisconsin during the Mid-States All Star meet at the IUPUI in Indiana on January 4-5 (athletes attending this event must be available for both days and this meet is not open to high school boys per WIAA).

The window to apply to attend opens November 1. In order to apply, 14&U swimmers must have meet at least AA standards for girls and A standards for boys.

If you need assistance or more information please reach out to the coaching staff.

### **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!

### **YMCA Top 10 Recognition**

Each year the YMCA of the USA complies the Top 10 swimmers in each event for a single age comparison.

Three swimmers from TEAM SEA have been awarded certificates for their efforts over the past year. We congratulate their success and look forward to growing next year's results!

Here's TEAM SEA's list of some of the fastest swimmers for YMCA swimming in the nation:

Mac Thomas, sixth fastest 13-year-old in the 100 Breaststroke at 1:07.01 and tenth fastest 12-year-old in the 50 Freestyle at 25.63.

Hugo Arteaga, fifth fastest 12-year-old in the 50 Freestyle at 23.18, sixth fastest in the 100 Freestyle at 52.71, sixth fastest in the 50 Butterfly at 26.03, sixth fastest in the 100 Butterfly at 57.95, sixth fastest in the 100 IM at 1:00.12, and seventh fastest in the 50 Backstroke at 27.66.

Zack Kopsea, seventh fastest 13-year-old in the 1000 Freestyle at 10:27.83.

### **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, November 11 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](mailto: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](mailto: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

### **: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!!

### **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](http://www.sea-y.org/scrip)) - you can also read about PrestoPay on that page too.

Your order can be placed at [www.shopwithscrip.com](http://www.shopwithscrip.com) by use the SEA enrollment cord (please email Julie Kopsea at [jkopsea@yahoo.com](mailto: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 n 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

Order By	Delivery On
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](mailto:jkopsea@yahoo.com).

### October Birthdays

Sarina Foster, Shaelyn Jensen, Lenna Karapetian, Lauren Michel, Angela Mrotek, Parker Stingl, Charlotte Wright.

### Swimmer Spotlight

Erika Kaprelian

Age: 10

Group: Bronze

Role Models: Billie Eilish, my Grandma, my Dad, and my Brother

Favorite Strokes:

Backstroke

Favorite Events: Not sure yet

Favorite Swimmers: Not sure yet

Future Goal: To get a lot better

Hobbies: Painting, Swimming, Drawing

Famous Person You'd Like to Meet: I'm too shy

Favorite Book: Wonder



### October Birthdays

Sarina Foster, Shaelyn Jensen, Lenna Karapetian, Lauren Michel, Angela Mrotek, Parker Stingl, Charlotte Wright.

### Extended Calendar

#### October

- 14 Elmore 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 New family meeting with Head Coach Neil, 6:00 p.m. at Horlick High School
- 29 Parent board meeting, Horlick High School beginning at 6:30 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**

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President

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Vice President

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