

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.

November 14, 2019

Head Coach Notes

It sure has been busy here at TEAM SEA as of late. Between swim meets, the Holiday Parade, fundraising events, it's hard to keep everything straight.



I do want to ensure all members are aware of the upcoming meet schedule and deadlines so no one misses out on any of the upcoming opportunities. For example, we will be heading to Michigan for a swim meet the weekend of January 10-12 (deadline to declare your intention to compete is December 1) or the SSTY A+ event on January 31-February 2 (deadline to sign-up is also December 1).

Before the holidays are upon us, make sure you sit down with your calendar and figure out how the first quarter of the new year looks in regards to your swimming schedule!

In addition, the registration window is now open for WI LSC swimmers to register for the Mid-States All Star meet. The link is available on our website under MEMBERS/MEET INFORMATION. This meet is similar to the summer 14&U Zone Championship meet. A great experience if your swimmer has qualifying times. Keep in mind there is a selection process involved with this meet – just because you register does not mean you automatically attend.

Don't forget, we are TEAM SEA. In light of that, if your swimmer is wearing a swim cap at the meets we attend, please ensure s/he is in a SEA swim cap (this includes warm-ups,

competition and warm down). Thanks for "repping" TEAM SEA!

Here's a thank you to our coaching staff for covering the bases while I was gone. Katie, Alyssa, and Dana are invaluable to our team and always have a smile on their faces. Thanks for all you do for our swimmers and for me ... it does not go unnoticed.

As our high school girls begin to head back, please ensure you register prior to attending practice (either online or hardcopy). And, good luck to our high school boys as they begin their high school season this Monday!

Congratulations to Isabelle Buhler and Kinzie Reischl on their decision to remain teammates and to study and represent the University of Wisconsin-La Crosse swim team next fall. We are very proud of your accomplishments and excited for what the future holds.



Something new – if you would like to receive text message updates in regards to changes in practice and/or practice cancellation, please text your name (first and last) to my cell phone and I'll be glad to add your number to the list – 262.994.3157. Communication, it's key!

Reminder ... parents are welcome to view practices from the bleachers at Horlick (the set closest to the diving boards) and the balcony at Carthage. Please stay off the deck

during practices and refrain from coaching your swimmer. Thank you.

This is a plea for parents to take a leap and become officials. We are beginning to run a little low on current TEAM SEA officials and need to “restock” our bullpen. There’s some great information later in this newsletter. Please consider becoming an official - no experience necessary and thanks to Annette Ries for stepping forward!

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).

SSTY Meet Information

This Sunday we’ll be racing in Brown Deer (9240 North Green Bay Road, Brown Deer).

Neil and Katie will be coaching at this event.

Warm-ups begin at 9:00 a.m., meet begins at 10:00 a.m. and is scheduled to end at 2:51 p.m. All Senior swimmers should be “suited up” for this meet. Awards (1st-8th) will be available for pick-up during the meet for 10&U athletes only (you must pick-up awards before leaving the meet as they are not bagging them for the coaches). Don’t forget to wear your TEAM SEA caps if you are wearing one!

If you need a printed heat sheet, please visit the meet landing page to print one prior to departing for the meet - heat sheets will not be available for sale at the venue.

Drive safe, swim fast, have fun!

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Nov. 17	SSTY	Closed
Nov. 22-24	HPAC	Closed
Dec. 6-8	SSTY	Nov. 17
Dec. 14-15	12&U State	Dec. 8
Jan. 10-12	RAYS	Dec. 1
Jan. 18-19	SEA	Jan. 4
Jan. 31-2	SSTY	Dec. 1
Feb. 15-16	NBSC	TBD
Feb. 21-23	WI LSC Regionals	TBD
Feb. 28-1	12&U State	TBD
Mar. 5-8	13&O State	TBD
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

Hello again!

We survived the marathon of a meet this past Sunday and finished just shy of first place with about 100 less swims than the winning team.

Bronze and Silvers have finally done their goal sheets. It was awesome to hear their process of setting goals with their teammates. Learning about realistic and attainable goals. Having a penguin and a pet didn’t fit the criteria. I will see if I’m able to hang them in the pool for everyone to see. Otherwise I will post a picture on social media.

Golds will start videotaping next week, so prepare for that. Then we will review individually the following week. Along with going over their goal sheets together. If you haven’t received one please let me know, I have extras.

I would like to schedule parent meeting for all of the age-groups (Bronze, Silver, Gold) in the next few weeks please watch the newsletter and social media for the dates and any other updates.

Don’t forget to check out our meet schedule for upcoming meets and deadlines. If you are interested or have questions please contact Coach Neil or myself.

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.

Kenosha Meet Recap & Highlights

We had an excellent outing last weekend in Kenosha. As a team we finished second of nine teams scoring 1,062 points and posted 59% best times (48 of 82 swims). Let’s make plans to win this meet in 2020 (we were only the seventh largest team in the meet and only missed winning the meet by 119 points against a team that had 106 more swims than us).

Congratulations to Alessandra Arteaga and Shaelyn Jensen on their new State qualifying times (8&U YMCA State 100 IM, 1:39.80 and 11-year-old Single Aged State 50 Breaststroke, 40.59 respectively).

We have a new :21 and Under Club member! Ava Kerbawy posted a 20.78 in the 25 Freestyle.

Hugo Arteaga posted the tenth fastest time in our history for the 13-14 boys 200 IM, 2:14.50.

Athletes notching 100% best times included Caleb Bergman, Sophie Gutknecht, Tyler Keland, and Sydney Rybarik.



This list of swimmers dropped more than five seconds in a single event: Hugo Arteaga -42.20 200 Breaststroke 2:46.33, Rylie Bergeman -12.94 200 Backstroke 2:50.39, Caleb Bergman -26.17 100 Freestyle 1:25.42, Ethan Bergman -13.64 100 Breaststroke 1:19.61, Maddy Cerny -8.79 200 Breaststroke 3:22.10, Sophie Gutknecht -14.30 50 Freestyle 45.66, Shaelyn Jensen -8.97 200 IM 3:08.41, Ava Kerbawy -5.86 50 Freestyle 51.47, Gabi Peterman -17.69 200 Freestyle 2:44.97, and Sydney Rybarik -7.40 50 Backstroke 53.50.

Highpoint winners were Alessandra Arteaga 8&U 64-points, Brady Moore 11-12 58-points, Mac Thomas 13-14 61-points, Hugo Arteaga 13-14 64-points, and Joe Skantz 15-21 61-points.

There were a lot of event winners during the meet: winning four events included Alessandra and Hugo Arteaga, winning three events included Joe Skantz, Mac Thomas, winning two events included Rylie Bergemann, Zack Kopsea, Brady Moore, and winning one event included Ethan Bergman, Maddy Cerny, Zoe D'Alessandro.

Good luck this Sunday in Brown Deer!

Team Travel Meet Hotel Information

Here's the hotel information (thanks Ben Foster) for our January team travel meet to Michigan. Please be aware, if you are planning on attending and will be staying with the team, you must call to reserve your room by Tuesday, December 10.

Twenty rooms are reserved at the Home 2 Suites by Hilton in Holland, Michigan. Address is 3140 West Shore Drive. Rooms have two queen beds and a sleeper sofa with a rate of \$105 per night plus taxes and includes a hot breakfast. Phone number is 616.377.7905 and the rooms are blocked under SEA Swim Team.

The meet information has yet to be released, but there are no qualifying times for this event and all swimmers are encouraged to attend!

Parent Board Open Positions

The SEA board is currently accepting nominations for two open board positions - treasurer and official.

The right individual for each position will be level headed, even-keeled, work well with others, can make decisions for the local swimming community that benefits all swimmers, has no axe to grind, willing to go above and beyond the call of duty, and likes to have fun.

If you have an interest in adding your name to the nomination list, please reach out to Coach Neil.

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.

The Importance of Officials - you can be one!

Did you know

TEAM SEA hosts six meets per year?

There are a lot of behind the scenes work involved with running a meet and one of the important cogs to the process are the officials. With the start of the new season, it's time again to cast our net to train up new officials.

You DO NOT need experience to become an official and TEAM SEA will cover all the costs associated with becoming an official - all you need to give is your time.



There are some tentative classes coming down the pipeline (October 26, 1-4 PM, November 4, 1-4 PM, and November 16, either 9 AM-Noon or 1-4 PM) and if you are interested in having the best seat in the house, not having to worry about signing-up to volunteer at SEA hosted meets, and giving back to the sport that gives your swimmer so much, maybe officiating is for you!

Please reach out to Coach Neil if you would like to become an official ... WE NEED YOU!

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 December 10.

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.

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 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.

New Family Meeting, Tuesday, December 3

Parents of all new swimmers are welcome and encouraged to meet with Head Coach Neil Wright on Tuesday, December 3 during practice at Horlick beginning at 6:00 p.m. (meeting will last 15-minutes).

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.

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).

: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 -	Case of water -
Juice boxes -	Juice boxes -
Fruit plate -	Fruit plate -
Veggie plate -	Veggie plate -
Brownies -	Brownies -
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>
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.

November Birthdays

Jordan Borzynski, Nolan Framberg, Taylor Knaus, Nolan Mrotek, Macie Ritter.

Swimmer Spotlight

Lauren Michel
 Age: 11
 Group: Silver
 Role Model: My Grandma
 Favorite Stroke: Breaststroke
 Favorite Event: 100 Breaststroke
 Favorite Swimmer: Simone Manuel
 Future Goal: Restaurateur
 Hobbies: Play with my brother, go to my Grandma's house
 Famous Person You'd Like to Meet: Simone Biles
 Favorite Book: Babysitter's series



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 Single Age State

Shaelyn Jensen	Nicholas Foster
Jack Borzynski	Brady Moore
<i>Who's next?</i>	<i>Is it you?</i>

12&U State

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

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 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

November

- 17 SSTY meet
- 22-23 HPAC meet
- 28-29 No practice, Happy Thanksgiving

December

- 2 Parent board meeting at Horlick, 6:00 p.m. - all welcome!
- 6-8 SSTY meet
- 14-15 12&U mid-season State meet
- 24-25 No practice, Happy Holidays

January

- 1 No practice, Happy New Year
- 10-12 RAYS meet
- 13 Bronze & Silver Open Swim
- 18-19 SEA meet
- 24 Swim-a-Thon
- 26 Duckpin Bowling
- 27 Tryouts
- 31-2 SSTY meet

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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Missy Reischl - mjreischl@outlook.com

Meet Director

Jose Arteaga - josearteaga@gmail.com

Secretary

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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, you're escrow account is credited \$50. Take advantage!