

Serpent Times

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.

March 12, 2021

Head Coach Notes

Here are a couple of important reminders as we close in on the end of the season:

- 1) No practice tomorrow, Saturday, March 13
- 2) The final practice for our Fall & Winter Season will be Friday, March 19
- 3) For those swimmers qualified for "Y-Nationals," practice will run 5:00-7:00 PM beginning Monday, March 22
- 4) The Spring & Summer Season will begin Monday, April 12 (you can begin signing up for the Spring & Summer Season on Monday, April 5). We will begin practicing with the same practice schedule we are currently using until school finishes on June 8. After school ends, our practice schedule will change (TBD, depending on what pool(s) are available.
- 5) We're exploring the possibility of offering a 13&O Training Trip in June (13-20). If you are interested in sending your swimmer please contact me no later than April 1. The trip usually runs around \$1,000 and we'll need a minimum of ten swimmers to attend for this event to take place.

We are in the 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

This is it, the meet we have been working towards these last two weeks. Our SEA hosted YMCA Regional meet at Schroeder. This can only be done with the help of parents, friends, and teammates. It feels so good to finally be at the finish line of this 2020/2021 season, and with little hiccups along the way.

Being creative is something I love to do. Whether it be crafting at home or creating new sets, there's always new and fun ideas. The Bronze and Silver groups have focused on starts, turns, finishes, and breakouts this past week. THE most important thing to remember about swimming is streamline, other than having fun!

The Gold's did yoga on Tuesday, some of them liked it others did not. Increasing flexibility and balance are both huge benefits of adding yoga to our routine. I think by the end of the routine they all were smiling and having fun!

Regionals is our last shot to make some state cuts, take a breath, relax, and do the best you can. Remember this Saturday is daylight savings, we spring forward an hour. Coach Neil and I will have caps for purchase this weekend. Do not hesitate to reach out with any questions.

Wisconsin YMCA Regionals Meet Information

This weekend we are hosting Regionals in Brown Deer (9240 N Brown Deer Road). We have assigned seating (west side of pool, scoreboard side of the pool) and warm-ups. Please be on time for warm-ups as (they only last 25-minutes).

10&U warm-ups for both days of the meet run 8:30-9:00 AM, meet begins at 9:05 AM and is scheduled to end at 10:30 AM.

Saturday 11&O warm-ups run 10:30-10:55 AM, meet begins at 11:30 AM and is scheduled to end at 2:43 PM.

Sunday 11&O warm-ups run 11:00-11:25 AM, meet begins at 11:30 AM and is scheduled to end at 2:26 PM.

Drive safe, swim fast, have fun!

13&O State Meet Recap & Highlights

We finished 26th of 60+ teams in the state last week during the 13&O State meet.

New team records were achieved by:

Mac Thomas (15-16 50 Freestyle, 24.23), old record held by Dana Iverson, 24.47, 2010

Mac Thomas (15-16 100 Breaststroke, 1:06.65), old record held by Megan Schultz, 1:07.70, 2020

Mac Thomas (15-16 200 Breaststroke, 2:24.99), old record held by Megan Schultz, 2:27.69, 2020

Megan Schultz (17-18 100 Breaststroke, 1:06.39), old record held by Carina Tennesen, 1:08.37, 1997

Megan Schultz (17-18 200 Breaststroke, 2:22.09), old record held by Natalia Badillo, 2:29.76, 2020

Notching some of the fastest times in our team's history were Mac Thomas (4th Senior 100 Backstroke), Zoe D'Alessandro (6th 15-16 100 Breaststroke, 5th 15-16 200 Breaststroke, 10th Senior 200 IM), Megan Schultz (7th 17-18 50 Freestyle, 2nd 17-18 100 Freestyle, 3rd Senior 200 IM, 5th Senior 400 IM), Zack Kopsea (5th Senior 1000 Freestyle, 10th 15-16 400 IM), Ethan Bergman (7th Senior 100 Freestyle, 10th Senior 200 Freestyle), and Joe Skantz (10th 17-18 100 Backstroke, 8th Senior 100 Butterfly).

Great effort swimmers!

Upcoming Meets

<i>Date</i>	<i>Meet</i>	<i>Entry Deadline</i>
Mar. 13-14	WI YMCA Regionals	3/7
Mar. 19-21	WI YMCA State	3/15
Apr. 8-11	Y-Nationals	3/10
May 1-2	SEA Early Bird	TBA
May 16	Conference Meet	TBA
June 4-6	SEA Pirate Plunge	TBA
June 25-26	SEA Summer Sizzler	TBA

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>
March 14	March 17-19

If you have any questions or need help, please reach out to Julie Kopsea at 414.530.5399 or at jkopsea@yahoo.com.

March Birthdays

Oliver Greening, Grace Gross, Zack Kopsea, Alex Lopez, Brady Moore, Gabi Peterman, Vivienne Yanke.

Extended Calendar

March

13-14 WI YMCA Regionals

19-21 WI YMCA State

April

8-11 YMCA National Swimming Festival

12 Spring & Summer Season begins

19 New Swimmer Tryouts, 5:00 PM

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*