

## 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.*

March 20, 2020

### Head Coach Notes

I hope this newsletter finds you and your families well and establishing positive routines and patterns in this unprecedented time.

It is important to keep busy with any and all normal daily activities at home during this strange time. I hope our swimmers are working out, practicing their music, staying on top of their studies, helping out around the home, staying in contact with their friends, reading, and probably of course, playing video games.

As most of you are probably aware, there's not really an end time to what we are experiencing at the moment and news continues to change daily. With that said, as soon as things settle down, open up, and get back to normal we will be back at it. It goes without saying we just have to be patient.

We will continue to forward weekly emails - please do share the links found in the email with your swimmers! There is a lot of useful information for them (and you).

In regards to our upcoming meets, I don't think it's out of the possibility that our early May meet will be canceled. We are in a wait and see holding pattern (keeping our fingers crossed while waiting ... and our toes).

In the meantime, please stay calm and focus on establishing positive routines and patterns at home.

Please don't forget to bring your escrow accounts current.

Please save these dates for our Spring & Summer meets:

May 2-3 - Early Bird in Brown Deer

May 29-31 - Pirate Plunge in Brown

Deer

June 26-27 - Summer Sizzler in Kenosha

Our Spring & Summer Season is scheduled to begin Tuesday, April 21.

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).

Thanks for reading!

### Upcoming Meets

Date	Meet	Entry Deadline
May 2-3	SEA Early Bird	TBD
May 8-9	MMSC Open	TBD
May 29-31	SEA Pirate Plunge	TBD
June 5-7	SHOR Open	TBD
June 26-27	SEA Summer Sizzler	TBD
June 26-28	LAKE WGLO Invite	TBD
July 10-12	Bird Bath Invite	TBD
July 15-18	Speedo Sectionals	TBD
July 17-19	WI LSC Regionals	TBD
July 24-26	12&U State	TBD
July 30-Aug. 2	13&O State	TBD
Aug. 6-9	14&U Central Zones	TBD

### Katie's Kickboard

Hello again,

As we are all hunkered down in our homes, we can't help but think. When your bodies are moving your mind is busy, now that we are still and stuck our minds will wonder. It is very important to take care of ourselves and stay active physically and mentally.

Here are some ways to stay mentally healthy during our time off. Meditation can help relieve stress and calm the mind. Finding a project or hobby to get into keeps you busy. Enjoying some of your favorite things, music, movies, or sharing stories with your family.

Luckily the weather seems to be warming up and we are able to get outside. Make sure to get some fresh air. Go for a hike, a walk, or bike ride to keep up your cardio.

I will be posting different quotes and activities on our Facebook and Instagram pages while we are stuck in quarantine. There is a link to Planet Fitness' page where they host an

online workout every day at 6pm. Keep moving and hopefully we SEA each other soon.

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

### **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.

### **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 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. The deadline to sign-up is March 20, 2020.

Swimmers attending include Megan Schultz, Mac Thomas, Macie Ritter, Josh Abel, Rylie Bergemann, Hugo Arteaga, Joe Skantz, Zack Kopsea, Natalia Badillo, Sofia Badillo, Alice Stratman, Zoe D'Alessandro, Ethan Bergman, Arev Buchaklian.

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

### **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 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 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).

### **Swimmer Spotlight**

***Will return when practices begin.***

Name:

Age:

Group: Gold

Role Model:

Favorite Stroke:

Favorite Event:

Favorite Swimmer:

Future Goal:

Hobbies: P

Famous Person You'd Like to Meet:

Favorite Book:

If you could change anything in the world, what would you change:

### **March Birthdays**

Isabelle Buhler, Blaze Cannalte, Zoe Chartrand, Oliver Greening, Grace Gross, Zack Kopsea, Brady Moore, Gabi Peterman, Kylie Schurman, Raelyn Schurman, Vivienne Yanke, Aarya Zore.

### **Extended Calendar**

#### **March**

20 Deadline to sign-up for the 13&O Training Trip

24 Board meeting, canceled

#### **April**

20 Tryouts

21 Spring & Summer Season begin

### May

2-3 SEA Early Bird  
7 Annual Banquet, no practice  
8-9 MMSC Open  
25 Memorial Day, no practice  
29-31 SEA Pirate Plunge

### **TEAM SEA Parent Board**

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#### President

Jeff Peterson - [petersonj12@gmail.com](mailto:petersonj12@gmail.com)

#### Vice President

Ben Foster - [BenFoster311@gmail.com](mailto:BenFoster311@gmail.com)

#### Treasurer

Britney Bilgrien - [babelgrien@gmail.com](mailto:babelgrien@gmail.com)

#### Registration

Missy Reischl - [mjreischl@outlook.com](mailto:mjreischl@outlook.com)

#### Meet Director

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#### Secretary

Katie Ritter - [kr Ritter717@att.net](mailto:kr Ritter717@att.net)

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#### Head Coach

Neil Wright -

[south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com)

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

### **Did You Know?**

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