



# Serpent Times

*The Weekly Newsletter of Southeastern Aquatics*

*Racine Family YMCA Swim Team, Est. 1984*

*January 12, 2018*

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## **Neil's Notes**

This weekend we will host our annual Penguin Challenge in Brown Deer at the Walter Schroeder Aquatic Center. Remember, this meet has been condensed into a single session on both Saturday and Sunday. All swimmers will warm-up beginning at 8:00 AM, meet will begin at 9:05 AM, and finish up around Noon both days. I forwarded an email from your Meet Director Josh Johnson earlier this week in regards to this change. If you need to reach out to Josh, please call him at 262.880.9467. Good luck! Drive safe, swim fast, and most of all, have fun!

We are planning out bi-annual 13&O Training Trip this summer. The dates are set! June 24-July 1. We travel to Panama City Beach for a week of outdoor training along the beautiful Emerald Coast of Florida. The trip usually runs right around \$1,000 per swimmer (covers all costs associated with the event). Believe it or not, chaperones are already secured! Missy Able and Tracy Stouffer have volunteered their services. Thank you in advance. Any swimmers (13-and-older on June 24) are welcome to attend this trip. At this time, I would like to build a list of interested athletes. We will need a minimum of ten swimmers to attend this trip to make it happen. So, those families interested in sending their son or daughter on this trip, please kindly forward an email by February 12. Thanks.

Thanks to Jo Anne Mudry for all the work she put in running this season's Swim-a-Thon. Rumor has it the Gold group raised the most money and will have a laser tag experience scheduled in the near future. I heard Jo Anne is putting the finishing touches on the totals and winners of the six gift cards will be announced soon. Stay tuned!

I had a great meeting today with an Active Network salesman. The board and I are exploring options for implementing online registration and this company's software may be the solution we have been searching for ... we will discuss in more detail at our February parent board meeting.

Please take a moment and ensure you have your sons and daughters entered in any of the remaining meets on the meet schedule. We have two and a half months left in our current season and before you know it, you may miss some entry deadlines.

Don't forget we'll conduct practice at Carthage College on January 15 and February 19. All practice times remain the same. Please make a note of this on your calendars and smart phones.

The age-group pool will host a "Bring a Friend to Practice" day on Monday, January 22. More information will be forwarded soon. Please speak with your athletes about who they would like to invite to practice (a friend or two).

Finally, don't forget about our team bowling outing coming up on January 21. Please RSVP soon!

I can be reached at 262.898.4766 or via email at [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com). Coach Katie can be reached at [coachkatiejames@gmail.com](mailto:coachkatiejames@gmail.com). Remember, we are here for you and your swimmers. If you're confused about anything or just need a little help ... ask! Happy to help!

## **Penguin Challenge Concession Request**

The Kitchen Team is looking for families to donate baked goods for our upcoming meet on January 13-14 for the concession stand. It will add some change into the choices people have!

Anyone willing to donate backed goods to the concessions stand, please bring to the kitchen at Brown Deer at the beginning of your session on Saturday (that way we can mix it up a bit).

It will help if you can pre-package the items as well. We are looking at charging \$1.00 per item or package, so basically, the package should hold what you would be willing to pay a \$1.00 for.

Please text Cori at 262.497.2506 with any questions or if you want to let me know what you will be bringing in. Thanks in advance!

## **Katie's Kickboard**

Hello Again!

Last weekend we "escaped to Hawaii" and the tropical weather did us well. They walked away with a bunch of best times, some new state cuts, medals, ribbons, and smiles.

Team bowling is scheduled for Sunday January 21st at 11am. There is still plenty of room for swimmers, families, and friends to sign up. Pizza, drink, and shoe rentals are included!

Bring a Buddy Day! January 22nd. Is an awesome opportunity to show your friends what swimming is all about. Keep an eye out for the flyer that will be handed out next week. Any questions about this or anything else feel free to contact coach Neil or I.

It's great to see everyone working hard this week in preparation for the SEA Penguin Challenge this weekend. The focus has been on the events athletes are swimming at the meet. This allows those who have a week aspect in their stroke to practice with more purpose and a short-term goal in mind.

This will be a very fun and exciting weekend! The whole coaching staff will be there, along with cool awards for heat winners, plus you get to hang out with your friends all weekend.

Bronze and Silvers are getting faster and stronger! With things becoming easier for them the coaches have resorted to being creative and teaching more challenging skills. Next week we will bring back the T10 and check back in with their endurance.

Gold's will set a goal this year to work on turns and breaking out past the flags. Over the last few meets the turns are where we gain the most time. Being disciplined and repetitive when

practicing these skills will help them improve. We will also introduce videotaping to practice next week Monday!

As always, I am more than happy to answer your questions via email or in person. Good luck and swim fast!

## **Escape to Hawaii Recap & Highlights**

We had a solid outing in Brookfield last weekend during EBSC's Escape to Hawaii event. As a team, we finished with 67% best times and only three DQs. Great job!

New State qualifying times were achieved by Hugo Arteaga in the 100 Butterfly and 200 IM, Zack Kopsea in the 100 Breaststroke and 100 Butterfly, and Nathan Mudry in the 100 Freestyle.

Notching some of the fastest times in our history were Zach Kopsea 9<sup>th</sup> in the 100 Backstroke and Nathan Mudry 6<sup>th</sup> in the 200 IM.

Cutting more than five seconds in a single event included Hugo Arteaga -18.96 200 IM, Rylie Bergemann -8.32 100 Butterfly, Nathaniel Foster -5.04 100 Freestyle, Lindsey Hohnl -8.54 100 Freestyle, Zack Kopsea -5.91 100 Butterfly, Brady Moore -7.16 100 Freestyle, and Adam Ries -9.26 100 Backstroke.

Zack Hopsea and Adam Ries posted 100% best times in all of their events.

Great way to start off the 2018 meet season! Good luck this weekend in Brown Deer as we hosted our annual Penguin Challenge. Drive safe, swim fast, have fun!

## **Team Bowling Scheduled**

We will be hitting the bowling lanes on Sunday, January 21 at Castle Lanes here in Racine from 11 AM to 1 PM. \$15 covers the two hours of bowling along with some pizza and drinks. If you would like to attend (you include swimmers and a friend, moms, and dads) please forward \$15 per person to Coach Katie or Neil by January 12. Hope to SEA you there! Attending to date include Coach Neil, Coach Katie, Helena, Neil, Quinn, and Charlotte.

## **Upcoming Meets**

Date	Meet	Entry Deadline
January 13-14, 2018	SEA Penguin Challenge	Entries closed
January 26-28, 2018	35 <sup>th</sup> Annual Circle City Classic	Entries closed
February 2-4, 2018	A+	1/20
February 3, 2018	Dual w/Lake Geneva	1/20
February 9, 2018	Dual w/OZ	2/1
February 10-11, 2018	LAKE	1/21

February 16-18, 2018	Regionals	TBA
February 23-25, 2018	12&U State	TBA
March 1-4, 2018	13&O State	TBA
March 10-11, 2018	Wisconsin YMCA Regionals	TBA
March 16-18, 2018	YMCA State	3/11
March 20, 2018	End of Season Time Trials	3/15
April 3-7, 2018	YMCA Nationals	3/18

## We Need Officials and You Can Help

To run the meets we do, we need officials (duh, right?). Liz Christensen serves as your Officials Chair on our parent board and can help you become an official. Please reach out to Liz at 262.994.4088 or via email at [ejchrist@wi.rr.com](mailto:ejchrist@wi.rr.com). No experience necessary and when you volunteer at SEA hosted meets it fulfills your worker obligations (while giving you one of the best seats in the house).

## SCRIP Information

The SCRIP program is one of the easiest ways to meet your \$150 fundraising minimum for the Fall & Winter Season.

How it works, basically, families purchase gift cards for stores and receive a percentage back of each gift card purchased back in the form of fundraising dollars. There are a few families currently receiving over \$100 and more from this program annually.

In addition, once families have met their fundraising minimums, all dollars raised through SCRIP are deposited into their family fund accounts and can be used for swim tuition and meet fees.

If you have any questions, please reach out to Halina Puszisz at 262.497.1272 or via email at [hbp0691@gmail.com](mailto:hbp0691@gmail.com).

Take advantage of this easy opportunity and use SCRIP today! Detailed information can be found on our website. Here are the upcoming order and delivery dates:

*\*\* Please note that Thanksgiving bonuses are very high, but unfortunately available only in "SCRIP Now" and "Reloads." \*\**

Order By	Delivery On
January 21	January 24-25
February 4	February 7-8
February 18	February 21-22
March 4	March 7-8
March 18	March 21-22

## **No Locker Rooms Available at Case**

When we are training at Case High School and a high school basketball game is hosted there, we will lose use of the locker rooms. The bathrooms upstairs will be available for changing (please be sure to wear shoes when walking in the hallways). Dates in which the locker rooms will not be available include: January 19, 23, 26, February 2, 6, 8, 9, 15, 22.

## **January & February Birthdays**

<b>January</b>	<b>February</b>
Sofia Badillo, Kate Brown, Nicholas Foster, Nolan Greb, Fiona Marini, Scott Palmer, Marlee Reischl, Ali Scharff, Emaleigh Neo, Jameson Waite	Ethan Brannen, Maddy Cerny, Cale Elcano, Drew Esson, Jessica Gonzalez, Jacob Hendricks, Zarah Harron, Ava Knaus, Sophia Marini, Megan Schultz, AJ Wampole, Jason Lewis, Caleb Mulnix