



# Serpent Times

*The Weekly Newsletter of Southeastern Aquatics*

*Racine Family YMCA Swim Team, Est. 1984*

*January 18, 2018*

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## Neil's Notes

Thank you to everyone who pitched in last weekend in Brown Deer while we hosted our annual Penguin Challenge. Even with condensing the meet into a single session event, everything went off without a hitch. Let's continue to operate in this manner during our final two hosted meets ... USA Regionals and YMCA Regionals.

Saturday at the Lakefront YMCA Coach Alyssa will be certifying swimmers to dive of the block. If you son or daughter has not been certified to dive of on the block, this is your opportunity! Alyssa will be on deck from 8:00 AM to 9:30 AM ... stop by anytime.

Please take a moment and ensure you have your sons and daughters entered in any of the remaining meets on the meet schedule (SSTY A+ (there are qualifying times attached to this event), dual w/GYST, dual w/OZ, LAKE, USA Regionals (open to all swimmers), 12&U and 13&O State (there are qualifying times attached to these meets), YMCA Regionals (open to all swimmers), YMCA State and YMCA Nationals (there are qualifying times attached to these meets). 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 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 this Monday, January 22. Please speak with your athletes about who they would like to invite to practice (a friend or two). Use the flyer that was attached to this week's email blast to share with your sons'/daughters' friends.

Jo Anne Mudry is putting the finishing touches on Swim-a-Thon totals and should have her final report by this time next week.

We will have a few positions on the parent board reaching the end of their terms in the near future (more information to follow). If you feel you would make a good candidate for the parent board, please reach out to me for more information.

Finally, don't forget about our team bowling outing is this Sunday.

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!

## **Katie's Kickboard**

Hello Again!

What a great weekend we had up at Brown Deer. There were time drops across the board. Some kids shaved more than 20 seconds in one event! This shows that they are truly working hard in practice and listening to the coaches' instructions.

Thank you to all the family and friends that pitched in to help make the Penguin Challenge run so smoothly. It was a very short and sweet meet. But for some of us it was their first taste of competition. Take a look at the meet schedule for upcoming meets. There are two dual meets as well as the LAKE Open coming up!

Bowling is scheduled for this Sunday at 11am! Time to have some friendly competition in different kind of lanes. Please let Coach Katie know if you and your family are attending! This includes a pizza and a pitcher of soda per lane. SEA you there.

Bring-a-Buddy day is scheduled for Monday the 22nd. Swimmers will invite a friend to bring to practice that day at Case starting at 5:30pm. We will run fun activities that mimic practice for about 45 minutes. Finishing up with free-time for the swimmers to show their friends their favorite things to do at practice.

Bronze and Silvers have worked hard the last week on starts and turns. These next few weeks will be focused on strength and technique. Hopefully being able to take kids aside to work on individual weaknesses.

Gold's will start videotaping this week, this is sometime a slow process due to the number of kids. But this is a great opportunity for them to see how they look when their swimming. I know that everyone doesn't learn the same, so this is another great teaching/coaching tool.

For some of us this is the last "meet free" weekend of the season. I hear the sun will be shining and it will be in the high 30's, so enjoy. I'm thinking about checking out the ice rink in downtown Racine! Like always Coach Neil and I are always happy to help out with questions, comments, or concerns.

## **Where to park at Case High School**

Please refrain from parking next to the building at Case High School. Families are welcome to drop off their swimmers at the pool doors and then park in the south lot next to tennis courts. This is the request of the Athletic Director at Case. Thanks in advance for your cooperation.

## **13&O Training Trip ... deadline is Feb. 12**

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. Attending to date include Macie Ritter, Megan Schultz.

## **Penguin Challenge Recap & Highlights**

We hosted our annual Penguin Challenge last weekend in Brown Deer and posted 56% best times (175 out of 309 swims) and 25 DQs. Most of our DQs were posted by our first-year swimmers and serve as a reminder to continue working hard in practice to clean up any “problems” we may have in regards to turns and finishes. ALL swimmers DQ in this sport and it’s nothing to “freak out” about. Coaches will continue to reinforce correct technique for turns and finishes and this information will eventually “stick” in the minds of our first year swimmers! Regardless, great job to all of our swimmers and coaches last weekend!

New State qualifying times were achieved by Zack Kopsea in the 100 Butterfly and 100 IM, Nathan Mudry in the 100 Backstroke, and Megan Schultz in the 200 Breaststroke.

Nathan Mudry cracked into the Top Ten all-time in the 100 Backstroke – 10<sup>th</sup> and the 200 Butterfly – 3<sup>rd</sup>.

Swimmers taking home a High Point medal included Nicholas Foster 2<sup>nd</sup> place with 56 points, Mac Thomas 3<sup>rd</sup> with 121 points, Hopking Uyenbat 2<sup>nd</sup> with 110 points, Alex Pudzisz 1<sup>st</sup> with 96 points, and Chris Pudzisz 2<sup>nd</sup> with 80 points.

Major improvements in time (five seconds and greater) were recorded by Alessandra Arteaga -11.00 in the 50 Freestyle, Rylie Bergman -5.32 in the 100 IM, Ethan Bergman -13.43 in the 200 Freestyle, Arev Buchaklian -29.61 in the 200 IM, Nathaniel Foster -15.60 in the 200 IM, Grace Gross -11.83 in the 100 IM, Jake Hendricks -34.24 in the 100 Freestyle, Lindsey Hohnl -12.97 in the 100 Backstroke, Shaelyn Jensen -41.43 in the 200 Freestyle, Callie Klepp -11.78 in the 200 Freestyle, Ava Knaus -52.32 in the 200 Backstroke, Jorja Makovsky -5.39 in the 100 Backstroke, Fiona Marini -9.19 in the 50 Freestyle, Sophia Marini -20.98 in the 100 Freestyle, Claire Meiri -13.75 in the 100 Backstroke, Julia Meiri -11.18 in the 50 Freestyle, Brady Moore -13.29 in the 200 Freestyle, Nolan Mrotek -7.35 in the 100 Freestyle, Grace Neumann -14.51 in the 100 Breaststroke, Yash Patil -19.91 in the 200 IM, Emery Pitts -12.47 in the 50 Backstroke, Megan Schultz -5.26 in the 200 Backstroke, Jordan Stouffer -30.07 in the 200 IM, Alice Stratman -24.66 in the 200 Freestyle, Elizabeth Stratman -19.28 in the 200 Breaststroke, Mac Thomas -7.97 in the 200 IM, and Vivian Utschig -20.20 in the 100 Backstroke.

Many swimmers notched best times in all of their events! Congratulations to Anna Bayer, Ethan Bergman, Arev Buchaklian, Callie Klepp, Ava Knaus, Jorja Makovsky, Sophia Marini, Claire Meiri, Yash Patil, Adam Ries, Megan Schultz, and Elizabeth Stratman.

Enjoy the upcoming weekend (no meets scheduled). Hope to SEA you at the bowling party on Sunday!

## 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. Hope to SEA you there!

## Upcoming Meets

Date	Meet	Entry Deadline
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**

January	February
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