



# Serpent Times

*The Weekly Newsletter of Southeastern Aquatics*

*Racine Family YMCA Swim Team, Est. 1984*

*January 25, 2018*

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## Neil's Notes

We are combined at Park tonight ... this is a change from our posted calendar. Also, Coach Katie and I will be attending the Indiana meet this weekend. In our absence, Coach Alyssa and Jake will be covering practices Friday and Saturday. Diving practice will not be offered this weekend.

I will take late entries for the upcoming dual meet with Lake Geneva YMCA through 8:00 PM tonight – 1/25/18. This is a perfect meet for first year swimmers and for any swimmer not attending the A+ meet. Take advantage!

I have updated the Meet Information page of our website this morning. We are about to get real busy, really quick and you don't want to miss out on any of the remaining meets ... take a moment to double-check your swimmers' entries and add additional meets to their calendar where you see fit. All swimmers should plan on attending both Regional meets (USA and YMCA).



We had a lot of fun at the bowling party last weekend. I believe our high game this year was achieved by Shawn Jensen at well over 200 points. Thanks to Coach Katie for taking the lead his year and setting everything up ... you're a great help!

This weekend we'll head down to Indianapolis for the annual Circle City Classic. Warm-up times are posted below and are assigned. Please be on time for warm-ups. Drive safe, swim fast, and most of all, have fun!

Warm-up times for this weekend's meet in Indianapolis:

Friday evening, 4:35-5:05 p.m. in lane 5 of the south pool

Saturday 13&O, 6:30-7:00 a.m. in lane 8 of the south pool

Saturday 12&U, 12:30-12:55 p.m. in lane 4 of the south pool

Sunday 13&O, 7:40-8:10 a.m. in lane 8 of the south pool

Sunday 12&U, 1:30-1:55 p.m. in lane 4 of the south pool

Finals, 13&O swimmers competing in Finals should check with me for what time to return in the evening

Please take a moment and ensure you have your sons and daughters entered in any of the remaining meets on the meet schedule (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 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.

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.

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!

## Senior Pool Update

I have not posted an update in some time ... we'll file this under better late than never. Before I begin, I want to thank Coach Alyssa for all her flexibility and hard work over the season. She has stepped up and blossomed into a great senior level coach and I really enjoy working the deck with her. We are lucky to have her and I hope when she gets into a "real" job she finds time to continue to coach here at SEA.

As of late, our seniors have been focused and working hard. We have chatted two times about attendance over the past few weeks. In one of our meetings, we reviewed our goal sheets (specifically our attendance goals) and related that goal to our end of season goal times. In a nutshell, we are failing at attending practice regularly. Our best percentage of attendance was 72 and the median attendance percentage was in the upper 40s to low 50s. We have a lot of work to do if we want to pull PRs by the end of the season and I'm happy to report we have already seen a change ... I hope this change remains for the duration of the season.

During December Alyssa and I videotaped all four strokes (underwater (front and side view) and above water). Videotape review is a laborious process, but it carries with it the benefit of visual feedback instead of just verbal. We have been slowly sitting down with each athlete and

spending 15-20 minutes of review time for each stroke. I'd say we are about 85% of the way through all senior athlete reviews and should have everyone finished by within the next two weeks.

Our athlete rep – Marlee Reischl – attended the LSC House of Delegates meeting this past Tuesday and was one of only 18 swimmers from across the state in attendance. Marlee will serve as our athlete rep through April of 2019 at which time Emily Cain will begin serving her year. Swimmers interested in learning about the “dry-side” of our sport and will be in 10<sup>th</sup> grade or higher are encouraged to reach out to me to be considered as SEA's athlete rep.

Beyond that, it's been busy as usual and we are looking forward to some fast swimming during the next two “big” meets on our schedule – Circle City Classic and A+. Please reach out to Alyssa or I if you have any questions or concerns. Thanks for reading.

## **Katie's Kickboard**

Hello again!

Bring-a-friend day this past Monday was hectic but i am happy to say we had about 25 friends attend, and about 50 total kids in the water. This was more kids than we had tryout at the beginning of this season! I am so tickled to see how excited our athletes were to share what they love with their friends. Hopefully we will see some of those faces in the water soon!

As you may notice, the coaches adjusted the training groups a little. With this there has been increased interest and questions on how to advance. Located on our website, under Members, is a link for each training group. By clicking on each one you can get a better understanding of what is required to advance and succeed in each group. Feel free to ask any coach for clarification on the requirements if necessary.

Reminder! When practice is at Case High School we ask parents to park by the tennis courts rather than in the faculty parking near the building. It may be a chilly walk, but there needs to be spots available for Case faculty or in an emergency.

Here it is! Our busy season. There is a meet every single weekend until the end of the season (March 19th). This means that there are a ton of opportunities to swim in the upcoming weeks, more swims=more best times. Some of us are very close to state cuts and every chance counts! Check out the meet schedule online for the deadlines so you don't miss out.

Bronze have been very productive lately, adding longer more difficult swims. Listening has been on point, which allows them to work on more skills. They have been getting so good at kicking since using fins regularly. Now we need to focus on their upper body strength. Something as simple as x5 push-up before practice every day, or pull-ups on the starting block can help. Strength will be their goal these next few weeks which directly relates to their butterfly coordination.

Silvers have stepped back a bit to focus on body position in the water. Kicking with our hands up in streamline, focusing on keeping their hips up. I love using analogies when coaching and I relate their body position to a teeter totter. If their legs are sinking their head is probably too high in the water. Luckily, we have very smart athletes and they quickly catch on.

Along with Bronze, Silvers will work on upper body strength in the coming weeks. Adding push-ups and pull-ups to their daily routine. With the hopes of strengthening their butterfly and overall performance.

Gold's have laid back a bit this week to focus on starts, turns, and finishes. Some of them will compete this weekend in Indianapolis, in a pool where Olympians have swum their best! Good luck and safe travels!

Video Taping and reviews have begun. Thursdays during LTS coach Katie will be using a cool app on her phone to record each stroke. Taking time over the weekend to analyze and critique each athletes' footage. The following week we will review the footage when time permits. Knowing that each kid learns differently, this is another great tool coaches have to help the athletes understand and perform better.

As always coach Neil and I are always her to help. Feel free to contact us with any 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 volunteer 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.

## 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+	Entries closed
February 3, 2018	Dual w/Lake Geneva	1/25, 8 PM
February 9, 2018	Dual w/OZ	2/1
February 10-11, 2018	LAKE	1/21
February 16-18, 2018	Regionals	2/7
February 23-25, 2018	12&U State	2/14
March 1-4, 2018	13&O State	2/18
March 10-11, 2018	Wisconsin YMCA Regionals	3/5

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
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 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