



# Serpent Times

*The Weekly Newsletter of Southeastern Aquatics*

*Racine Family YMCA Swim Team, Est. 1984*

*January 5, 2018*

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## Neil's Notes

Happy 2018 and welcome back ... we've missed you. Now, if only it was mid-70s and the sun was out right about now. We can wish ... and wait. ☺

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**

Happy New Year!

I hope everyone had an awesome holiday break and stayed warm. With the new year come new resolutions and goals! This is a great time to check off completed goals and challenge yourself with new ones. We have come a long way since the fall and have improved tremendously, keep up the hard work.

Friday, we will host our Distance Time Trials at Park warm-ups start at 5:30pm. This is a great opportunity for swimmers to try a new event especially if they are hesitant. The atmosphere is laid back and at a familiar pool. I encourage Silvers and beyond to sign-up, there is still time! Just shoot Neil an email or show up on Friday at Park!

This weekend we head to Brookfield East High School to "Escape to Hawaii" and swim fast! Hopefully we can enjoy the tropical feels enough to forget about the frigid temperatures lurking outside.

Bronze group have been doing amazing! They are listening, working hard, and having fun. They have been working even more with their flippers, they love to race in them. We will prepare for upcoming meets with continued work on starts and turns.

Silvers have been getting into some of the test sets we have and did great! Picking up the pace and racing more has been tiring but enjoyable for them. Just like Bronze, Silvers will prepare for the upcoming meets with continued work on starts and turns.

Gold's took a little break from our Monday kick set because we didn't have practice! So I threw in 6x100 flutter kicks to ring in the new year and it was rough. They did not realize how much the kick sets help them! So, we will ease back into them but we won't give up our kicking! I have seen tremendous improvements in their strokes overall since starting this set. Hard work truly pays off.

Quote of the week: After only 2x100 flutter kicks for time... "Coach Katie, can we please never take a break from our kick set!? I'm so out of shape!" -CJ Trask

## **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!

## **Upcoming Meets**

Date	Meet	Entry Deadline
January 5, 2018	Distance Time Trials	Entries closed

January 6, 2018	EBSC	Entries closed
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 7	January 10-11
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 5, 8, 12, 19, 23, 26, February 2, 6, 8, 9, 15, 22.

## **November & December 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