



# Serpent Times

*The Weekly Newsletter of Southeastern Aquatics*

*Racine Family YMCA Swim Team, Est. 1984*

*October 20, 2017*

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## Neil's Notes

**J-HAWK Meet Information** - This weekend we travel West to attend the J-Hawk Fall Starter event. This meet will run as a single session meaning all swimmers will compete during the same session. We have assigned warm-ups and will be in lanes 4-5 from 8:30 a.m. to 9:00 a.m. Awards will be bagged during the meet and handed out Monday at practice, flyover starts will be used (be sure to instruct your swimmers to wait in the corner of the lane when they finish their races – exit the pool if it's a backstroke race though), and there will be a 10-minute in water break prior to the 500 and 1000 Freestyles. Drive safe and good luck!

Don't forget to enter your swimmers in our November 5<sup>th</sup> meet. Entries are due now. Email me to sign them up!

Monday, October 23 we are combined at Case and Elmore Swim Shop will be on deck for all your swimming equipment needs. We will also conduct the monthly parent board meeting beginning at 6:00 p.m. All welcome.

This Wednesday, October 25 we will have a Halloween practice at Park. This event will take place of all regularly scheduled practices and will begin at 5:30 p.m. and end at 7:30 p.m. View the flyer for more information.

Coach Alyssa will be at the Lakefront YMCA this Saturday from 8:00 a.m. to 9:30 a.m. to work with any swimmers needing certification diving off the blocks. Stop by anytime.

The KENO meet has moved from November 5 to November 12 (same date at the SSTY Invite in Brown Deer). There are a few high school boys who will need to swim the 200 Freestyle (one of the first events at the KENO meet) and then drive up to Brown Deer to partake in the SSTY meet. I'll reach out to families who need to participate in both meets.

Tuesday, October 24 is the Wisconsin LSC meeting. LSC stands for Local Swim Committee and acts as the arm of USA Swimming here in Wisconsin. I have served on the Board of Directors in the past as Age-Group Chair and currently am in my third year serving as the Secretary. In addition, Jeff Peterson (daughter Maddie swims in the Senior group) is our team's voting delegate, Pat Lewno serves as the LSC's Treasurer, and Marlee Reischl has our vote as the team's athlete's rep. Coach Alyssa will be covering Senior practice Tuesday in my absence.

I can be reached at 262.898.4766 or via email at [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com) and Coach Katie can be reached at [katiepalmiter@gmail.com](mailto:katiepalmiter@gmail.com). Remember, my staff and I are here for you and your swimmers. If you're confused about anything or are wondering why things are done the way there are done ... ask! Happy to help!

## **Katie's Kickboard**

Hello SEA families!

I am here reading our newspaper article from the OZ meet and my jaw is in the table. There were outstanding performances across the board. We have definitely started this season off in the right foot.

We will be offering diving certification this Saturday morning from 8:00 until 9:30am at the Lakefront YMCA. Swimmers look for coach Alyssa on deck and she will get you going. Parents can enjoy coffee in the lobby or take a stroll by the lake!

While we still offer normal Silvers and Gold practice at the Sealed Air location from 8:00 to 9:30. Those swimming Sunday in Whitewater this is a perfect chance to get some fine tuning in before race day. As well as getting block certified at the Lakefront location.

Elsmore swim shop will be at Case on Monday October 23rd with a bunch of swim equipment and accessories. This is a great opportunity for those who have yet to purchase equipment to do so.

Bronze are kicking butt (literally) at dolphin kick. Coordinating the butterfly arms is the challenging part. But with the help of their fins they should catch on quick. Their fins have also been helping them learn how to Sprint! Kicking and moving at race pace helps them get the feel of competition.

Silver's have been using their fins for butterfly and sprints as well. These guys love the feeling of their fins. It's great to be able to move at a faster pace and it gives them the ability to swim easier. We will continue to coordinate or butterfly, so keep bringing those fins!

Gold's will amp up the yards and core work in dryland as we get closer to Halloween and Thanksgiving. Not only for those candy calories but because having a stable core is key to speed. We will continue to do our Monday kick sets and LTS on Thursdays. I have a few more test sets up my sleeve that I'm excited to see these athletes destroy!

Quote of the week, "Sorry I was late Coach Katie, I had to finish my French fries, I was starving!" (she wasn't even late) - Shaelyn Jensen (who crushed it this past weekend at the OZ meet)

## **OZ Fall Classic Recap and Highlights**

I was so impressed with our efforts and results during last weekend's meet. Friday night was light's out swimming during the 400 IM and 1000 Freestyle events. Of the 11 swims we posted nine best times with huge time drops across the board – congratulations to Rylie Bergemann on her first 400 IM (not bad for having been on the team for only one year).

As a team we finished 37 best times of 65 swims, only one DQ (a slight flinch at the start = false start), ten new State qualifying times, and finished ninth of ten teams scoring 566 points (not bad with only ten swimmers entered in the meet – yes, we were the smallest team entered in the meet).

New State qualifying times were achieved by Shaelyn Jensen (25 and 50 Breaststroke), Zack Kopsea (1000 Freestyle and 400 IM), Nathan Mudry (100 Breaststroke), and Hopking Uyenbat (100 Freestyle, 50 and 100 Backstroke, 100 Breaststroke, 400 IM).

Notching some of the fastest times in our team's history included Sofia Badillo (10<sup>th</sup> 400 IM), Nathan Mudry (8<sup>th</sup> 200 IM, 4<sup>th</sup> 1000 Freestyle, 8<sup>th</sup> 400 IM), Zack Kopsea (5<sup>th</sup> 1000 Freestyle), and Hopking Uyenbat (7<sup>th</sup> 400 IM).

Nathan Mudry (1<sup>st</sup> place with 114 points) and Shaelyn Jensen (2<sup>nd</sup> place with 104 points) brought home Highpoint Awards and event winners included Sofia Badillo (100 Butterfly), Shaelyn Jensen (25 Breaststroke), and Nathan Mudry (200 Freestyle, 200 Backstroke, 100 Breaststroke, 200 IM).

Cutting more than five seconds from a single event were Joe Abel (-172.61 1000 Freestyle), Sofia Badillo (-98.86 400 IM), Rylie Bergemann (-9.41 100 Breaststroke), Shaelyn Jensen (-6.23 100 IM), Zack Kopsea (-11.37 400 IM), Nathan Mudry (-5.51 1000 Freestyle), Scott Palmer (-7.56 200 Backstroke), and Hopking Uyenbat (-18.31 400 IM).

Posting 100% best times included Rylie Bergemann and Shaelyn Jensen.

The take away from last weekend's meet is we are in great swimming shape. We have definitely worked hard during the first month of the season and pretty much pick-up where we ended last season. I challenge swimmers and coaches alike to continue working on the little things that make for fast swimming (starts, turns, and finishes). Good luck this weekend in Whitewater!

## Upcoming Meets

Date	Meet	Entry Deadline
October 22, 2017	J-HAWK	Entries closed
November 5, 2017	SEA Pentathlon	10/20
November 10-11, 2017	PX3	TBA
November 12, 2017	SSTY	11/1
November 12, 2017	KENO	TBA
November 18-19, 2017	STAT & WAUN Prelim/Final	11/1
December 1-2, 2017	SWAT	11/11
December 8-10, 2017	SSTY	11/11
December 16-17, 2017	Single Age State Sprint Championships	11/11
December 19, 2017	Middle Distance Time Trials	12/19

## Strength Training with Coach Matt

Strength Training is an important part of cross training for our high school athletes and Coach Matt will begin offering three training sessions a week at his new location – Mt. Sinai Gym, 2045 Lathrop Avenue here in Racine.

Training will be offered Tuesday and Thursday, 4:00-5:00 p.m. and Saturday, 10:00-11:00 a.m. Take advantage – strength equals speed!

## **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).

## **Tryouts**

Tryouts for October will take place at Park High School on Monday, October 30 beginning at 6:00 p.m. Swimmers interested in joining the team will have an opportunity to swim 25-yards Freestyle and Backstroke (may be asked to demonstrate Butterfly and Breaststroke too) and swim in the diving well. Those able to swim 25-yards without stopping and demonstrate an ability to swim in the diving well be extended a two-week tryout a period! Please share the date with interested family and friends. \$25 “finders” fee credited to your family fund account for any new swimmer you recommended to the team.

## **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.” \*\**

<b>Order By</b>	<b>Delivery On</b>
October 22	October 25-26
November 5	November 8-9
November 19	November 22
December 3	December 6-7
December 17	December 20-21
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: November 21, 28, December 7, 8, 12, 15, January 3, 5, 8, 12, 19, 23, 26, February 2, 6, 8, 9, 15, 22.

## September & October Birthdays

September	October
James Akakpo, Zoe D’Alessandro, Iman Deanparvar, Anisha Jain, Amelia Mason, Nadya Muzyka, Grace Neumann, Yasho Patil, Adam Ries, Nathan Smith, Aiden Yu, Maritxell Chavez-Alvarado, Nathan Strickland, Lindsey Hohnl	Srushti Ingle, Ava Jacobson, Shaelyn Jensen, Hannah Kehl, Angela Mrotek, David Sokol, Charlotte Wright, Quinn Wright, Neil Wright III, Eric Neo, Sarina Foster, Lenna Karapetian