



# Serpent Times

*The Weekly Newsletter of Southeastern Aquatics*

*Racine Family YMCA Swim Team, Est. 1984*

*October 6, 2017*

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## Neil's Notes

Please don't forget we will be conducting Sprint Time Trials this Monday, October 9<sup>th</sup> at Park High School with warm-ups beginning at 5:30 p.m. The meet will begin at 6:15 p.m. and is a great way to kick-off the meet season. This experience is for ALL swimmers and should finish up by 7:00-7:15 p.m. We will also need some parental assistance in the form of timers and officials (especially someone to start the races). All parents who are available to help can meet on deck next to the First Aid closet at 6:05 p.m. Thanks in advance for stepping forward!

We added a dual meet to our meet schedule and it coincides with a fun event in Lake Geneva. We will dual the Ducks at the Lake Geneva YMCA on February 3. Winterfest and the US National Snow Sculpting Competition is also taking place that weekend (on Lake Geneva). Along with these two events, we will also be attending the SSTY A+ meet in Brown Deer ... busy weekend!

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

It is finally October, my favorite month of the year! We have several meets coming up this month, so make sure you check the calendar and email your intentions. There is still time to sign up for the time trial this coming Monday at Park. I recommend all athletes participate in this event, it's a blast!

This past week Bronze and Silvers have been focusing on breaststroke, mainly the kick. I gave them some easy ankle exercises they can do at home to work on flexibility. This is a hard Kick to master but with plenty of practice they will catch right on. Next week Bronze and Silvers will tackle butterfly! Breaking down each aspect of this tricky stroke.

For the last 5 to 10 minutes of every practice for Bronze and Silvers will focus on starts, turns, or finishes. In order to safely dive from the starting blocks at practice or in a meet we require all athletes to get block certified. This takes place on Saturday mornings at the lakefront YMCA by request. If your athlete is interested please email Neil and he will getting you all set up.

Next week for all training levels we will do goal setting at the beginning of practice on Thursday October 12th.

Gold's have been working on their bodyline and sculling. Controlling their core in the water is tough, but they are catching on fast. Sculling is the best way to learn to feel the water. Learning to use their whole arm to pull water rather than just their hands. We have a very talented and funny group of Gold's this year.

Last season I chose a swimmer of the week. But this season I have decided to choose a quote of the week, from one of our very own athletes. Your children are hilarious and I should write a book with the silly things they say.

Have a great weekend!

## Upcoming Meets

Date	Meet	Entry Deadline
October 9, 2017	Sprint Time Trials	10/7
October 13-15, 2017	OZ	Entries closed
October 22, 2017	J-HAWK	10/11
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

**How SCRIP saves our family HUNDREDS of Dollars**

Hello fellow SEA families,

My name is Sarah Foster and all three of our children Nathaniel (9- Gold), Nicholas (7- Bronze) & Sarina (4- Bronze) currently swim for SEA. We first joined the SEA team in the fall of 2016. Prior to SEA we have never participated in competitive sports and were surprised to realize that we had to FUNDRAISE in addition to paying the registration & meet fees. I am by no stretch of the imagination a sales person and truth be told feel uncomfortable asking friends and family to pay a hefty price on pies, popcorn, pizzas or any other typical fundraising item.

I first learned about SCRIP through the NEWSLETTERS that come out weekly. It sounded good, so I looked at what it was about and learned that I had to register, give my bank info etc. Well needless to say it sounded too complicated and I figured I will just pay the money.

It was not until our first meet at Walter Schroeder in November of 2016 that Halina Pudzisz encouraged me to give it a try and sign up. Since I did the truly simple registration process I have not looked back and it has saved me by now over ONETHOUSAND Dollar, to be precise \$1113.45 as of today 9/29/17!! YES, you read that correct!

The SCRIP program gives a percentage back to you on each purchase and SEA allows its members to keep 100% of that money to use toward registration and meet fees, unlike some schools and other sport clubs. SCRIPs program allows you to either purchase physical giftcards or use their [www.myscripwallet.com](http://www.myscripwallet.com) APP / Website to get instant giftcards or reload a physical giftcard that you have such as for PickNSave, Speedway, and/or PaneraBread to name a few.

I am horrible at planning ahead and therefore do not like to get physical giftcards, except for Kwik Trip. I primarily use the [www.myscripwallet.com](http://www.myscripwallet.com) App for which I keep a quick link in my FB messenger, I have an Android phone. Apples iPhone allows you to save the website as an app-tile on your phone. Although places such as Amazon only give you 2.5% back it adds up and who doesn't shop on Amazon?!

When shopping at Old Navy, Sam's Club, Nike or Adidas for example I will have my app open, wait for the total to get rung up and simply purchase a giftcard on my phone, which after about 30-45 seconds shows up. All my giftcard balances remain in one place and I don't have to worry about forgetting where I put a giftcard or how much is left on it. I don't have to worry about preplanning each month to get a certain amount of physical giftcards that I will then have to carry around to be sure to use.

SCRIP frequently has 'ThankSCRIPing days' on which dates random retailers will give additional percentages. Old Navy will go to 20-25% for example, Applebees went from 8% to 18% the last time etc. Although there is a very minimal fee of 15 cent per each gift card order the savings have clearly outweighed the fee. Most retailers participate in the program and allow for instant giftcards on the App. I have found that although TJMaxx is not on their myscripwallet app as instant option, their giftcard loads instantly as well when you go to their main website [www.shopwithscrip.com](http://www.shopwithscrip.com) from your phone once your total rang up.

I already fundraised my required \$150 for the Fall/Winter Season 2017 and will be able to use the rest either toward my children's meet fees or the registration fees for Spring/Summer. I am so

grateful that I can use the SCRIP FUNDRAISING option as it saves us HUNDREDS of dollars and I don't have to worry about putting up flyers at work, asking around for friends and family to spend money etc.

Since SEA also does Team Fundraisers such as Buffalo Wild Wings, we enjoy going at times. Not only will SEA get 10% back on the total bill but I will also get at least 8% back as I use SCRIP to pay. Win-Win for me and the team 😊

If you are uncertain on how to get started I would be more than happy to help guide you through the process, as would Halina Pudzisz who is our SCRIP coordinator. You can either catch me on the pool balcony at Case from 530 most nights or call me if you have questions at 262-344-4433.

Give SCRIP a serious TRY!!! As Thanksgiving is approaching the percentages will be insane and getting your Christmas shopping done while earning money back toward your child's fees sound pretty awesome to me!

Welcome to all the NEW SEA families and glad to see so many familiar faces back on the balcony at Case!

Sarah Foster – [SarahMFoster@outlook.com](mailto:SarahMFoster@outlook.com)

(proud MOM of three SEAtastic young swimmers)

## **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, 9:45-10:45 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 8	October 11-12
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

## **New Parent Meeting**

Coach Neil will be host a meeting for all new parents on Tuesday, October 10 at Case High School beginning at 6:00 p.m. Please plan to meet with Neil on the pool deck. This is a great way to meet other new parents and learn more about one of Racine’s hidden gems ... the SEA Swim Team.

## **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**

<b>September</b>	<b>October</b>
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