



Serpent Times

The Weekly Newsletter of Southeastern Aquatics

Racine Family YMCA Swim Team, Est. 1984

November 17, 2017

Neil's Notes

Great swimming last weekend! Good luck this weekend in Beloit. Drive safe!

STAT Prelim/Final Information:

Saturday AM (13&O) warm-ups begin at 7:25 a.m., meet begins at 8:05 a.m. and is scheduled to end at 11:30 a.m.

Saturday PM (12&U) warm-ups begin at 11:30 a.m., meet begins at meet begins at 12:40 p.m. and is scheduled to end at 4:00 p.m.

Sunday AM (13&O) warm-ups begin at 7:40 a.m., meet begins at 8:20 a.m. and is scheduled to end at 11:15 a.m.

Sunday PM (12&U) warm-ups begin at Noon, meet begins at 12:50 p.m. and is scheduled to end at 3:35 p.m.

Swimmers making to through to Finals on Saturday and/or Sunday should check with me for what time to return for warm-ups.

Coach Katie can be reached at coachkatiejames@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 again! This past weekend was a busy one, we were all over southeastern Wisconsin. There were impressive swims across the board. We had swimmers who had been disqualified the previous weekend successfully finish their race! This is my favorite part of coaching.

We are closer to the holidays and closer the 11 & under state meet. The time standards for this meet are with coach Katie and posted online. I would love to have nice group of athletes to this meet.

This week coach Katie has had the pleasure of working more with the Bronze level athletes. We have been introducing flip-turns and doing longer swims to get them good and tired! These athletes have a drive to swim and they will swim forever! (which is great for the swim-a-thon coming up).

This week we welcomed back Coach James! He has been working with the Silver and Gold levels. We are happy to have him Tuesdays and Thursdays.

This week the Silvers worked on starts and turns for a large chunk of practice. This is where we got disqualified the most. As well as remembering to finish all the way to the wall with the correct touch. This seems like a lot, but I assure you that I will become second nature soon enough.

Gold's have had some extra room this week and we've taken full advantage of it. Swimming side-by-side allows them to keep up with each other and not circle swim. Now that athletes are competing in longer distances learning not to circle swim is important. I'm very proud of them this week, I threw some hard sets at them and they crushed it!

Quote of the week! Warming up at the SSTY meet on Sunday Alaina Pitts was so excited that she didn't want to end warm-ups. "Awe, I don't want to get out, can we keep swimming!?". We had plenty of time so I let her and her cousin Emery Pitts keep swimming. These girls had a great meet! It's awesome to see this excitement.

Fundraising Reminders

Deadline to order your custom Flip-flops is November 17!

Visit flipsidez.com and start designing yours. Be sure to enter "SEA" in the coupon code field, and use SEA's mailing address for free shipping (725 Lake Avenue, Racine, WI 53403).

WIN-WIN reasons to purchase these flip-flops ...

1. They're fun, cool, unique which should get lots of "looks," hence promoting SEA
2. Helps the team and your families meet fundraising obligations
3. Feel Good! \$1 from every pair goes to Varsity – Children's Charity of Wisconsin
4. Cross a few names off your Christmas list! Personalize a pair for your school, sport team, wedding, upcoming vacation, or get matching ones for all of your friends!

Additional fundraising reminders ...

1. Pick up for Elegant Farmer Pies is next Wednesday at Case, 5:00-6:30 p.m.
2. SEA "Fan Of" Shirt orders are due November 15
3. Beyond Flip-Flop Sale orders due November 17
4. Annual Swim-a-Thon – Save the Date for December 21

Last Weekend's Meet Recap & Highlights

New State qualifying times – Josh Abel (400 IM, 1000 Free, 200 Free), Zack Kopsea (200 IM, 100 Free, 50 Back), Nathan Mudry (100 Fly), Megan Schultz (100 Breast), and Mac Thomas (100 Free, 200 Breast).

New Top 10 Times – Josh Abel (10th 400 IM), Nathan Mudry (4th 400 IM, 2nd 1000 Free, 4th 1650 Free), Jake Trask (10th 400 IM, 9th 100 Fly), Sofia Badillo (10th 200 Breast), Zoe D'Alessandro (6th 200 Breast), and Mac Thomas (5th 200 Breast).

Posting 100% best times – Josh Abel, Matt Krug, Brady Moore, Adam Ries, Jack Borzynski, Nolan Greb, Nolan Mrotek, Nathan Mudry, Megan Schultz, and Mac Thomas.

Cutting more than five seconds in a single event – Joe Abel -15.57 400 IM, Josh Abel - 42.42 1000 Free, Nathaniel Foster -5.83 100 Free, Zack Kopsea -7.04 200 IM, Brady Moore -5.46 50 Back, Nathan Mudry -26.80 1650 Free, Adam Ries -14.82 200 Free, Maddie Cerny -10.41 500 Free, and Nolan Mrotek -23.63 100 Free.

Upcoming Meets

Date	Meet	Entry Deadline
November 18-19, 2017	STAT & WAUN	Entries Closed
December 1-2, 2017	SWAT	11/20
December 8-10, 2017	SSTY	11/20
December 16-17, 2017	Single Age State Sprint Championships	11/20
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. 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.

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
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.

November & December Birthdays

November	Decmeber
Jonah Bouy, Nolan Mrotek, Helena Pudzisz, Macie Ritter, Lauren Flynn, Taylor Knaus	Alessandra Arteaga, Ethan Bergman, Sara Bollendorf, Nathaniel Foster, Alex Pudzisz, Chris Pudzisz, Sammie Spanske, Mac Thomas, Rachel Christensen, Cole Johnson, Brianna Jones, Eleanor Mason, Janavi Munagavalasa