



# Serpent Times

*The Weekly Newsletter of Southeastern Aquatics*

*Racine Family YMCA Swim Team, Est. 1984*

*November 3, 2017*

---

## Neil's Notes

This Sunday we'll host our first meet of the season at the RecPlex in Pleasant Prairie. Warm-ups for all swimmers will begin at 8:00 a.m., meet begins at 9:05 a.m. and is scheduled to end at 11:17 a.m. This is probably the quickest meet we will ever have run! Heat sheets are posted on our meet landing page. Have fun, drive safe, swim fast!

Good luck to our high school girls as they participate in WIAA Sectionals this weekend in Greenfield – rock those blocks!

As a reminder, any swimmers getting dropped of early for practice should remain on the pool deck or sit in the balcony. It's a good idea to begin games to play, homework to finish, or even a book to read if getting dropped off early. Never run in the hallways or explore any other parts of the schools we rent from.

In addition, when we train at Case, please ensure you park in the South Lot next to the tennis courts ... do not park next to the building. Thanks for your cooperation in this manner.

Here are some "last call" dates for the meets we are attending in November:

- 1) Tonight is the last chance to sign-up for the PX3 meet
- 2) Tonight is the last chance to sign-up for the KENO meet (this meet is for our Senior training group (boys) only)
- 3) November 6 is the hard deadline to enter the SSTY Invite
- 4) November 7 is the hard deadline to enter the STAT/WAUN Prelim/Final meet

Coach Katie can be reached at [coachkatiejames@gmail.com](mailto: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

Now that the weather has caught up with the seasons I've had to bust out my winter gear. Don't forget to pack a hat to keep your wet hair from freezing as you run to your parent's car after practice. This past week we celebrated Halloween! Which happens to be my favorite holiday! So, we had fun this week with spooky workouts and tombstone kick sets. Holidays are my favorite time to write workouts because I get to use my creativity to come up with drills or workouts that are fun but still challenging.

This weekend we have all hands-on deck and host our very own SEA Pentathlon, down at the Pleasant Prairie RecPlex. In order to prepare for this, we will focus on the little stuff the next few days. This includes: turns, starts, breakouts and learning the proper order for the IM. If you have any questions feel free to ask Neil or myself.

Hopefully we see some great results this Sunday. Athletes that are not dive certified are not allowed to dive from the blocks at meets until they do so. Fortunately, Coach Alyssa will be at the lakefront YMCA this Saturday from 8 - 9:30am. All other swimmers can join Coach Jake, Neil, or myself at Sealed Air YMCA for normal practice.

Neil will be taking entries for any other meet in November (there are a lot) through today. There is a new Prelim/Finals meet down in Beloit which will be fun. But if you are looking to stay closer to home the PX3 meet and the Keno Invite are perfect for those new athletes still testing the competitive waters.

It is never too early to start looking at state cuts, zone cuts, or even national cuts. Setting goals always give you something to work for and focus on. State cuts just so happen to be some of those goals. Luckily for anyone 11 years old or younger now you have more cuts you can achieve for the Single Age State Meet in December. I have printed out the cuts and will have them accessible at practice every day.

Bronze and Silvers have been working on kicking. Using their fins not only is helping to strengthen their legs but also helps control their body in the water. This next month will be focused on legalizing and strengthening their breaststroke and butterfly. Keep bringing your flippers!

I have revamped the dryland for the Gold's slightly, adding an agility ladder. Which will help mostly with coordination, speed, and great cardio. Continuing to work on strengthening and stabilizing their core. I have also added a shoulder and posture stretching routine that they will do every day before practice.

Good luck and swim fast!

Quote of the week – “Oh no Coach Katie! Your jeans have holes in them! I know someone who can fix them for you so you don't get cold!?” -Sarina Foster (She was baffled that I actually bought my pants with holes already in them, it is not swim exactly but man did I giggle!)

## **Fundraising Reminders**

- 1) Pick-up for Elegant Farmer pies is November 15
- 2) SEA “Fan” Shirt Sale – orders due November 15
- 3) Beyond Flip Flops Sale (ends November 17)
- 4) Annual Swim-a-Thon – save the date for December 21 and start collecting pledges now!

## **J-HAWK Fall Starter Recap & Highlights**

Four new short course State qualifying times were achieved by Zack Kopsea in the 200 and 500 Freestyle and the 100 and 200 Backstroke. He also posted the 9<sup>th</sup> fastest time in our

history for 11-12 boys in the 200 Backstroke while Josh Able notched the 7<sup>th</sup> quickest time in our history for the 13-14 boys 200 Butterfly.

As a team, we finished third of six teams (scored 316 team and was one point behind meet host J-Hawk), posted 33% best times (20 of 60 swims), and three DQs.

Dropping more than five seconds in a single event included Nicholas Foster -16.18 50 Free, Zack Kopsea -50.11 500 Free, Matt Krug -8.74 200 IM, and Austin Lentz -8.26 200 Free.

Posting 100% times in all of their events were Nicholas Foster and Zack Kopsea.

Event winners included Josh Abel 200 Fly, Alessandra Arteaga 50 Free, Hugo Arteaga 50 and 100 Free, 50 Fly, Sofia Badillo all four of her events, Rylie Bergemann 100 Breast, Nathaniel Foster 50 Back, 50 Fly, 100 IM, Nicholas Foster 50 Back, Zack Kopsea 200 Back, 500 Free, Matt Krug 100 Breast, Megan Schultz 100 Breast, 500 Free, Emily Stouffer 50 Free, and Hopking Uyenbat 200 and 400 IM, 50 Breast.

Collecting a High Point Award for their efforts were Alessandra Arteaga 1<sup>st</sup> with 16 points, Nicholas Foster 1<sup>st</sup> with 22 points, Nathaniel Foster 1<sup>st</sup> with 21 points, Hugo Arteaga 1<sup>st</sup> with 26 points, Sofia Badillo 1<sup>st</sup> with 28 points, Hopking Uyenbat 2<sup>nd</sup> with 25 points, Zack Kopsea 3<sup>rd</sup> with 24 points, Megan Schultz 3<sup>rd</sup> with 24 points, and Matt Krug 2<sup>nd</sup> with 22 points.

Good luck this weekend!

## 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).

## 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
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.

## 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