



# Serpent Times

*The Weekly Newsletter of Southeastern Aquatics*

*Racine Family YMCA Swim Team, Est. 1984*

*November 9, 2017*

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## Neil's Notes

Thank you to our Meet Director Josh Johnson for leading the charge in running our meet last weekend. Thanks also to all the families who stepped forward to run a successful meet. Don't forget to sign-up to volunteer for our next meet ... January's Penguin Challenge in Brown Deer!

We will be combined at Case tomorrow night. I'll keep you posted about the Park pool (I'll send out a note Monday). Fingers crossed the pool is up-and-running by then.

We have a loaded weekend meet wise (attending four meets). Here are the warm-up times for the meets we are attending. Good luck!

**PX3 Information (Friday & Saturday):** Friday warm-ups begin at 4:30 p.m., meet begins at 5:35 p.m., is scheduled to end at 8:18 p.m., Coach Neil will be at this event. Saturday AM warm-ups (13&O, 8&U) begin at 7:30 a.m., meet begins at 8:35 a.m., is scheduled to end at 11:00 a.m., Coach Neil will be at this event. Saturday PM warm-ups (9-12) begin at 11:30 a.m., meet begins at 12:30 p.m, is scheduled to finish at 2:20 p.m. (for 9-10) and 3:16 p.m. (for 11-12), Coach Katie will be at this event.

**KENO Information (Sunday):** Warm-ups 8:15-8:45 a.m., meet begins at 9:00 a.m., Coach Jacob will be at this event.

**SSTY Information (Sunday):** Warm-ups begin at 9:00 a.m., meet begins at 10:00 a.m., is scheduled to end at 2:46 p.m., Coach Neil and Katie will be at this event.

Good luck Ali Scharff and Nadya Muzyka this weekend in Madison during WIAA State!

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

Our first SEA hosted meet was a speedy one! Not only with fast swims but we were done before noon! Thank you to all who lent a hand to make this meet run so fast. It was great to see everyone compete. We had some DQs, which give us an idea

We are back at the RecPlex Friday and Saturday for the PX3 Invite. Sunday we head north for our first fall meet at Schroeder for the SSTY Invite. Look for an email from Neil for arrival times for each day.

Bronze have been working great with coach Sierra on building up their strength and endurance. I will say it again, flippers are the best equipment for these little ones. Diving will still be the main focus for the next few weeks along with turn work.

These young kids don't need as much of a warm up as the older ones. We do at most 200 yards to warm up and then jump right into drill/skill work. Butterfly and breaststroke seem to be the strokes we need improvement on. But these are a motivated group of kids.

Gold's have several athletes who will start training wis seniors come next week. To make their last week memorable I asked each athlete to write an element of our workout. We've had 2 days of their workouts and I am pleasantly surprised by their ideas.

We have 5 weeks until the NEW Single Age State Meet hosted at the new Augustine Prep. That is 4 more meets/chances to achieve these cuts! I have made a spreadsheet of the qualifying time for easier viewing and will forward it to Neil. For anyone who is 11 and under this meet should be on your radar!

For anyone who has questions feel free to contact me at [Coachkatiejames@gmail.com](mailto:Coachkatiejames@gmail.com) or ask me on deck, I have my computer most days and can help clarify the best I can!

Quote of the week: "Coach Katie here I go, any advice?.....Okay don't cheer for me... I'm in lane 10!!" (the lane closest to the coaches) -Maddie Cerny (she got a best time)

## **Fundraising Reminders**

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

Visit [flipsidez.com](http://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

## **Our Pentathlon Recap & Highlights**

We won our meet last weekend scoring 2,183.50 points, posted 44% best times (101 swims out of 228 efforts), and 16 DQs (a lot of our new swimmers experienced their first DQ ... nothing

to fret about, coaches will continue to reinforce correct techniques and turns as we progress through the season).

Hugo Arteaga (50 Butterfly) and Mac Thomas (50 Breaststroke) achieved new State qualifying times.

Achieving all best times were Jonah Bouy, Jessica Gonzalez, Lindsey Hohnl, Srushti Ingle, Jorja Makovsky, Angela Mrotek, Grace Neumann, Tim Riegelman, and Marie Spang.

Sofia Badillo (7<sup>th</sup> all time, 11-12 girls 50 Backstroke) and Jake Trask (6<sup>th</sup> all time, 15-16 boys 100 Backstroke) posted some of the quickest times in our team's history.

Dropping more than five seconds in a single event included Rylie Bergeman (-7.50 100 IM), Jonah Bouy (-13.62 50 Free), Lindsey Hohnl (-7.03 50 Back), Srushti Ingle (-7.57 25 Free), Matt Krug (-7.86 100 Fly), Austin Lentz (-12.49 200 IM), Nolan Mrotek (-5.67 50 Fly), Grace Neumann (-5.63 50 Back), Yasho Patil (-25.46 200 IM), Tim Riegelman (-12.50 200 IM), and Marie Spang (-9.15 25 Free).

Athletes scoring a High Point Award included Nicholas Foster 3<sup>rd</sup>, Nathaniel Foster 1<sup>st</sup>, Nolan Mrotek 2<sup>nd</sup>, Quinn Wright 3<sup>rd</sup>, Sofia Badillo 2<sup>nd</sup>, Mac Thomas 3<sup>rd</sup>, Hugo Arteaga 1<sup>st</sup>, Zack Kopsea 2<sup>nd</sup>, Neil Wright III 3<sup>rd</sup>, Megan Schultz 3<sup>rd</sup>, Nathan Mudry 2<sup>nd</sup>, Josh Abel 3<sup>rd</sup>, Jake Trask 1<sup>st</sup>, Ethan Brannen 2<sup>nd</sup>, and Scott Palmer 3<sup>rd</sup>.

Swimmers notching victories were Hugo Arteaga, Nathaniel Foster, Zack Kopsea, Nolan Mrotek, Scott Palmer, Megan Schultz, and Jake Trask.

## Upcoming Meets

Date	Meet	Entry Deadline
November 10-11, 2017	PX3	Entries Closed
November 12, 2017	SSTY	Entries Closed
November 12, 2017	KENO	Entries Closed
November 18-19, 2017	STAT & WAUN	Entries Closed
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