



# Serpent Times

*The Weekly Newsletter of Southeastern Aquatics*

*Racine Family YMCA Swim Team, Est. 1984*

*December 18, 2017*

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## Neil's Notes

I have about ten “old school” SEA towels for sale (brand new, never used). Will make a great stocking stuffer. \$10 is a deal you can't pass. (Checks made payable to SEA.)

Please don't forget we'll conduct Middle Distance Time Trials tomorrow at Horlick High School. If you would like to have your swimmers entered in the meet, please email by 8:00 PM this evening!

### INDY TRAVEL Meet INFORMATION:

Entries are closed at this point. Meet will be held January 26-28. Here's the information for the hotel we'll be staying at – Comfort Suites Indianapolis by the airport. The rate is \$99 per night, for a double queen suite with pullout sofa. This hotel also has an indoor pool, free breakfast, free parking, fridge, microwave, and Wi-Fi. To secure the group rate, reservations need to be made by calling the hotel directly and give them our group code (SEA). Call the hotel at 317.481.0700. Address is 2750 Fortune Circle West, Indianapolis, IN 46241.

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

Hello again!

The snow is falling and the wind is blowing, but we're nice and cozy here inside the pool. Our swimmers have been coming to practice so bundled up I can't recognize who they are! But with all the germs going around it's better to be safe than sorry! Staying hydrated and maintaining a well balanced diet helps keep your immune system strong. As well as, washing your hands, and not sharing water bottles or snorkels.

Unfortunately we share our facilities and have be flexible when there are other activities in the building. At that time we ask that the athlete's change upstairs in the bathrooms behind the bleachers. But we are very thankful for the facilities that we are able to use. That being said, we have to remember to behave in the locker rooms and clean up after ourselves. I have had some messes and goofy behavior but otherwise we have been very respectful. Keep up the good work!

With the holidays coming I have been getting more creative with the workouts. Hoping to keep the athletes engaged and wanting more. These are some very talented swimmers but I have

to let them be kids too. I have also learned if they have something fun to look forward too they tend to work harder.

Bronze have been able to work with Coach Katie lately as Coach Sierra gets prepared to graduate from Parkside this weekend. Congratulations to her and all her accomplishments, we are lucky to have her on deck with us. Coach Katie is extremely impressed with how smart these guys are! We mainly focused on legal finishes, staying on their backs, or touching with two hands. They did great!

Silvers have also been focused on legal finishes and turns this past week. You may have noticed a tall man lurking around on deck, thus is Steve Waite. He is a parent that has many years of experience and is now an official. He has been able to take athletes aside to work one-on-one. This is a blessing, and we thank him for his knowledge and time.

Gold's start off the week with a very hard kick set, 1200 yards in total, but they rocked it! Some of us are preparing for Single Age State this weekend at the new Augustine Prep School Pool, that is run by Schroeder Swim Team. There was a lot of focus on starts and turns this week.

This Thursday was by far my favorite practice of the week, their workout was a "Four course meal". As a lane they chose from workouts that were, appetizers, soup, salad, main course, and desert. They got to choose their entire workout. It was great to see them decided what to do, "should I work on IM, or distance free?" they were saying. This helps them remember what they need improvements on and holds them accountable for their performance in their chosen workout. It was a great weekend with these guys!

#### Quote of the week:

We are doing 25s of backstroke practicing their stroke count and finishing on their back. I ask: "what was your stroke count" Answer: "I can't tell ya, I'm not much of a counter" -Nicholas Foster

As always feel free to contact myself or Coach Neil with any questions, concerns, or comments. Safe travels this weekend to all!

## **Y-Finalist Recap & Highlights**

The Y-Finalist meet was a solid event for our squad. We finished 12<sup>th</sup> of 18 teams scoring 128 points (same as last year, but 18 more points – we even fielded a small team compared to last year, quality over quantity I guess).

Nathan Mudry broke the 13-14 500 Freestyle team record when he finished the race in 5:06.51 breaking Bailey Bleser's 2015 mark of 5:09.14.

New State qualifying times recorded by Natalia Badillo in the 200 Backstroke, Nathan Mudry in the 200 Breaststroke, Nadya Muzyka in the 200 Freestyle, and CJ Trask in the 200 Freestyle and the 100 Backstroke.

Notching some of the fastest times in our history were Sofia Badillo 3<sup>rd</sup> in the 100 Back, 5<sup>th</sup> in the 50 Fly, 7<sup>th</sup> in the 200 Free, Natalia Badillo 3<sup>rd</sup> in the 100 Breast, Kinzie Reischl 7<sup>th</sup> in the 100 Back, CJ Trask 9<sup>th</sup> in the 100 Back, Nathan Mudry 9<sup>th</sup> in the 200 Back, 5<sup>th</sup> in the 200 Breast, 4<sup>th</sup> in the 200 Fly, 3<sup>rd</sup> in the 400 IM, and Jake Trask 6<sup>th</sup> in the 100 Back, 5<sup>th</sup> in the 200 Fly.

Cutting more than five seconds from a single race included Natalia Badillo -10.61 500 Free, Shaelyn Jensen -8.24 100 Free, Nathan Mudry -6.87 200 Breast, Madi Peterson -11.13 500 Free, Macie Ritter -13.29 500 Free, Ali Scharff -10.43 200 Back, CJ Trask -9.65 200 Free, and Grady Trask -5.15 100 Back.

Athlete posting 100% best times were Brady Moore, Nathan Mudry, Madi Peterson, and Grady Trask.

Attend practice as much as you can during the upcoming Christmas Break. Get ready for our January meets!

## **11&U Single Age State Champs Recap & Highlights**

Whether or not this meet returns in 2019 has yet to be determined, but our swimmers made the most of their opportunity to swim in this first-ever mid-season 11&U State experience.

We sent three 11-year-olds to the meet and they finished 19<sup>th</sup> as a team out of 35 teams scoring 306.50 points. Hugo Arteaga and CJ Trask finished 3<sup>rd</sup> overall for 11-12 boys team scoring and Hugo grabbed the 2<sup>nd</sup> place award for Highpoint.

Here are our swimmers' highlights ...

Hugo Arteaga – punched his ticket to 14&U Zones next summer in the 50 Freestyle winning the event in 25.57. He also won the 100 Freestyle in 56.36. Hugo achieved State qualifying times in the 100 IM, 100 Free, 100 Back, and 50 Fly. He went on to notch some of the fastest times in our history – 5<sup>th</sup> 50 Free, 5<sup>th</sup> 50 Back, 4<sup>th</sup> 100 Free, 8<sup>th</sup> 100 Back. Hugo also dropped 10.46 in the 100 Back while posting all best times in his six events.

Mac Thomas – posted five best times out of six events. She posted some best efforts in our team's history ... 6<sup>th</sup> 50 Free, 5<sup>th</sup> 100 Breast, 9<sup>th</sup> 50 Back, 10<sup>th</sup> 100 Free 7<sup>th</sup> 50 Breast. Mac cut 6.02 in the 100 Breast and broke the minute barrier in the 100 Free for the first time.

CJ Trask – notched all best times. Posted State qualifying times in the 50 Free and 100 Free.

Congratulations to these three swimmers and Coach Katie on all their success and hard work ... keep it up!

## **Team Bowling Scheduled**

We will be hitting the bowling lanes on Sunday, January 21 at Castle Lanes here in Racine from 11 AM to 1 PM. \$15 covers the two hours of bowling along with some pizza and drinks. If you would like to attend (you includes swimmers and a friend, moms, and dads) please forward \$15 per person to Coach Katie or Neil by January 12. Hope to SEA you there!

## Swim-a-Thon Fundraising Reminder

Thursday, December 21, 5:30-8:00 PM

Just one week left to collect your pledges!

We'll start with the Swim-a-Thon and wrap-up with night will all kinds of holiday fun:

- 1) Awesome gift card prizes for the six top earning swimmers
- 2) Private Mission at CMP Lazer Tag for the training group with the most pledges
- 3) Chance to win a \$200 swim fee credit!
- 4) Swim-a-Thon t-shirts
- 5) Have fun with your friends in the holiday photo booth
- 6) Try your luck in prize raffle, every \$10 raised equals one raffle ticket

We'll also need help from parents on deck for set-up, food serving, tallying pledges, raffle help and more. Contact Jo Anne Mudry at 262.530.5037 or [jmudry@earthlink.net](mailto:jmudry@earthlink.net) if you can help.

Finally, we are looking for donations for this event. We will need plates, napkins, healthy treats, drinks, and some sweet treats. Please contact Neil if you able to help.

## Upcoming Meets

Date	Meet	Entry Deadline
December 19, 2017	Middle Distance Time Trials	12/19
January 5, 2018	Distance Time Trials	1/4
January 6, 2018	EBSC	12/16
January 13-14, 2018	SEA Penguin Challenge	12/28
January 26-28, 2018	35 <sup>th</sup> Annual Circle City Classic	12/8
February 2-4, 2018	A+	1/20
February 3, 2018	Dual w/Lake Geneva	1/20
February 9, 2018	Dual w/OZ	2/1
February 10-11, 2018	LAKE	1/21
February 16-18, 2018	Regionals	TBA
February 23-25, 2018	12&U State	TBA
March 1-4, 2018	13&O State	TBA
March 10-11, 2018	Wisconsin YMCA Regionals	TBA
March 16-18, 2018	YMCA State	3/11
March 20, 2018	End of Season Time Trials	3/15
April 3-7, 2018	YMCA Nationals	3/18

## 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.” \*\**

<b>Order By</b>	<b>Delivery On</b>
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: January 3, 5, 8, 12, 19, 23, 26, February 2, 6, 8, 9, 15, 22.

## November & December Birthdays

November	December
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