



Serpent Times

The Weekly Newsletter of Southeastern Aquatics

Racine Family YMCA Swim Team, Est. 1984

December 7, 2017

Neil's Notes

Cold enough for you yet? Probably not for those of you who enjoy outdoor activities ... still waiting on that snow.

It's the busy time of year here in Southeastern Wisconsin! What with all the school concerts, shopping, cleaning, watching the new Star Wars movie, visiting with family and friends, more shopping, and let's not forget the best part ... making Christmas cookies (lol), attending swim practice can be the furthest thing on your mind. But don't let it slip to far down your checklist. December (especially when schools out) is a perfect time to get your nose on the grind stone and log a few extra practices. (Especially since our swimmers don't usually have homework.) Take advantage!

At this point, we should be able to carve out some practice time at Park High School during Christmas Break. Still waiting to hear about the times (last year I believe we practice between Noon and 2:30 p.m.). In addition, December 22 and January 2 are dates we do not currently have pool time ... working on it though! ☺

SSTY Information:

Friday warm-ups begin at 4:30 p.m., meet begins at 5:30 p.m. and is scheduled to end at 8:07 p.m.

Saturday AM warm-ups (Senior, 13-14, 8&U) begin at 8:00 a.m., meet begins at 9:00 a.m. and is scheduled to end at 1:30 p.m.

Saturday PM warm-ups (9-10, 11-12) begin at 1:15 p.m., meet begins at 2:15 p.m. and is scheduled to end at 5:49 p.m.

Sunday AM warm-ups (Senior, 13-14, 8&U) begin at 7:00 a.m., meet begins at 8:00 a.m. and is scheduled to end at 12:41 p.m.

Sunday PM warm-ups (9-10, 11-12) begin at 12:25 p.m., meet begins at 1:25 p.m. and is scheduled to end at 4:38 p.m.

INDY TRAVEL Meet INFORMATION:

I will take entries through December 8 (please don't be late). 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. 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! I hope everyone is staying bundled up and healthy this season. As temperatures drop, be sure to send your swimmers with a hat so their wet hair does freeze! Thank you to parents and swimmers for bearing with me as I kick this nasty cold. It seems to be hanging in for dear life!

This month we are very busy, with middle distance time trials coming up soon. As well as our long-awaited swim-a-thon. Which will be held on December 21st! Kids will have an hour to swim as many laps as they can. They will swim any stroke and are allowed to use flippers, kick boards, and other various equipment.

Another date to remember is January 21st for a team bowling party at Castle Lanes in Racine. It's always great to get to know your team mates in a different setting. Let's see how we do in these lanes! Pizza and drinks will also be included with this event.

In preparation for the swim-a-thon each training goes group did a test set of sorts. I call it a T10 or T20, which is either a 10 min or 20 min swim. The coaches tallied how many laps they did in that time to give them an idea of how they will perform in the swim-a-thon. I have recorded their data and will do this set again later to see how they improve. I was astonished as to how many laps these guys completed. I didn't ask them to race but they challenged themselves and didn't give up. I cannot wait until the swim-a-thon to see the results!

Keep checking Facebook and your email for updates! Any questions or comments feel free to contact me or Coach Neil.

SWAT Recap & Highlights

We had a solid outing during SWAT's Swim Your Own Age last weekend in Greenfield. Congratulations to Hugo Arteaga (400 IM), Zack Kopsea (50 Fly), and Nathan Mudry (100 Back) on their new State qualifying times.

As a team we notched 51% best times and only two DQs. Keep up the great work in practice so we can push our PR percentage above 60!

High Point Award winners included CJ Trask (1st place with 105 points), Nathan Mudry (1st place with 100 points), and Zack Kopsea (2nd place with 96 points).

Posting some of the quickest times in our team history were Zack Kopsea (9th in the 50 Fly and 400 IM, 6th in the 500 Free), Nathan Mudry (2nd in the Mile, 5th in the 100 Fly, 6th in the 200 IM), and Mac Thomas (7th in the 50 Breast).

Dropping a ton of time (five or more seconds) in a single event included Hugo Arteaga - 32.33 in the 400 IM, Rylie Bergemann -19.79 in the 200 Free, Emily Cain -136.26 in the Mile,

Zoe D'Alessandro -9.91 in the 500 Free, Jacob Hendricks -8.14 in the 50 Back, Zack Kopsea - 15.23 in the 400 IM, Nathan Mudry -28.80 in the Mile, Mac Thomas -37.52 in the 200 Free, and CJ Trask -17.80 in the 500 Free.

Achieving 100% best times in all of their events were Hugo Arteaga, Zoe D'Alessandro, Zack Kopsea, and Grace Neumann.

A special nod of the swim cap to these athletes for their efforts in a new event: Rylie Bergemann (500 Free), Brady Moore (200 Free), and CJ Trask (400 IM).

Stay focused in the pool this week as we prepare for the Y-Finalist meet. Great job last weekend!

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!

Fundraising Reminders

The correct date for our Swim-a-Thon is ... Thursday, December 21, 5:30 p.m. at Park High School.

Upcoming Meets

Date	Meet	Entry Deadline
December 8-10, 2017	SSTY	Entries closed
December 16-17, 2017	Single Age State Sprint Championships	Entries closed
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 th 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. 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
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: December 7, 8, 12, 15, 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