



# Serpent Times

*The Weekly Newsletter of Southeastern Aquatics*

*Racine Family YMCA Swim Team, Est. 1984*

*February 14, 2018*

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## Neil's Notes

A few important reminders, 1) We are hosting Regionals Friday through Sunday this weekend so we will not be offering practice Friday and Saturday; 2) Monday, February 19 we will be combined at Carthage College since RUSD does not have school and all buildings are closed; 3) unfortunately, there was not enough interest in this year's 13&O Training Trip (we will postpone this year and try again in 2019, tentative dates for 2019 are June 23-30).

We are a little short for workers this weekend and are extending a little financial incentive for families willing to work above and beyond their three required sessions. Families willing to cover additional sessions will receive \$25 per session worked. Please reach out to your awesome Meet Director, Josh Johnson at 262.880.9467. Your help will be greatly appreciated!

This weekend we'll host USA Regionals at the new Augustine Prep pool in Milwaukee. Here's the timeline for the meet:

**Friday warm-ups** 4:30-5:30 p.m., meet begins at 5:35 p.m. and is scheduled to end at 7:52 p.m.

**Saturday & Sunday AM warm-ups (12&U swimmers)** 7:00-8:00 a.m., meet begins at 8:05 a.m. and is scheduled to end at 10:53 a.m. Saturday and 10:44 a.m. Sunday

**Saturday PM warm-ups (13&O swimmers)** 10:45 a.m., meet begins at Noon and is scheduled to end at 3:08 p.m.

**Sunday PM warm-ups (13&O swimmers)** 10:30 a.m., meet begins at 11:50 a.m. and is scheduled to end at 3:11 p.m.

ALL swimmers should sign-up to participate in the upcoming Wisconsin YMCA Regional meet. Also, our annual team picture will take place on Monday, March 19 and Tryouts for our Spring & Summer Season will be held Monday, March 26 at Park beginning at 6:00 p.m. – tell your friends!

We will have a few positions on the parent board reaching the end of their terms in the near future (more information to follow). If you feel you would make a good candidate for the parent board, please reach out to me for more information. Our next meeting will take place at Case High School this Monday, 6:00 p.m.

I can be reached at 262.898.4766 or via email at [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com). Coach Katie can be reached at [coachkatiejames@gmail.com](mailto:coachkatiejames@gmail.com). Remember, we are here for you and your swimmers. If you're confused about anything or just need a little help ... ask! Happy to help!

## **Katie's Kickboard**

Hello again!

Who needs to go to the gym when mother nature keeps dumping pounds of snow for us to shovel? I hope everyone was able to enjoy their snow day. I heard there was a lot of sledding and snow ball fights!

Our Regional meet is upon us and we have all hands-on deck. This will be at the new Augustine Prep School which is a Schroeder run facility. The last time we were there we had some very fast swims so I'm excited to see what this weekend brings.

In preparation all training groups will focus on starts, turns, and finishes. These are the areas we get disqualified the most in. But with practice we plan on changing that statistics. This is the last opportunity to achieve USA state cuts before the state meet.

There are also relays at this weekend's meet! We will practice the proper relay exchange this week so they are prepared for these events. This will be a very fun meet, get ready to swim fast!

For those who already punched their ticket to state you will work hard this week in practice and ease up next week. Focusing on starts, turns, finishes, and relay exchanges.

I always say "swim smart"; which means to plan out your race, think while you swim, remembering proper technique, and asking questions. They have all the tools to succeed, they just need to put it all together the correct way.

Lastly, Thursdays practice we will be at Case but will not have access to the locker rooms. We will have access to the upstairs bathrooms but please plan accordingly.

## **SEA & OZ Dual Recap and Highlights**

Great job to all the parent volunteers pulling together to assist in running this event. We are truly blessed with all the awesome parents affiliated with our team!

New State qualifying time was recorded by Hugo Arteaga in the 100 Fly.

Notching some of the fastest times in our team's history included Zack Kopsea (4<sup>th</sup> in the 200 Back, 6<sup>th</sup> in the 400 IM, 4<sup>th</sup> in the 1000 Free), and Mac Thomas (5<sup>th</sup> in the 200 Breast).

Swimmers posted 100% times were Ethan Bergman, Kendall Gilewski, Lindsey Hohl, Zack Kopsea, and Natalie Vitek.

Athletes dropping more than five seconds in a single event were Rylie Bergemann -6.75 in the 500 Free, Ethan Bergman -8.08 in the 100 Breast, Maddie Cerny -6.33 in the 200 Back, Callie Klepp -7.57 in the 100 IM, Zack Kopsea -39.95 in the 1000 Free, Megan Schultz -5.56 in the 500 Free, Marie Spang -5.05 in the 25 Back, Jordan Stouffer -8.91 in the 100 IM, Alice Stratman -10.39 in the 100 Breast, and Mac Thomas -8.30 in the 200 Back.

## **February Freeze Recap and Highlights**

We were back in action in Brown Deer last weekend and some solid results were posted during the two-day meet.

New State qualifying times were tuned in by Zoe D'Alessandro in the 50 Free, Macie Ritter in the 100 Back, Megan Schultz in the 200 Breast, and CJ Trask in the 100 Fly, 200 Back, 200 IM. Posting 100% best times were Rylie Bergemann, Megan Schultz, and CJ Trask.

Cutting five or more seconds in a single event included Rylie Bergemann -14.22 in the 200 IM, Shaelyn Jensen -6.53 in the 100 Breast, Macie Ritter -6.08 in the 400 IM, Megan Schultz -18.40 in the 400 IM, and CJ Trask -9.77 in the 100 Fly.

Zoe D'Alessandro (6<sup>th</sup> in the 100 Breast), CJ Trask (8<sup>th</sup> in the 200 Back), and Nathan Mudry (9<sup>th</sup> in the 200 Breast) posted some of the fastest times in our team's history.

## Upcoming Meets

Date	Meet	Entry Deadline
February 16-18, 2018	Regionals	Entries closed
February 23-25, 2018	12&U State	2/14
March 1-4, 2018	13&O State	2/18
March 10-11, 2018	Wisconsin YMCA Regionals	3/5
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

## 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
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: February 15, 22.

## **January & February Birthdays**

January	February
Sofia Badillo, Kate Brown, Nicholas Foster, Nolan Greb, Fiona Marini, Scott Palmer, Marlee Reischl, Ali Scharff, Emaleigh Neo, Jameson Waite	Ethan Brannen, Maddy Cerny, Cale Elcano, Drew Esson, Jessica Gonzalez, Jacob Hendricks, Zarah Harron, Ava Knaus, Sophia Marini, Megan Schultz, AJ Wampole, Jason Lewis, Caleb Mulnix