



Serpent Times

The Weekly Newsletter of Southeastern Aquatics

Racine Family YMCA Swim Team, Est. 1984

February 2, 2018

Neil's Notes

Welcome to Groundhog Day! Word has it Punxsutawney Phil saw his shadow this morning so six more weeks of winter for us ... sure does feel like that's what were in for. Brrrr.

Heads-up, our dual meet scheduled for Friday, February 9 has been moved to Thursday, February 8 (still at Park High School). Please email me if you can no longer attend the meet or if you would like to attend (I'll take entries through Monday).

This weekend we'll head north to Brown Deer for the annual A+ meet. Warm-up times are posted below. Heat sheets are posted on the meet landing page. Drive safe, swim fast, and most of all, have fun!

Warm-up times for this weekend's meet in Brown Deer:

Friday evening, 2:45 p.m., meet begins at 4:05 p.m.

Saturday 13&O, 7:00 a.m., meet begins at 8:35 a.m.

Saturday 12&U, 12:15 p.m., meet begins at 1:15 p.m.

Sunday 12&U, 8:00 a.m., meet begins at 9:05 a.m.

Sunday 13&O, 11:00 a.m., meet begins at 12:30 p.m.

Finals, swimmers competing in Finals should check with me for what time to return in the evening

In addition to the action we'll see in Brown Deer, we'll also race in Lake Geneva on Sunday. **Be sure to wear you're favorite NLF team swag this weekend!**

Warm-up times for the dual meet with GYST in Lake Geneva will begin at 9:00 a.m. and the meet will begin at 10:00 a.m.

Please take a moment and ensure you have your sons and daughters entered in any of the remaining meets on the meet schedule (USA Regionals (open to all swimmers), 12&U and 13&O State (there are qualifying times attached to these meets), YMCA Regionals (open to all swimmers), YMCA State and YMCA Nationals (there are qualifying times attached to these meets). We have two months left in our current season and before you know it, you may miss some entry deadlines.

Also, don't forget to sign-up to work the upcoming USA Regional meet that we will host at Augustine Prep in Milwaukee, February 16-18.

Don't forget we'll conduct practice at Carthage College on February 19. All practice times remain the same. Please make a note of this on your calendars and smart phones.

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. Coach Katie can be reached at 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!

Just as I thought we could enjoy some warmer weather it changes. As long as the sun is shining I can handle the chilly weather. Along with the cold there are germs! Be sure to take precautions like washing your hands, not sharing water bottles, or even snorkels. This Flu season seems to be pretty gnarly.

Over the weekend some of us traveled to Indianapolis to compete in the 35th annual Circle City Classic. I am happy to report that we crushed it! New state cuts and zone cuts were achieved. I would recommend travel meets to anyone that can attend. It is a great team bonding experience and the memories will last a lifetime.

There is still time to sign up for our SEA hosted Regional meet. This is a meet that is open to all athletes and we'd love to see as many athletes in the water as we can! Check out the meet page and email Neil your intentions.

Bronze athletes are stepping up their performance in practice. You can tell they are getting "in-tune" with the water and their skills. This past week they worked on open turns remembering to touch with two hands. I can't wait to see them use these skills in their next meet.

For Silvers I have stepped back a little to allow Coach Jake to show off his extensive skills. It's awesome to see a different perspective to coaching. This also allows me to work more one-to-one with athletes. It also helps me get to know the swimmers better, I love getting to know the kids I coach.

Gold's have started doing pull-ups and more upper body work this week. We are starting small but have big plans later. This will not only increase their strength and performance. But it will help them transition to High School or Senior training. I was impressed by their strength, and happy to say the girls out did the boys this time!

Great focus this week from all athletes. As we get closer to the Regionals and State meets its important to practice smart. Having tight streamline, the correct finishes, etc. You perform how you practice, so it's important not to slack on technique in practice.

As always contact Coach Neil and I with any questions, comments, or concerns.

35th Circle City Classic Recap and Highlights

We had a solid outing at IUPUI last weekend during the Circle City Classic meet. As a team, we scored the same points compared to last year (148.50) and finished 25th of 45 teams in attendance (representing nine LSCs). Collectively we posted 51% best times with no DQs.

Congratulations to Nathan Mudry on breaking the 13-14 team record in the 400 IM with his effort of 4:30.66 (Jake Trask held the old record from last year at 4:32.22).

New State qualifying times were posted by Zoe D'Alessandro in the 50 Fly, Zack Kopsea in the 50 Free, and Macie Ritter in the 200 Back.

Notching some of the fastest times in our history included Mac Thomas (4th 50 Free, 5th 50 Back, 2nd 50 Breast, 4th 100 Breast), Zoe D'Alessandro (7th 50 Breast, 6th 100 Breast), Kinzie Reischl (8th 100 Back), Nadya Muzyka (9th 100 Fly), Zack Kopsea (5th 200 Free, 7th 500 Free, 9th 100 Back, 9th 200 IM), and Nathan Mudry (6th 200 Free, 2nd 500 Free, 9th 100 Breast, 3rd 200 Fly, 5th 200 IM).

Athletes achieving 100% best times were Zoe D'Alessandro and Zack Kopsea.

Swimmers cutting more than five seconds in a single event included Zack Kopsea -8.24 in the 500 Free and Nathan Mudry -7.62 in the 400 IM.

We continue "big meet" swimming this weekend at the A+ meet in Brown Deer and we'll also see action in Lake Geneva in a small dual meet. Rest up!

13&O Training Trip ... deadline is Feb. 12

We are planning out bi-annual 13&O Training Trip this summer. The dates are set! June 24-July 1. We travel to Panama City Beach for a week of outdoor training along the beautiful Emerald Coast of Florida. The trip usually runs right around \$1,000 per swimmer (covers all costs associated with the event). Believe it or not, chaperones are already secured! Missy Able and Tracy Stouffer have volunteer their services. Thank you in advance. Any swimmers (13-and-older on June 24) are welcome to attend this trip. At this time, I would like to build a list of interested athletes. We will need a minimum of ten swimmers to attend this trip to make it happen. So, those families interested in sending their son or daughter on this trip, please kindly forward an email by February 12. Thanks. Attending to date include Macie Ritter, Megan Schultz, Emily Stouffer.

Upcoming Meets

Date	Meet	Entry Deadline
January 26-28, 2018	35 th Annual Circle City Classic	Entries closed
February 2-4, 2018	A+	Entries closed
February 3, 2018	Dual w/Lake Geneva	Entries closed
February 9, 2018	Dual w/OZ	2/6
February 10-11, 2018	LAKE	Entries closed
February 16-18, 2018	Regionals	2/7
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

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
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 26, February 2, 6, 8, 9, 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