



Serpent Times

The Weekly Newsletter of Southeastern Aquatics

Racine Family YMCA Swim Team, Est. 1984

February 22, 2018

Neil's Notes

Great job hosting Regionals last weekend! Thanks to all the parents who pulled together to run a smooth meet.

This weekend we travel to Brown Deer to compete in 12&U State! Good luck to all our swimmers ... swim fast and travel safe. Here are the assigned warm-ups for our team ...

Friday: in lane 6 (south pool), 2:55-3:20 p.m., meet begins at 3:40 p.m.

Saturday 10&U: in lane 3 (south pool), 7:30-7:55 a.m., meet begins at 8:40 a.m.

Saturday 11-12: in lane 6 (north pool), 12:30-1:00 p.m., meet begins at 1:15 p.m.

Sunday 10&U: in lane 3 (north pool), 7:55-8:20 a.m., meet begins at 8:40 a.m.

Sunday 11-12: in lane 6 (north pool), 12:15-12:45 p.m., meet begins at 1:30 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. 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,

What an awesome meet last week! I would like to start by thanking all of our wonderful parents and volunteers. Without your help we would have never been able to run such a smooth meet. In less than a month we will be back at Augustine Prep hosting the YMCA Regional meet.

There were some tremendous swims this past weekend, with lots of improvements. I am very proud of swimmers who completed new and scary events. We have just enough time to sharpen up our skills before the next meet in March. Remember to practice how you race!

Congratulations to those who punched their ticket to state! This week has been dedicated to starts, turns, relay starts and any last minute touches. We will have a celebratory dinner at Infusino's. Check with Coach Katie or Neil for details. Rest up, fuel up, and get ready to swim fast!

Bronze and Silvers will make butterfly a goal for this upcoming YMCA Regional meet. Flippers will be our number one tool these next few weeks. As well as using the blocks and side of the pool for pull-ups or push-ups. Butterfly is easier with upper body strength and a strong kick. Plus, this will be a blast for the kids!

Gold's need to work on their turns and underwater dolphin kicks (kicks after the turn). The goal is to get past the flags on every turn! That's why I have been using cones on the bottom of the pool. Having a visual of where they should come up is very helpful.

As we near the end of our winter session don't forget to sign up for the end of season time trials. As always coach Neil and I are happy to help with questions or concerns. Shoot us an email or find us on deck!

Regional Recap and Highlights

We had a great meet last weekend in Milwaukee. A ton of best times season bests were recorded over the three day meet. Great job swimmers!

New State qualifying times were achieved by Josh Abel in the 100 Back, Brady Moore in the 50 Free, Nathan Mudry in the 200 Back, Macie Ritter in the 1000 Free, Megan Schultz in the 400 IM, Mac Thomas in the 200 IM, and Hopking Uyenbat in the 200 IM, 50 Free, 50 Fly, 50 Breast, 100 Fly, 100 IM.

Some of the fastest times in our history were posted by Isabelle Buhler 10th in the Mile, Zoe D'Alessandro 4th in the 200 Breast, 10th in the 200 IM, Nathan Mudry 6th in the 200 Back, Josh Abel 8th in the 200 IM, Zack Kopsea 4th in the 1000 Free, 3rd in the Mile, and CJ Trask 9th in the 200 Back.

Notching 100% best times included Anna Bayer, Ethan Bergman, Jonah Bouy, Ethan Brannen, Maddie Cerny, Nolan Greb, Srushti Ingle, Zack Kopsea, Scott Palmer, Madhura Patil, Megan Schultz, Jordan Stouffer, Mac Thomas, Grady Trask, Vivian Utschig, and Hopking Uyenbat.

Cutting more than five seconds in a single event were Sofia Badillo -16.29 400 IM, Anna Bayer -7.60 100 Free, Ethan Bergman -11.44 200 Free, Jonah Bouy -8.38 50 Back, Arev Buchaklian -19.23 100 Breast, Emily Cain -5.82 200 Back, Maddie Cerny -14.02 200 Free, Zoe D'Alessandro -12.13 200 Breast, Nolan Greb -11.93 100 Free, Lindsey Hohnl -9.47 100 Back, Srushti Ingle -6.15 50 Back, Callie Klepp -5.93 200 IM, Zack Kopsea -69.50 Mile, Matt Krug -7.68 200 Breast, Fiona Marini -11.75 25 Breast, Sophia Marini -5.72 50 Free, Brady Moore -7.19 50 Fly, Madhura Patil -14.72 100 IM, Yash Patil -8.34 200 IM, Gabi Peterman -11.17 100 Free, Madi Peterson -10.06 200 IM, Alania Pitts -9.30 25 Breast, Helena Pudzisz -5.81 200 Free, Adam Ries -18.91 100 IM, Macie Ritter -61.86 Mile, Ali Scharff -14.89 500 Free, Megan Schultz -48.89 1000 Free, Emily Stouffer -7.50 200 Back, Jordan Stouffer -22.89 200 Free, Elizabeth Stratman -93.20 400 IM, Mac Thomas -9.68 200 IM, Grady Trask -7.50 200 Back, Vivian Utschig -9.79 25 Breast, and Hopking Uyenbat -8.51 200 IM. WOW!!!

Upcoming Meets

Date	Meet	Entry Deadline
February 23-25, 2018	12&U State	Entries closed
March 1-4, 2018	13&O State	Entries closed
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. 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 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 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