



Serpent Times

The Weekly Newsletter of Southeastern Aquatics

Racine Family YMCA Swim Team, Est. 1984

February 28, 2018

Neil's Notes

ALL swimmers should sign-up for the upcoming Wisconsin YMCA Regional meet. This meet is open to every swimmer on the team! Take advantage!!

Don't forget we are combined at Case tomorrow and Friday. We will be offering practice Saturday at Sealed Air. Hope you can make it!

Our team picture will be held at Case High School, Monday, March 19 (individual and sibling pictures begin at 5:30 p.m. and the team picture usually begins at 6:00 p.m.). Don't forget to sign-up to swim End of Season Time Trials (this event is open to all swimmers, parents, and alumni). Finally, Tryouts will be held at Park High School on Monday, March 26, 6:00 p.m. (tell all your friends).

13&O State warm-up times (posted times represent the time swimmers should enter the water for warm-ups) ...

Parents and swimmers – if you have any questions during the meet, please contact me at 262.994.3157.

Thursday Prelims: Megan, Nadya, Kinzie 7:30 a.m.; Sara, Natalia 8:00 a.m.; Jake 9:00 a.m.; Josh, Nathan 9:30 a.m.

Thursday Finals: Kinzie, Sara, Natalia, Nadya 4:15 p.m.

Friday Prelims: Megan, Natalia, Sara 8:30 a.m.; Josh 10:00 a.m.; Kinzie 10:00 a.m.; Jake 10:30 a.m.; Nadya 11:00 a.m.

Friday Finals: Nathan 5:15 p.m.

Saturday Prelims: Kinzie 7:30 a.m.; Jake 8:15 a.m.; Nadya 9:30 a.m.; Josh 10:00 a.m.

Saturday Finals: Nathan 5:00 p.m.

Sunday Prelims: Nadya, Kinzie, Megan, Natalia 7:45 a.m.; Sara 8:00 a.m.; Josh Nathan, Jake 8:45 a.m.

Any swimmers moving through to Finals (and not listed above), please check with me for what time to arrive for Finals warm-ups.

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 be held March 12, 6:00 p.m. at Park High School.

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,

I would like to start by recognizing the athletes that competed and kicked butt at the USA State Meet this past weekend. They should be very proud of all their accomplishments because I sure am!

We score 28 more points than we did last year, moving up 3 spots to solidify 14th place. With all this talent, and then some, I am excited to see what they achieve at YMCA State in 3 weeks!

We are in the final weeks of our winter season. March 10th and 11th we host the YMCA regional meet at Augustine Prep. Neil and I would love to see 100% attendance to this meet.

Some athletes are within an arm's reach of Y cuts. So in the coming weeks we will focus on all the little stuff. Working on starts, streamline, turns, and how to finish fast. I'm predicting a very successful Regional meet in 2 weeks.

Bronze had the pleasure of working with coach Alyssa on butterfly. We stole her from the seniors for one night. It just so happened to be butterfly, her favorite stroke!

Silvers have been using their fins regularly, with the hopes of getting a strong and legal butterfly. Coach Jake has been doing awesome leading them to success, breaking down each stroke.

Gold's have amped up the yardage and intensity this week in preparation for Regionals and State. I had a lot of time this weekend in between races to write workouts and take notes on each athletes weaknesses. With the hopes of overcoming those weaknesses before their next meet.

Goals are great! When I write a workout there is always a goal in mind. Whether it be just for that practice, or the entire week. We don't just do, there is always a purpose to every exercise, stretch, drill, or workout. I know all parents remember the "why" phase every toddler goes through? This is how I think when I put together every workout!

Remember to sign up for the March 10th and 11th meet SEA is hosting! Like always Neil and I are here to answer any questions you may have.

12&U State Recap and Highlights

Our 12&U State team swimmers finished the meet in 14th place out of 57 teams scoring 261.50 points. They combined for 77% best times and only two DQs.

New team records were turned in from Mac Thomas in the 50 Breaststroke 33.12 (tied Sara Bollendorf's record from 2015), Mac Thomas in the 50 Freestyle 25.62 (broke Robyn Zastrow's record of 25.68 from 1996), Mac Thomas in the 100 Breaststroke 1:11.41 (broke Emily Bollendorf's record of 1:11.58 from 2012), Hugo Arteaga, Hopking Uyenbat, Zack Kopsea, CJ Trask in the 200 Freestyle Relay 1:46.77 (broke Andy Fall, Adam Barron, Connor Sanders, Jack Carpenter's record of 1:48.34 from 2003), Zack Kopsea, Hopking Uyenbat, CJ Trask, Hugo

Arteaga 400 Medley Relay 4:36.68 (tied Micah Eberle, Ryan Krause, Matt Weiss, Nathan McDonald's from 1993), and CJ Trask, Hopking Uyenbat, Zack Kopsea, Hugo Arteaga in the 400 Freestyle Relay 3:57.38 (broke Matt Weiss, Nathan McDonald, Ryan Krause, Micah Eberle's record of 3:59.21 from 1993).

14&U Zone qualifying times were achieved by Zoe D'Alessandro 200 Breaststroke, Zack Kopsea 500 and 1000 Freestyles, and Mac Thomas 100 and 200 Breaststrokes, 100 Freestyle.

Some of the fastest times in our team's history were turned in from Hugo Arteaga 3rd 50 Freestyle, 7th 50 Butterfly, Zoe D'Alessandro 5th 200 Breaststroke, 7th 200 IM, 5th 50 Breaststroke, 5th 100 Breaststroke, 10th 50 Butterfly, Zack Kopsea 8th 200 IM, 2nd 500 Freestyle, 4th 200 Freestyle, 2nd 1000 Freestyle, 9th 50 Backstroke, 4th 400 IM, 2nd 200 Backstroke, Mac Thomas 4th 200 Breaststroke, 10th 100 Backstroke, 3rd 50 Backstroke, 5th 100 Freestyle, CJ Trask 3rd 100 Backstroke, 10th 50 Backstroke, 5th 200 Backstroke, and Hopking Uyenbat 9th 500 Freestyle, 7th 400 IM.

Posting 100% best times were Zoe D'Alessandro, Zack Kopsea, Mac Thomas, and CJ Trask.

Swimmers dropping more than five seconds in a single event included Zack Kopsea -25.24 1000 Freestyle, Mac Thomas -10.93 200 Breaststroke, CJ Trask -5.66 100 Backstroke, and Hopking Uyenbat -18.20 500 Freestyle.

Great job to our relay swimmers for stepping up and representing Team SEA – Rylie Bergemann, Arev Buchaklian, Nolan Mrotek, Nathaniel Foster, and Quinn Wright.

A tip of the 'ol swim cap to Brady Moore on qualifying for State individually – pretty cool considering it's his first year on SEA.

Congratulations to all the swimmers and their coaches on a solid effort throughout the meet! Don't forget to sign-up for YMCA Regionals.

Upcoming Meets

Date	Meet	Entry Deadline
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
March 4	March 7-8
March 18	March 21-22

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