



Serpent Times

The Weekly Newsletter of Southeastern Aquatics

Racine Family YMCA Swim Team, Est. 1984

February 9, 2018

Neil's Notes

Practice is canceled tonight (2/9). We'll be back at practice tomorrow at Sealed Air (diving practice will not be offered this weekend). Good luck in Brown Deer this weekend. Coach Alyssa will be working Saturday and Coach Katie will be working Sunday. I am working on my work/life balance and not working the meet this weekend after working 32-days straight. I will be on deck coaching Saturday morning at Sealed Air ... come on out and start your weekend right!

This weekend we travel back to Brown Deer to partake in LAKE's February Freeze. Here's the timeline for warm-ups, meet start, and end times:

Saturday AM (Senior) warm-ups 7:30 a.m., meet begins at 8:35 a.m., and is scheduled to end at 12:39 p.m.

Saturday PM (12&U) warm-ups 12:15 p.m., meet begins at 1:15 p.m., and is scheduled to end at 5:12 p.m.

Sunday AM (Senior) warm-ups 7:30 a.m., meet begins at 8:35 a.m., and is scheduled to end at 1:27 p.m.

Sunday PM (12&U) warm-ups 1:00 p.m., meet begins at 2:00 p.m., and is scheduled to end at 5:13 p.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.

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!

As we finally dig ourselves out from the last snow storm, we prepare for another. But not before we take on OZ in Thursday's dual meet. I hope to see some fast times and smart swims!

Despite the crappy conditions outside the athletes were determined to succeed in the pool this past weekend. With a busy schedule Coach Alyssa rocked the Lake Geneva dual as Neil and I attended the A+ meet. I am very proud of all the swims this weekend and what we have learned to improve before state. Congratulations to Hopking and Zack for breaking a minute in the 100 Free!

Bronze are working very hard on fine tuning all the little things as we get closer to Regionals. Remembering two hand touches, how to do turns, and of course dives. This is a very smart bunch of athletes.

Silvers are also preparing for Regionals. Turns will be the number one focus as it is the area we get disqualified the most. Along with more focused work that help individual weaknesses.

Gold's have love doing pull-ups for dryland and it definitely will help in the water, after the soreness wears off. Going into Regionals Gold's will also focus on the little stuff and swimming smart. Their homework is to know what they are swimming so they can prepare during practice that week.

Stay warm these next few days! Neil and I are happy to help answer any questions you may have.

SSTY A+ Recap and Highlights

This year's installment of the A+ meet was a bit smaller in size than previous years, but boy was it competitive. As a team, we finished 37 out of 49 teams scoring 13 points. Collectively, we posted 39% best times and no DQs.

Natalia Badillo broke the 13-14 100 Breaststroke team record with her effort of 1:10.50 (previously held by Emily Bollendorf, 1:10.83, 2014).

Zoe D'Alessandro posted a State Qualifying time in the 11-12 200 IM.

Posting some of quickest times in our history were Zoe D'Alessandro (6th 100 Breaststroke), Natalia Badillo (9th 100 Backstroke), Kinzie Reischl (7th 100 and 200 Backstroke), Zack Kopsea (2nd 500 Freestyle, 8th 200 IM), Hugo Arteaga (9th 50 Butterfly), and Nathan Mudry (10th 100 Freestyle, 5th 200 Freestyle, 5th 200 IM).

Zoe D'Alessandro and Hopking Uyenbat notched 100% best times.

Great swimming and continued good luck this weekend when we travel back to Brown Deer for LAKE's February Freeze.

SEA & GYST Dual Recap and Highlights

What a snowy drive this turned out to be ... glad everyone made it safe!

Thanks to Coach Alyssa for covering this event while Coach Neil and Katie were up in Brown Deer.

Congratulations to Zoe D'Alessandro on her State qualifying effort in the 100 IM. Zoe also posted the ninth fastest time in our history for that event.

As a team we notched 61% best times and swimmers posting 100% best times included Zoe Chartrand, Kendall Gilewski, Shaelyn Jensen, Jorja Makovsky, and Alaina Pitts.

Zoe Chartrand dropped an amazing 13.93 seconds in the 50 Backstroke!

Really impressed with some of the efforts our first year swimmers achieved ... Zoe Chartrand broke the minute barrier in both the 50 Freestyle and 50 Backstroke, Kendall Gilewski did awesome in her first meet, and Lindsey Hohnl finished the 200 IM legally for the first time (and the 50 Butterfly too).

Keep up the great work and attendance!

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 volunteered 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, Josh Abel.

Upcoming Meets

Date	Meet	Entry Deadline
February 10-11, 2018	LAKE	Entries closed
February 16-18, 2018	Regionals	2/9
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. 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: 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