



Serpent Times

The Weekly Newsletter of Southeastern Aquatics

Racine Family YMCA Swim Team, Est. 1984

March 15, 2018

Neil's Notes

Good luck this weekend as we head to Brown Deer for YMCA State. Drive safe, swim fast, have fun!

As the season comes to an end we will be saying goodbye to Coach Sierra who has taken a position with Dieringer Research Group in Brookfield. Sierra will be missed and we wish her well in her next adventure!

Katie and I will keep you posted on the hiring of any new coaches as the information becomes available.

Here's some reminders as we begin to close out the Fall & Winter Season:

- 1) Team Picture this Monday, March 19 at Case High School beginning at 5:30 p.m.
- 2) End of Season Time Trials this Tuesday, March 20 at Park High School beginning at 5:30 p.m. – I'll take entries through Monday, March 19
- 3) Tryouts for new swimmers will be held at Park High School on Monday, March 26 beginning at 6:00 p.m.
- 4) First day of Spring & Summer Season practices will begin on Monday, April 16 – more information will be forwarded to your email inbox soon
- 5) Our annual banquet will be held on Thursday, May 10 – more information will be forwarded soon
- 6) Returning Registration will be held on Monday, April 16 – more information will be forwarded soon

Wisconsin YMCA State warm-up times ...

Friday warm-ups begin at 3:30 p.m., meet begins at 4:30 p.m. and is scheduled to end at 6:53 p.m.

Saturday AM warm-ups for 10&U swimmers begin at 7:30 a.m., meet begins at 8:20 a.m. and is scheduled to end at 10:49 a.m.

Saturday AM warm-ups for 11&O swimmers (events 33-51) begin at 10:30 a.m., meet begins at 11:45 a.m. and is scheduled to end at 2:00 p.m.

Saturday PM warm-ups for 11&O swimmers (events 52-76) begin at 12:45 p.m., meet begins at 2:00 p.m. and is scheduled to end at 5:32 p.m.

Sunday AM warm-ups for 10&U swimmers begin at 7:30 a.m., meet begins at 8:20 a.m. and is scheduled to end at 10:46 a.m.

Sunday AM warm-ups for 11&O swimmers (events 103-121) begin at 10:30 a.m., meet begins at 11:45 a.m. and is scheduled to end at 2:19 p.m.

Sunday PM warm-ups for 11&O swimmers (events 122-144) begin at 1:00 p.m., meet begins at 2:19 p.m. and is scheduled to end at 4:56 p.m.

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 26, 6:00 p.m. at Sealed Air YMCA.

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, A big thanks to all the volunteers that helped make the YMCA Regional meet a success! We honestly couldn't do this without you.

This season has been so amazing and the coaches are so proud of the athletes hard work and dedication. Some of us got state cuts our first season swimming! Others have had outstanding time improvements. But my favorite are those who overcame a challenge, like achieving a legal breaststroke. Or gaining the confidence to dive of the starting blocks. Every single athlete improved this season and I couldn't be happier!

Remember to thank Coach Sierra and wish her good luck as she has accepted a job to further her professional career. We are so thankful for to the time and heart she has given us the past two years. She always comes on deck with a spunky attitude ready to help. We were lucky to have her and will miss her dearly.

Bronze will be very sad without Coach Sierra but are soaking up the time they have left with her. They've been using their flippers, and playing games. What a great way to end the season!

One thing we are adding this week is lots of flutter kicking. You might have heard some compliments about sore legs?! The past few meets I have noticed that our kicking was weak. To combat this Silvers now warm up with flutter kicks, 4x50 on 1:45(each one is completed in 1min 45sec). As they get faster I will decrease the time with the hope of strengthening their kicks overall.

“You gotta getcha getcha head in the game, you gotta getcha, getcha, getcha, getcha head in the game!” (High School Musical Lyric) As some of the Gold's know coach Katie has been singing this song all week. Which aired on Disney Channel her Sophomore year of high school (2006). This is the theme song for the state athletes this weekend! Focus, practice, and determination will be the keys to success this weekend.

Like you can see I like to have fun and use music to motivate the athletes. They are still kids and love to be goofy (so do I)! Top level athletes always have their go-to playlist before a big game or race. Now thanks to Coach Steve Waite and family we have a speaker to help pump us up at practice!

We are in the final week! Remember the team picture is Monday March 19th @ 5:30PM at Case. Followed by the End of Season Time Trials Tuesday March 20th @ 5:30PM at Park. Sign up with coach Neil or I or arrive on Tuesday.

Wisconsin YMCA Regional Recap and Highlights

When the waves settled last weekend at Augustine Prep we had finished with 65% best times, nine new State qualifying times, and only 11 DQs. Great job swimmers!

The following swimmers picked up new State qualifying times: Hugo Arteaga in the 500 Freestyle, Zoe D'Alessandro in the 400 IM, Nolan Mrotek in the 50 Breaststroke, Nadya Muzyka in the 500 Freestyle, Macie Ritter in the 400 IM, 200 Freestyle, and 500 Freestyle, Megan Schultz in the 50 Freestyle, and CJ Trask in the 500 Freestyle.

Athletes posting some of the fastest times in our history were Macie Ritter 10th in the 500 Freestyle, Nadya Muzyka 6th in the 500 Freestyle, Zoe D'Alessandro 4th in the 200 Butterfly and 3rd in the 400 IM, Nicholas Foster 9th in the 50 Breaststroke, Hugo Arteaga 7th in the 100 Backstroke, Austin Lentz 4th in the 1000 Freestyle and 10th in the Mile, Nathan Mudry 9th in the 100 Backstroke and 7th in the 100 Butterfly, Scott Palmer 9th in the 200 Breaststroke, and Zack Kopsea 2nd in the 200 Breaststroke and 2nd in the 200 Butterfly.

Swimmers achieving 100% best times included Josh Abel, Alessandra Arteaga, Zoe Chartrand, Zoe D'Alessandro, Sarina Foster, Jessica Gonzalez, Lindsey Hohnl, Srushti Ingle, Ava Knaus, Zack Kopsea, Claire Meiri, Madhura Patil, Alaina Pitts, Macie Ritter, Marie Spang, Mac Thomas, CJ Trask, Hopking Uyenbat, AJ Wampole, and Charlotte Wright.

SO many swimmers cut huge amounts of time in their events this meet. Meet results are posted on our website under the Meet Information link.

Way to go swimmers!

Upcoming Meets

Date	Meet	Entry Deadline
March 16-18, 2018	YMCA State	Entries closed
March 20, 2018	End of Season Time Trials	3/19
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 18	March 21-22

March & April Birthdays

March	April
Isabelle Buhler, Zoe Chartrand, Grace Gross, Zack Kopsea, Amanda Lopez, Julia Meiri, Brady Moore, Nathan Mudry, Gabi Peterman, Emily Stouffer, Jake Trask, Vivian Utscig, Elise Wember, Aarya Zore, Carter Johnson, Sam Waite	Kinzie Reischl, Maria Spang, Alice Stratman, Grady Trask, Eden Wember, Emily Bollendorf, Naliyah Daley, Alyssa Hyland, Alex Waite, Easten Wember, Norah Wynstra