



Serpent Times

The Weekly Newsletter of Southeastern Aquatics

Racine Family YMCA Swim Team, Est. 1984

March 9, 2018

Neil's Notes

Don't forget we are combined at Park tonight and practice will not be offered tomorrow since we are hosting Wisconsin YMCA Regionals. Remember, this weekend's meet has been condensed to a single session on Saturday and Sunday (warm-up times are listed below and all swimmers will warm-up at the same time). SEA you there!

Katie and I will be sign-up all swimmers qualified for YMCA State (you can view the current list of entries on the website). If your swimmer achieves a new state qualifying times this weekend, please ensure you email me (just in case I miss one).

New this year at YMCA State ... relay only swimmers will be able to swim two individual events. I have posted tentative relays on the website. Please note – ALL relays are subject to change depending on performances this weekend during YMCA Regionals. I will post final relays Sunday evening. Thanks for your cooperation and understanding.

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).

Wisconsin YMCA Regional warm-up times ...

Saturday (all swimmers): 9:00-10:00 a.m., meet begins at 10:05 a.m. and is scheduled to end at 1:25 p.m.

Sunday (all swimmers): 9:00-10:00 a.m., meet begins at 10:05 a.m. and is scheduled to end at 1:28 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!

Congratulations to all the 13&Overs who participated in the state meet last weekend. We are a small team with an arsenal of skill:)

This week all athletes have been preparing for our SEA hosted YMCA Regional meet. This will be just a short jog up to Augustine Prep. This is a very sweet facility and I expect some big swims!

In preparation I have given each athlete swimming this weekend three things to work on. These are written in my clipboard and they can ask me anytime to see them again. The more prepared they are for the meet the more confident they will be.

Bronze have been working hard with coach Sierra on maintaining a strong and consistent flutter kick. As well as practicing their turns. As most have 50s and 100s this weekend.

Silvers started swimming super smart this week. Learning about breath control in freestyle and butterfly. Starts have been also been a great focus. Practicing holding tight streamline and doing proper underwater dolphin kick. Along with spending plenty of time on starts and turns.

Hard work and dedication has been paying off because there are a handful of Silvers and Bronze who are in arms reach of YMCA State cuts. I'm excited to see what this weekend brings!

Gold's nixed the dryland for this week so they can focus more on in-water improvements. Athletes with multiple state cuts have been doing more volume and harder workouts as they will taper next week for state. While the Regional athletes practice starts, turns, and finishes.

As always coach Neil and I are happy to help answer any questions you may have.

13&O State Recap and Highlights

Of the 51 teams entered into this year's meet, we finished 30th with 170 points, posting 52% best times and no DQs. No bad on two days of rest. Looking forward to YMCA Regionals and State!

Team records were set by – Natalia Badillo in the 100 Breaststroke, 1:09.93 (broke her own record of 1:10.50), Nathan Mudry in the 500 Freestyle, 4:58.60 (broke JJ Lipor's record of 4:59.63 from 2002), Nathan Mudry in the 1000 Freestyle, 10:20.04 (broke Bailey Bleser's record of 10:32.06 from 2015), Nathan Mudry in the 400 IM, 4:30.63 (broke own record of 4:30.66), Nathan Mudry in the Mile, 17:31.08 (broke Bailey Bleser's record of 17:31.36 from 2015), and Jake Trask in the 100 IM, 57.53 (set the standard).

Swimmers posting some of the fastest times in our history included Josh Abel 9th 200 Butterfly, Natalia Badillo 5th 100 Backstroke, Nathan Mudry 3rd 200 Butterfly, 4th 200 IM, Nadya Muzyka 6th 100 Butterfly, Kinzie Reischl 7th 200 Backstroke, Megan Schultz 7th 100 Breaststroke, and Jake Trask 6th 200 Butterfly, 2nd 100 Backstroke, 2nd 200 Backstroke, 6th 100 Butterfly, 10th 200 IM.

Josh Abel cut 9.29 seconds from his best 200 Butterfly and Nathan Mudry dropped 14.52 in the Mile (and also posted 100% best times).

New State qualifying times were achieved by Nathan Mudry in the 200 Butterfly and 500 Freestyle and Megan Schultz in the 100 Breaststroke.

Way to go swimmers! Good luck during the remainder of the season!!

Upcoming Meets

Date	Meet	Entry Deadline
March 10-11, 2018	Wisconsin YMCA Regionals	Entries closed
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

March & April Birthdays

March	April
Isabelle Buhler, Zoe Chartrand, Grace Gross, Zack Kopsea, Amanda Lopez, Julia Meiri,	Kinzie Reischl, Maria Spang, Alice Stratman, Grady Trask, Eden Wember, Emily

Brady Moore, Nathan Mudry, Gabi Peterman,
Emily Stouffer, Jake Trask, Vivian Utscig,
Elise Wember, Aarya Zore, Carter Johnson,
Sam Waite

Bollendorf, Naliyah Daley, Alyssa Hyland,
Alex Waite, Easten Wember, Norah Wynstra