

**Serpent Times**  
**Southeastern Aquatics Weekly Newsletter**  
**Racine Family YMCA Swim Team**

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*April 26, 2018*

**Important – deadline!**

Coach Neil will take additional entries for LAKE's May 5<sup>th</sup> Swim Your Own Age meet through 8 PM tonight (April 26). Take advantage! This is one of the few short course meets we are attending this long course season. Hope to SEA you on deck!

**Early Bird Meet Information**

This weekend we travel to Brown Deer to host our first meet of the season at the Walter Schroeder Aquatic Center. This will be a quick little meet and a great way to kickoff our long course season. Heat sheets are posted on the meet landing page. Here are the timelines for Saturday and Sunday:

Saturday warm-ups begin at 10 AM, meet begins at 11:05 AM and ends at 1:22 PM

Sunday warm-ups begin at 8 AM, meet begins at 9:05 AM and ends at 11:40 AM

Drive safe, swim fast, have fun!

**Head Coach Notes**

Welcome back! I hope everyone enjoyed the break (not the weather so much I'm sure) and are ready to get back into the swim of things for the Summer of 18!

All the pieces continue to fall in place for TEAM SEA as we begin our Spring & Summer Season. We have secured pool time, hired Dana Chartrand as our new Bronze level coach, slotted Coach Matt in as our Strength and Conditioning Coach during regular practice hours, and we have even had some interest in the upcoming open board positions.

Attendance at all practices have been strong (even with many athletes plugged into other Spring sports) and coaches are slowly getting our athletes back into "fighting" shape as we approach our first meet of the season ... this weekend already!

Your President – Jen Trask informed me there was some concern with the 3:00-5:30 PM practice time during the upcoming Summer and to that end, all PM practices during the Summer will run 4:00-6:30 PM. I have updated the practice schedules on our website ... take a look when time allows and please reach out to me if you have any questions or concerns.

Planning way ahead? The meets we will host this Fall & Winter include November 4 (Pentathlon at RecPlex), January 12-13 (Penguin Challenge at WSAC) and March 9-10 (Wisconsin YMCA Regionals at Aug Prep). Plan accordingly!

Please, if you are confused about anything or need assistance, do not hesitate in reaching out to me or Katie ... we are here for you! I can be reached at 262.898.4766 and at [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com). Katie can be reached at [coachkatiejames@gmail.com](mailto:coachkatiejames@gmail.com).

**Age-Head Group Coach Notes**

Welcome back!

We are about 2 weeks into our spring season and I'm extremely impressed with these athletes. Their bodies might be a little rusty but their skills are on point! Coach Jake has been doing an awesome job at keeping the Silvers engaged and moving. While Coach D has slid into her role as our new Bronze coach seamlessly. We are happy to have her on board with us!

This weekend we head up to Brown Deer for our SEA Early Bird meet. In preparation for this event athletes have been focusing on starts, turns, and finishes this week. Luckily for them long course has less turns!

Athletes are not the only ones that can set goals! Each week I will lay out my goals and expectations for each training group. Whether it be mastering a turn, strengthen their flutter kick, or as simple as tighter streamline. This will hold athletes accountable for their own training.

You may have noticed that we have been doing A LOT of kicking. Swimmers are like boats, the stronger the motor the faster the boat. Developing a strong kick (or motor) is another great way to set athletes up for success.

Gold's are required to bring a water bottle every day. They also will be doing dryland training on Tuesday and Thursday this spring. Make sure to wear tennis shoes and the proper clothing. They will owe me some pushups if they forget either!

Parents, when practicing around Case we ask that you park in the lot by the tennis courts and not close to the building. These spots are for Case staff and in an emergency. Make sure that you are checking your email and our social media pages as this is the fastest means of communication for us coaches. Coaches are available on deck 15min before and after practice if have any questions or comments. Or feel free to email Coach Neil or Coach Katie as well.

### **Annual Banquet**

Our annual banquet will be held on Thursday, May 10 from 6:00 PM to 9:00 PM at Infusino's Banquet Hall. Bring your appetite!

Deadline to sign-up is Friday, May 4. Don't miss out! Registration form was emailed and is also available on our website under the MEMBERS dropdown menu.

### **Team Travel Meet**

This summer we will be traveling to Appleton to attend the Bird Bath Invite. We have attended this event in the past and it's always a fun time.

The meet will be held Friday-Sunday, July 6-8. This meet is open to ALL swimmers! Hotel rooms have been secured at the Country Inn & Suites by Radisson in Appleton and includes hot breakfast among other amenities (refrigerator, microwave, indoor pool fitness center).

The hotel registration link was saved via our Facebook page and will be posted on our website soon. Don't miss out on this fun event!

### **Open Board Positions**

There will be a few open board positions in the Fall. If you are even-keeled and can keep your focus on what's best for the entire SEA program (not just your own swimmer) then serving on the SEA Board may be for you.

Open positions include, VP, Secretary, Officials, Meet Director, President, and Fundraising.

Please reach out to any current board member for more information.

### **Noah's Ark Team Trip**

Save the date! We will be heading to Noah's Ark Water Park on Tuesday, June 26. The cost is \$24 per ticket. The game plan is to meet at the Sealed Air YMCA parking lot at 7:00 AM, spend the day at the park, depart at 5:00 PM, and arrive back in town around 7:30 PM. If you are planning on attending, please forward payment (checks made to SEA) – forward to Coach Neil or Coach Katie. Also, if you will be driving and have room for additional riders, please let Coach Neil know. Don't miss out on the fun!

### **Milaeger's Money Spring Fundraiser**

How does it work? Simply buy or sell Milaeger's Monday (gift cards) and 17% of your total sales will go towards your Spring & Summer 2018 Fundraising obligation!

Milaeger's Money can be purchased in the amounts of \$15, \$25, and \$50 and is good only on living plants. Submit orders by Wednesday, May 16 (checks payable to SEA).

For more information, visit our website under the MEMBERS dropdown menu and then click MILAEGER'S.

### **SCRIP Fundraising 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](mailto: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." \*\**

<b>Order By</b>	<b>Delivery On</b>
May 6	May 8-9
May 20	May 22-23
June 3	June 5-6
June 17	June 19-20
July 8	July 10-11
July 22	July 24-25

### **April Birthdays**

Kinzie Reischl, Maria Spang, Alice Stratman, Grady Trask, Eden Wember, Naliyah Daley, Alyssa Hyland, Alex Waite, Easten Wember, Norah Wynstra