

Serpent Times
Southeastern Aquatics Weekly Newsletter
Racine Family YMCA Swim Team

May 4, 2018

Important – deadline!

Coach Neil will take additional entries for BDSC May Mania event (May 18-20) through May 6 – this Sunday. There are not many meets left on our meet schedule believe it or not, especially long course. Remember, we will not offer practice on May 18 or 19 since the entire coaching staff (except Coach Neil who will be coaching the BDSC meet) will be in Chicago attending the Central States Coaching Clinic. Take advantage! Hope to SEA you on deck!

Cupcake Request

It's fun to have a selection of cupcakes available for dessert at our annual banquet. Families willing to donate cupcakes are asked to reach out to Coach Neil. We usually have 100-150 attendees at our banquet. Families donating cupcakes to date include Wergin.

LAKE Swim Your Own Age Meet Information

We'll be competing at Arrowhead High School in Hartland this Saturday.

Saturday AM warm-ups (14&U) begin at 7:30 a.m., meet begins at 8:35 a.m., and is scheduled to end at 11:00 a.m.

Saturday PM warm-ups (10&U) begin at 11:00 a.m., meet begins at 11:50 a.m., and is scheduled to end at 2:00 p.m.

Drive safe, swim fast, have fun!

Head Coach Notes

May the Fourth be with you!

Don't forget to get your registration and payment in for next week's Annual Banquet! It will take place Thursday, May 10 (no practice this evening). Hope you can make it!

You can now sign-up to work for the Pirate Plunge and Summer Sizzler. Unlike last weekend's Early Bird, these two meets are huge (Pirate Plunge will have 700 athletes and Summer Sizzler will have around 400). We'll need everyone's help! Thanks in advance!

Thanks to Josh Johnson for guiding us through the Early Bird meet. We were short a bit on workers, but through some awesome families stepping up to volunteer, we managed covering all the spots. Thank you!

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

Age-Head Group Coach Notes

Hello again and thank you to all the parents, family, and friends that helped out this past weekend. Our meet might have been little but we had some BIG time drops. Some athletes that

dropped over 10 second in one race! Others experienced their first long course meet and did amazing.

This Saturday we head up to Arrowhead High School for a short course meet. This will be a fun meet, make sure to pack a lunch to fuel yourself. Coach Katie will be on deck at 7:15am for warm-ups, she will SEA you there.

Required equipment for all age group swimmers are on our website under the Members tab. Every athlete should have a kickboard and pair of training fins. The training fins that are shorter are the preferred style. Thanks to JoAnne Mudry, we now have a team store on Swimoutlet.com. This also shows you what equipment is required and you can purchase right there. Feel free to ask a coach if you have any questions.

Bronze have been working on being relaxed and comfortable in the water. Going back to the basics of blowing bubbles and breathing, they definitely enjoyed it. Butterfly has been the stroke this week, this is a difficult stroke for any level. Coach D has been really focusing on the kick and timing. They are catching on quick and we are very impressed with this bunch of athletes.

Silvers have also been focusing on butterfly this week and doing a lot of kicking. They have also been working on their arm strength, with an exercise in the diving well called gutter-ups. This drill may look silly, but it helps them learn how to breathe for fly and works their arm strength. They have also been using the full-length mirror at case to learn the arm pull. With time and more practice, they will be flying!

Golds have been taking it slow, focusing on their technique with long drill sets. This week we were able to ramp it up and get some more yards in. Reminder a water bottle is required every day, on Tuesday and Thursday tennis shoes are required for dryland. Push-up will be dished out for those who forget.

“Be humble. Be hungry. And always be the hardest worker in the room.” - Dwayne “The Rock” Johnson

Early Bird Recap and Highlights

New State Cuts: Hugo Arteaga (100 Back, 50 Fly) and Hopking Uyenbat (200 Breast, 50 Free, 50 Breast).

Posting Top Ten times in our team’s history: Vivian Utschig (10th 50 Free, 9th 100 Free), Megan Schultz (8th 100 Breast), Hugo Arteaga (7th 50 Free, 10th 100 Free, 6th 50 Back, 6th 100 Back), Hopking Uyenbat (9th 200 Back, 7th 200 Breast), and Nathan Mudry (10th 200 Back, 4th 400 Free).

Notching 100% best times: Hugo Arteaga, Maddie Cerny, Nathaniel Foster, Jake Hendricks, Shaelyn Jensen, Ava Knaus, Grace Neumann, Yash Patil, and Grady Trask.

Dropping more than five seconds in a single event: Alessandra Arteaga -42.17 100 Free, Hugo Arteaga -6.28 200 Free, Rylie Bergemann -20.24 200 IM, Arev Buchaklian -13.16 50 Free, Nathaniel Foster -28.43 200 Free, Nicholas Foster -31.28 100 Free, Jake Hendricks -9.00 100 Back, Shaelyn Jensen -13.52 50 Fly, Ava Knaus -21.33 100 Back, Zack Kopsea -15.79 400 Free, Austin Lentz -12.73 200 Back, Nathan Mudry -5.90 200 Back, Grace Neumann -6.43 50 Free, Yash Patil -44.08 200 IM, Jordan Stouffer -15.05 100 Back, Grady Trask -18.93 200 Back, and Aarya Zore -10.53 50 Free.

Competing in their first ever long course meet included: Anna Bayer, Zoe Chartrand, Sarina Foster, Jessica Gonzalez, Lindsey Hohnl, Matt Krug, Emery Pitts, Marie Spang, and Natalie Vitek.

Event Winners were: Hugo Arteaga (50 Back, 100 Free), Zoe D'Alessandro (100 Back, 100 Breast), Nathaniel Foster (100 Back, 50 Back, 50 Fly), Nicholas Foster (50 Breast), Matt Krug (200 Breast, 100 Breast), Nathan Mudry (200 Back, 400 Free), and Vivian Utschig (100 Free).

Team Results: We posted 75% best times (126 out of 169 swims) and had 8 DQs.

Upcoming Meets

May 18-20, BDSC – entries due May 6
June 1-3, Pirate Plunge – team hosted meet!
June 8, Dual w/KENO
June 22-23, Summer Sizzler – team hosted meet!
July 6-8, Bird Bath Invite
July 6-8, WGLO (qualifying times)
July 12, Dual w/OZ
July 19-22, Speedo Champions Series (qualifying times)
July 20-22, Silver State (last opportunity for State qualifying times)
July 27-29, 12&U State
August 2-5, 13&O State
August 2-5, 14&U Central Zones
August 7, End of SEASON Time Trials

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!

Current Fundraisers

Milaeger's Money Spring Fundraiser

17% of your total sales will go toward your Spring & Summer 2018 Fundraising obligation!

Purchase or sell Milaeger's Money in the denominations of \$15, \$25, and \$50 – good only on living plants.

Submit orders by Wednesday, May 16 (checks payable to SEA).

Save the date for pick-up on Wednesday, May 23 at Case High School, 6:00-6:00 p.m. If unable to attend, please make arrangements with another family to pick up your order. Thanks.

Kenosha Kingfish

Reserve your tickets for our 2nd Annual Team Building Night at the Kenosha Kingfish game.

Price is \$17 and includes your seat, Kingfish baseball hat and bobblehead giveaway.

Deadline for orders is Thursday, May 24.

Game is Thursday, June 14.

Download order forms for both of these fundraisers on our website under the MEMBERS dropdown menu / FUNDAISING.

Thanks!

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.

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
-----------------	--------------------

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

May Birthdays

Joe and Josh Abel, Anna Bayer, Jack Borzynski, Emily Cain, Kendall Gilewski, CJ Trask, Hopking Uyenbat, Paige Betthauser, Justin Hendricks