



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

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*June 21, 2018*

**Summer Sizzler Meet Information**

We'll be at the RecPlex tomorrow (Friday) and Saturday for our annual Summer Sizzler. Here are the warm-up times for our athletes:

Friday and Saturday AM (12&U swimmers) – warm-ups begin at 8 AM, meet begins at 9:05 AM and is scheduled to end at 12:39 PM Saturday and 12:56 PM Sunday

Friday AM (13&O swimmers) – warm-ups begin at 12:39 PM, meet begins at 1:40 PM and is scheduled to end at 5:48 PM

Saturday PM (13&O swimmers) – warm-ups begin at 12:56 PM, meet begins at 1:55 PM and is scheduled to end at 6:09 PM

Drive safe, swim fast, have fun!

**Head Coach Notes**

Please declare your intentions for the following meets: Birdbath Invite and dual w/OZ. Silver State (open to all swimmers) and 12&U/13&O State information will be posted soon! For those attending 14&U Central Zones – remember, it's your responsibility to sign-up your swimmers (if you need assistance, we are happy to help you).

Believe it or not there are only 27-days of practice remaining before the end of our season! Be sure to take advantage of the remaining practices before time slips away.

If your swimmer needs to be certified to dive off the block, please reach out to me and we'll plan a time to meet with a coach on Saturday (between 8-9:30 AM) at the lakefront Y.

We have canceled End of SEASON Time Trials as we will not have access to a pool to run this season ending event. Instead, be sure to take advantage of Off-season Training during the month of August.

The numbers are steadily growing for our upcoming trip to Noah's Ark. Please forward payment to a coach if you are planning on attending. Don't have a ride? It sounds like there will be plenty of extra seats available. Take advantage! (No practice on this date, June 26.)

Although, it's looking like the weather will be stormy that day ... I'll keep everyone posted as to whether or not we attend.

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**

Hello again, Happy first day of summer! Now can someone speak to mother nature and tell her to turn up the heat. Luckily the water is nice and warm when the air is not.

Thank you, parents, for being flexible with practice changes as the weather has not been cooperating. But fortunately, we have been able to get starts and relay exchanges in instead.

This weekend we are close to home, hosting our SEA Summer Sizzler. Golds have had the opportunity to practice at the Rec Plex, getting use to the wedge and long course swimming hopefully pays off tomorrow.

Bronze have continued to work hard on dolphin kick and coordinating their butterfly. Coach D is so awesome and creative, she even brought in a treasure chest with gold coins for them to play with during free time.

Silvers did a great job learning how to do relay exchanges this week. Preparing for the relays we have at the meet this weekend. We have had the opportunity to work one-on-one with some of the athletes. Mostly working on turns or small tweaks here and there. I'm excited to see how we race this weekend.

For Golds I moved dryland to the afternoon due higher attendance. Because the pool is outdoors and mostly cement it would be beneficial for you to bring an extra towel or yoga mat. Shoes and water bottles are required, or you may be doing a lot of push-ups.

I was able to hop in the water on Wednesday night and I didn't drown! It was great to get a better perspective on their strokes. I was also able to help their technique and demonstrate some fun open turn drills. They definitely gave me a run for my money!

Get ready for Noah's Ark next week and hopefully some sunny weather. As always coach Neil and I are here to answer any questions you may have. [Coachkatiejames@gmail.com](mailto:Coachkatiejames@gmail.com)

### **Upcoming Meets**

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

### **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!

### **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!

Attending to date: entire coaching staff, Wright Family (5), Macie Ritter, Nathan Mudry (has ticket), Austin Lentz (3), Foster Family (4 from escrow), Neumann (3), Grace Gross, Scott Palmer (has ticket), Isabelle Buhler (has ticket), Marlee and Kinzie Reischl (has tickets), Madi Peterson, Natalie Vitek, and Tim Riegelman.

### **Off Season Training**

Off Season Training (OST) will be held in the month of August (August 1-27). OST gives athletes an opportunity to continue their training and development between the end of our Summer Season and the beginning on our Fall Season and will be held at the JCAC.

Senior and Gold swimmers will train Monday-Thursday, 8:30-10:00 a.m. (cost is \$100). Silver and Bronze swimmers will train Monday-Thursday, 9:00-10:00 a.m. (cost is \$75).

Similar to our normal outdoor practices, if practice needs to be canceled, notifications will be released at 8:00 a.m. and pertains to both practices. There will be no make-up days.

Take advantage!

### **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> |
|-----------------|--------------------|
| July 8          | July 10-11         |
| July 22         | July 24-25         |

### **June Birthdays**

Nicoletter Jansen, Callie Klepp, Catherine Mike, Ashton Moesch, Tia Ricchio, Tim Riegelman, Jordan Stouffer, and Stephanie Strange.

## Coming Up

| Monday   | Tuesday                              | Wednesday  | Thursday  | Friday  | Saturday  | Sunday  |
|--|--------------------------------------|--|---|---|---|---|
|  |                                      |  | June 21   | June 22<br>Summer<br>Sizzler<br>No practice     | Jun 23<br>Summer<br>Sizzler<br>No practice                    | June 24<br>Deadline to<br>sign-up for<br>WGLO   |
| June 25<br>Deadline to<br>sign-up for<br>Bird Bath | June 26<br>Noah's Ark<br>No practice | June 27  | June 28   | June 29   | June 30   | July 1  |
| July 2   | July 3                               | July 4<br>4 <sup>th</sup> of July<br>No practice | July 5<br>Deadline to<br>sign-up for<br>Dual w/OZ | July 6<br>WGLO<br>Bird Bath                     | July 7<br>WGLO<br>Bird Bath<br>No practice                    | July 8<br>WGLO<br>Bird Bath<br>No practice      |
| July 9   | July 10                              | July 11  | July 12<br>Dual w/OZ                              | July 13   | July 14<br>Deadline to<br>sign-up for<br>Speedo<br>Sectionals | July 15   |
| July 16  | July 17                              | July 18  | July 19<br>Speedo<br>Sectionals                   | July 20<br>Speedo<br>Sectionals<br>Silver State | July 21<br>Speedo<br>Sectionals<br>Silver State               | July 22<br>Speedo<br>Sectionals<br>Silver State |
| July 23  | July 24                              | July 25  | July 26   | July 27<br>12&U State                           | July 28<br>12&U State   | July 29<br>12&U State                           |
| July 30  | July 31                              | August 1   | August 2<br>13&O State<br>14&U Zones              | August 3<br>13&O State<br>14&U Zones            | August 4<br>13&O State<br>14&U Zones                          | August 5<br>13&O State<br>14&U Zones            |
| August 6<br>Off Season<br>Training<br>(OST) begins | August 7<br>OST                      | August 8<br>OST                                  | August 9<br>OST                                   | August 10                                       | August 11   | August 12                                       |