



Serpent Times
Southeastern Aquatics Weekly Newsletter
Racine Family YMCA Swim Team

June 7, 2018

Dual w/Kenosha YMCA Information, Location, and Warm-up Times

Our dual with the Kenosha YMCA will take place at Park High School tomorrow, June 8 with warm-ups beginning at 5:30 p.m. and the meet getting underway at 6:15 p.m.

Coach Neil will take last minute entries through Noon tomorrow! (June 8.) If you would like your swimmer in the meet please email him at south.eastern.aquatics@gmail.com.

Parents are needed to step forward and assist with timing! Please meet on deck at 6:05 p.m. if you are able to help out. This event should finish around 7:15-7:30 p.m. and does not count towards your meet worker obligations for our Summer Sizzler, but you'll be looked at as cool if you help out!

Drive safe, swim fast, have fun!

Head Coach Notes

Great job hosting our Pirate Plunge last weekend in Brown Deer. Thanks to Cori Strange for organizing our concessions, Josh Johnson for running point as our Meet Director, Team Lewno for continuing to volunteer their time here at SEA even though they last had a swimmer on the team in 2005, to Shawn Jensen for showing up as Jack Sparrow every day of the meet, and to all the families and friends who stepped up to help out!

We have one more meet to host this season and it's the Summer Sizzler in Pleasant Prairie, June 22-23 (that's all-day Friday and Saturday ... Sunday is OFF). Entries will be taken through June 10 ... take advantage!

Pool update – RUSD closed Horlick, Case still has a hole in the side of the pool, but Park is still up and running! We will continue training at Park in a combined fashion (hopefully) through the end of the school year (June 13). Weather permitting, we will move all morning and evening practices to the new pool! I will keep everyone posted on any changes as they pop up ... beginning in the fall we will have the capability to send team wide text messages too!

Liz Christensen has recently stepped down as our Officials Chair at the board level. In addition, Halina Pudzisz is stepping away from her role as our SCRIP coordinator. Thanks to both of these awesome women for the hours they volunteered. TEAM SEA was very lucky to have you serve in the roles you did!

Stepping into the Officials Chair at the board level is Tracy Stouffer and picking up the SCRIP baton is Julie Kopsea. Thanks for helping out!

There's only 39-days left of practice before the end of the season. If you are not attending regularly yet, please do so as soon as possible ... we are running out of time!

We are still on track to switch to our summer practice schedule on June 14 (weather permitting). In addition to our normal practices at the new outdoor pool, we'll run 50-meter practices for Gold and Senior swimmers on Tuesdays and Thursdays beginning June 14 and ending July 19.

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, the Pirate Plunge was a success thanks to all the help from parents and family. We had some awesome swims and achieved some new state cuts.

I apologize for any confusion with practice locations the past few weeks. As school is coming to an end the district no longer uses the pools and drains them for the summer. Were in a weird limbo phase, but we will be outside soon enough.

As we transition to outdoor swimming we have to prepare for bad weather. Make sure to check Facebook and your email regularly. We will inform you as soon as possible of any changes or cancellations.

Remember to slather on the sunscreen and pack your mirrored goggles! Coach Katie is very excited to soak up some rays and swim outdoors this summer.

Bronze will be working hard on mastering butterfly this next week. Coach D is determined to get them more confident and stronger at fly. We have already seen great improvements since the beginning of the season.

Silvers have been kicking a lot lately. Building a strong kicking base makes everything much easier. Coach Jake has been doing great at keeping them moving and introducing new ideas.

Golds have been really working on a strong drill base for each stroke. Learning how to hold their form when racing too. will be transitions to doing dryland Monday, Wednesday, and Friday in the summer. Coach Katie will put out an updated practice calendar to show the changes.

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

Coachkatiejames@gmail.com

Pirate Plunge Recap and Highlights

New State qualifying times: Hugo Arteaga 100 Butterfly, Lindsey Hohnl 50 and 100 Breaststroke, Nolan Mrotek 50 Breaststroke, Nathan Mudry 50 Freestyle, and Megan Schultz 200 Breaststroke.

Posting some of the fastest times in our team history: Vivian Utschig 8&U 6th 100 Freestyle, 7th 50 Backstroke, Angela Mrotek 8&U 10th 50 Backstroke, Alessandra Arteaga 8&U 10th 100 Breaststroke, Mac Thomas 11-12 2nd 50 Freestyle, 10th 100 Freestyle, 6th 50 Backstroke, Zoe D'Alessandro 11-12 8th 50 Breaststroke, Megan Schultz 13-14 5th 200 Breaststroke, Hugo Arteaga 11-12 4th 50 Freestyle, 9th 50 Butterfly, 10th 100 Butterfly, and Nathan Mudry 13-14 7th 100 Freestyle, 6th 200 Butterfly, 2nd 400 IM.

Dropping more than five seconds in a single event: Alessandra Arteaga -40.87 100 Freestyle, Hugo Arteaga -23.23 100 Butterfly, Anna Bayer -8 100 Freestyle, Rylie Bergemann -9.68 200 Freestyle, Ethan Bergman -12.59 100 Freestyle, Maddie Cerny -15.26 200 IM, Zoe Chartrand -7.13 100 Freestyle, Jessica Gonzales -30.86 100 Backstroke, Shaelyn Jensen -42.66 200 IM, Lilie Larson -20 100 Freestyle, Cyrus Latza -5.22 100 Breaststroke, Austin Lentz -7.59 400 Freestyle, Angela Mrotek -12.89 50 Backstroke, Nolan Mrotek -23.36 100 Freestyle, Nadya Muzyka -8.58 200 IM, Grace Neumann -31.51 100 Backstroke, Madi Peterson -8.61 200 Backstroke, Tim Riegelman -6.68 100 Freestyle and Breaststroke, Megan Schultz -28.46 400

IM, Jorden Stouffer -6.85 200 Freestyle, Alice Stratman -71.44 400 Freestyle, Mac Thomas -14.21 400 Freestyle, Hopking Uyenbat -18.61 200 Freestyle, and Natalie Vitek -6.42 200 Freestyle.

Athletes posting all best times: Anna Bayer, Rylie Bergemann, Ethan Bergman, Paige Betthausen, Maddie Cerny, Jessica Gonzales, Grace Gross, Lindsey Hohnl, Lenna Karapetian, Cyrus Latza, Jorja Makovsky, Ashton Moesch, Angela Mrotek, Nolan Mrotek, Nadya Muzyka, Grace Neumann, Gabi Peterman, Megan Schultz, Alice Stratman, Mac Thomas, Vivian Utschig, and Natalie Vitek.

Congratulations to these athletes for competing in their first ever long course meet: Jack Borzynski, Kendall Gilewski, Grace Gross, Lenna Karapetian, Ashton Moesch, Alaina Pitts, and Jordyn Tran. 50-meter pools can be scary and all of you handle the stress of that experience without any problems!

Event winners: Hugo Arteaga (50 Freestyle) and Nathan Mudry (400 IM).

High Point winner: Nathan Mudry, 1st in 13-14 with 129 points.

We finished seventh of 16 teams scoring 638 points, notched 73% best times (175 out of 239 swims) and only 11 DQs. Way to go TEAM SEA!

Upcoming Meets

June 8, Dual w/KENO – entries due at Noon, Friday, June 8

June 22-23, Summer Sizzler – team hosted meet! – entries due June 10

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!

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.

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
June 17	June 19-20
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 7	June 8 Dual w/KENO at Park No practice	June 9	June 10 Deadline to sign-up for Summer Sizzler
June 11	June 12	June 13	June 14	June 15	June 16	June 17

			Outdoor practice begins (weather permitting) RecPlex practices begin Kingfish game			
June 18	June 19	June 20	June 21	June 22 Summer Sizzler No practice	Jun 23 Summer Sizzler No practice	June 24 Deadline to sign-up for WGLO
June 25 Deadline to sign-up for Bird Bath	June 26 Noah's Ark	June 27	June 28	June 29	June 30	July 1
July 2	July 3	July 4 4 th of July No practice	July 5 Deadline to sign-up for Dual w/OZ	July 6 WGLO Bird Bath	July 7 WGLO Bird Bath No practice	July 8 WGLO Bird Bath No practice
July 9	July 10	July 11	July 12 Dual w/OZ	July 13	July 14 Deadline to sign-up for Speedo Sectionals	July 15
July 16	July 17	July 18	July 19 Speedo Sectionals	July 20 Speedo Sectionals Silver State	July 21 Speedo Sectionals Silver State	July 22 Speedo Sectionals Silver State
July 23	July 24	July 25	July 26	July 27 12&U State	July 28 12&U State	July 29 12&U State
July 30	July 31	August 1	August 2 13&O State 14&U Zones	August 3 13&O State 14&U Zones	August 4 13&O State 14&U Zones	August 5 13&O State 14&U Zones
August 6 Off Season Training (OST) begins	August 7 OST End of Season Time Trials	August 8 OST	August 9 OST	August 10	August 11	August 12