



Serpent Times
Southeastern Aquatics Weekly Newsletter
Racine Family YMCA Swim Team

July 11, 2018

Dual w/OZ Meet Information

Thursday we will head to Homestead High School (5000 West Mequon Road) in Mequon for a friendly little dual with OZ. Warm-ups begin at 4:30 p.m., meet gets underway at 5:30 p.m., and is scheduled to end at 6:33 p.m. Drive safe, swim fast, have fun!

Head Coach Notes

We had a perfect day at Noah's Ark yesterday. The park was not crowded, the sun was out for most of the day and the temperature was great! Honestly, it was probably the best weather we have ever experienced since we started attending as a group. Thanks to all the swimmers, parents, and coaches who assisted with carpooling!

We have a parent board meeting tonight at the Sealed Air YMCA beginning at 6:00 p.m. All are welcome to attend.

I have a family reunion this weekend. I'll be on deck through Thursday's JCAC practice. Katie will direct practice at the RecPlex on Thursday and Alyssa will be covering Friday and Saturday. I hope everyone has a great weekend!

Don't forget to sign-up to attend OST during the month of August. More information can be found later in this newsletter. Take advantage!

Also, the final long course practice will be held Thursday, July 19.

Don't forget!!! We will have a nutritionist speaking to our athletes on July 16. For Seniors and Golds the talk will be held at 8:30 AM and for Silvers and Bronze the talk will be held at 5:30 PM. These talks will be held at the JCAC and parents are welcome to attend. Take advantage!

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. Katie can be reached at coachkatiejames@gmail.com.

Age-Head Group Coach Notes

Hello families!

Last weekend we traveled up to Appleton for the Bird Bath Invite, and we could not have had better weather. Our team tailgate on the front porch of the hotel was a blast! There was a corn hole tournament, dance party, and plenty of food to go around. If you did not attend and this sounds fun I would highly recommend fitting it into your calendar next year.

Congratulations to Hugo Arteaga for setting a new meet record at the Bird Bath Invite and winning himself a Hu Hut gift card! Another Gold athlete had a spectacular weekend, Mac Thomas set 2 new team records in the 50 and 100 Breaststroke. Mac was competing at the Wisconsin Glo meet being held at Schroeder.

Tuesday, we hung up the practice suits and brought out the trunks and two pieces with a team trip to Noah's Ark. The weather was amazing and the rides were thrilling! Alyssa and I went on a bunch of rides, attempted the zipline, and enjoyed the lazy river. But our favorite was watching the kids have fun!

This week we have a Dual with OZ up at Homestead High School. This is one of our only summer short course meets and gives us an idea of our improvements. Sometimes it's hard to see the results of their hard work in practice when they are racing long course. After the dual we prepare for Silver State down at the Rec Plex.

Bronze and Silvers are working on their endurance, with longer straight swims, or fast sprints. As well as focusing on meet preparation, with starts, breakouts, turns and finishes. They have been focusing very well with all the action going on at the pool. Working in crowded lane is difficult, but we are being creative. I have been thinking of doing some dryland and out of water exercises with them to help ease the congestion.

Golds have been getting in 3000 yards regularly and will be very tired this week. The majority will be training for Silver State next weekend, while others are focused on State or Zones. Last week I had a discussion with them about success. Reminding them that it starts in practice, with turns, breakouts, effort, and their focus. Being successful in races begins with their success in practice. Always practice with a purpose!

We have a weekend without a swim meet! I will be going camping, and I hope everyone enjoys theirs too!

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

Coachkatiejames@gmail.com

Upcoming Meets

July 12, Dual w/OZ

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

Bird Bath Invite Recap and Highlights

The weather was perfect (if not a bit on the hot side) and the upgrades to Erb Park were pretty awesome. (Let's not forget all the great team bonding time too!)

Hugo Arteaga broke Max McHugh's 11-12 meet record in the 50 Freestyle touching in 28.49 (old record was 28.84). He also posted some of the fastest times in our team history – 3rd in the 50 Backstroke and 100 Freestyle, 4th in the 100 Backstroke, and 5th in the 50 Butterfly.

Dropping more than five seconds in an event included Alessandra Arteaga -18.39 in the 50 Butterfly, Hugo Arteaga -5.08 in the 100 Backstroke, Nicholas Foster -6.34 in the 100 Freestyle, Lindsey Hohnl -7.37 in the 200 Freestyle, Matt Krug -6.41 in the 200 Freestyle, Austin Lentz -13.80 in the 800 Freestyle, Nolan Mrotek -12.71 in the 200 Freestyle, Scott Palmer -10.09 in the 50 Butterfly, and Grady Trask -8.65 in the 50 Butterfly.

We finished 17th as team scoring 551 points, posting 29% best times (30 out of 108 swims), and only three DQs. Good luck at Silver State!

WGLO Recap and Highlights

We had some solid results last weekend in Brown Deer during the WGLO event.

Mac Thomas broke two team records during the meet. She touched in 1:20.49 in the 11-12 100 Breaststroke to break Natalia Badillo's mark of 1:21.77 from 2016. She also broke Emily Bollendorf's 50 Breaststroke record of 37.81 with an effort of 36.08 going on to finished 1st place in the High Point race.

Mac went on to notch some of the fastest times in our team's history – 2nd in the 50 Backstroke, 100 Backstroke and 50 Freestyle. Nathan Mudry posted Top Ten times too – 2nd in the 200 IM and 1500 Freestyle and 5th in the 100 and 200 Butterfly.

Nathan Mudry achieved a State qualifying time in the 200 Butterfly.

Zack Kopsea and Mac achieved best times in all of their events and Mac dropped 5.34 seconds in the 100 Backstroke.

We finished with a 65% best time percentage (11 of 17 swims), no DQs, and finished 17th overall as team with 161 points. Great job swimmers!

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:

Order By	Delivery On
July 8	July 10-11

July 22	July 24-25
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July Birthdays

Hugo Arteaga, Natalia Badillo, Arev Buchaklian, Cassie Klepp, Austin Lentz, Claire Meiri, Madhura Patil, Emery Pitts, Elizabeth Stratman, and Natalie Vitek.

Coming Up

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		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 Final long course practice of the season	July 20 Speedo Sectionals Silver State	July 21 Speedo Sectionals Silver State	July 22 Speedo Sectionals Silver State Deadline to sign-up for 12&U State
July 23	July 24 Deadline to sign-up for 13&O State	July 25	July 26	July 27 12&U State	July 28 12&U State	July 29 12&U State
July 30 Deadline to sign-up for 14&U Zones	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	August 8 OST	August 9 OST	August 10	August 11	August 12