



Serpent Times
Southeastern Aquatics Weekly Newsletter
Racine Family YMCA Swim Team

July 20, 2018

Silver State Meet Information

We are in Pleasant Prairie for this summer's Silver State meet. Heat sheets are now posted and will not be available for purchase at the meet. Use the link below to print them off you need. Time trials will be offered at the conclusion of the meet on Saturday and Sunday. Drive safe, swim fast, have fun!

Please note all warm-up times below are the times swimmers should be entering the water!

Friday warm-ups begin at 4:00 p.m., meet begins at 5:00 p.m., and is scheduled to end at 8:12 p.m.

Saturday and Sunday AM warm-ups (12&U athletes) begin at 7:30 a.m., meet begins at 8:35 a.m., and is scheduled to end at 11:46 a.m. on Saturday and 11:13 a.m. Sunday.

Saturday PM warm-ups (13&O athletes) begin at noon, meet begins at 1:00 p.m., and is scheduled to end at 5:30 p.m.

Sunday PM warm-ups (13&O athletes) begin at 11:30 a.m., meet begins at 12:30 p.m., and is scheduled to end at 5:35 p.m.

Head Coach Notes

Good information was shared with swimmers, parents, and coaches earlier this weekend when we had a nutritionist speak to the team. Great questions were asked (especially during the Senior session) and now it's up to swimmers and their families to make necessary changes and stick to them!

Jo Anne Mudry is in the process of developing and planning a Bags Tourney on August 25th. This is going to be FUN event. If you would like to help, please reach out to me.

Please remember we have transplanted all PM practices to Park High School. Next week (July 23-27), Senior PM practice times will run 4:30-6:30 PM.

Long course practices have come to and end. AM and PM practices will continue through August 1. So there's no confusion, the final day of practice for the Summer Season is Wednesday, August 1. OST begins Monday, August 6.

Don't forget to sign-up to attend OST during the month of August (6-30). More information can be found later in this newsletter. Take advantage!

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!

I hope everyone has been enjoying this wonderful sunny weather! I've been talking adventures with my "doghter" (dog-daughter). So, if anyone knows any dog-friendly activities please let me know!

This past Monday we had a nutritionist come talk to the athletes about the proper way to fuel their bodies for practice and competition. It was very cool to learn from her. The younger athletes even got a portions plate to take home. We definitely learned that sports drinks are loaded with sugar to help maintain energy during exercise.

We are winding down the season and are preparing for our last regular season meet. Heading down to the Rec Plex this year for the Silver State meet. This is the last chance for athletes to notch their state cuts before the state meets get underway.

In preparation for the meet Bronze and Silvers have been focusing on starts, turns, and finishes this week. Even going back to the basics to work on streamline and breakouts. Squeezing in time for race pace workouts to get their fast twitch muscles ready to race!

Golds are a different story; some are not swimming this weekend while others are preparing for state and zones in August. Adjusting practice and sometimes writing two different workouts has been on my agenda this last week and into the next. Fitting in room for starts, turns, breakouts, and finishes. Training and preparing them for peak performance at their upcoming meets.

Remember to sign up for off season training in August! Coach Alyssa and I will be running morning practice Monday thru Thursday mornings. This is a great opportunity to stay in shape and fine tune their weak areas. Contact Neil or I with any questions or concerns.

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

Coachkatiejames@gmail.com

Off Season Training

Off Season Training (OST) will be held in the month of August (August 6-30). 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!

Attending to date: Nathaniel, Nicholas, and Sarina Foster, Cate Mike.

Fundraising Updates

SAVE THE DATES:

July 22, final day to order SCRIP for the season (you can still order ScripNow or use the MyScripWallet App and have purchase count for this season's earnings through July 31).

August 13, fundraiser at Jose’s Blue Sombrero, 6430 Washington Avenue, Racine, 11 AM to 10 PM.

August 25, First Annual SEA Bean Bag Tournament – Details coming soon!

Upcoming Meets

- July 20-22, Silver State
- July 27-29, 12&U State
- August 2-5, 13&O State
- August 2-5, 14&U Central Zones

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 22	July 24-25

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 19 Final long course practice of the season	July 20 Silver State	July 21 Silver State	July 22 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	August 7 OST	August 8 OST	August 9 OST	August 10	August 11	August 12

Off Season Training (OST) begins	WIAA High School girls swimming begins					
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