



Serpent Times
Southeastern Aquatics Weekly Newsletter
Racine Family YMCA Swim Team

July 26, 2018

12&U State Meet Information

12&U State will take place Friday-Sunday in Brown Deer. Here's the warm-up schedule for the weekend:

Friday warm-ups begin at 1:00 p.m., meet begins at 2:05 p.m. and is scheduled to end at 4:58 p.m.

Saturday AM (10&U session) warm-ups begin at 8:15 a.m., meet begins at 9:15 a.m. and is scheduled to end at 11:16 a.m.

Saturday AM (11-12 session) warm-ups begin at 12:30 p.m., meet begins at 1:30 p.m. and is scheduled to end at 3:28 p.m.

Sunday AM (10&U session) warm-ups begin at 8:15 a.m., meet begins at 9:15 a.m. and is scheduled to end at 11:09 a.m.

Sunday PM (11-12 session) warm-ups begin at 12:30 p.m., meet begins at 1:30 p.m. and is scheduled to end at 5:04 p.m.

Drive safe, swim fast, have fun!

Head Coach Notes

Great efforts last weekend during Silver State. Hard work and dedication was on display during the 3-day meet. Continue success this weekend in Brown Deer during 12&U State!

The final practice for the Summer Season will be held August 1. Both AM and PM practices will be held through August 1. Please remember, Senior PM practices will return to their normal times next weekend (Monday-Wednesday), 4:00-6:30 p.m.

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!

Jo Anne Mudry is organizing a bags tournament and it will take place at the Franksville Park on August 25. More information coming soon!

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, we are closing in on the last week of our summer season. The weather has been amazing and if avoided getting too sunburnt. August 6th we will begin Off Season Training, there is still time to sign up Coach Alyssa and I will be teaming up to work on conditioning, starts, turns, finishes, and breakouts. This is a great time to fresh'in up or perfect a skill!

Last weekend we were close to home competing in the Silver State meet at the RecPlex. This was familiar territory and we had some great swims! Notching 3 new state cuts, only 2 DQs, and lots of time drops. Dedication in the pool definitely paid off this weekend.

This week has been focused on preparing for 12&Under State starting tomorrow. Fine tuning all the little stuff and getting our heads in the game. I have also managed to squeeze in video review for those athletes. This is a great tool for athletes, especially those visual learners. Video taping is something I have done in past seasons that I will increase in coming seasons.

Next Wednesday three athletes head up to the University of Minnesota to compete for team Wisconsin in the Central Zones Championship meet. Mac Thomas, Zoe D'Alessandro, and Hugo Arteaga have achieved AAA times (found under motivational standards) in order to compete at this meet. Their hard work will be put to the test up north in Viking/Gopher country.

As we take our final vacations before heading back to school or fall sports don't forget about fall season! After a short break we will be back in the water September 18th!

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

Coachkatiejames@gmail.com

Silver State Recap and Highlights

What a great meet Silver State turned out to be! We finished fifth overall with 544 points, 61% best times (68/111 splashes), five Zones cuts, 11 State cuts, and only two DQs.

Congratulations to Mac Thomas on her team record in the 11-12 200 Breaststroke, 2:57.80 (broke Natalia Badillo's 2016 mark of 2:58.58).

New Zone qualifying times: Hugo Arteaga in the 50 Butterfly and 50 Backstroke, Zoe D'Alessandro in the 100 and 200 Breaststroke, and Mac Thomas in the 200 Breaststroke.

New State qualifying times: Nathaniel Foster in the 100 Backstroke, Zack Kopsea in the 400 IM, 200, 400, 800, 1500 Freestyles, 200 Backstroke, Nolan Mrotek in the 100 Breaststroke, Nathan Mudry in the 100 Breaststroke, Mac Thomas in the 200 Breaststroke, and CJ Trask in the 200 Backstroke.

Notching some of the fastest times in our team history: Josh Abel 9th in the 200 Butterfly, Hugo Arteaga 5th in the 50 Butterfly, 3rd in the 50 Backstroke, Zoe D'Alessandro 4th in the 200 Breaststroke, 5th in the 100 Breaststroke, 10th in the 200 IM, Nathaniel Foster 8th in the 100 Butterfly, Lindsey Hohnl 8th in the 400 Freestyle, Zack Kopsea 7th in the 400 IM, 6th in the 800 Freestyle, 10th in the 200 Freestyle, 7th in the 400 Freestyle, 6th in the 200 Backstroke, 4th in the 1500 Freestyle, Nathan Mudry 2nd in the 400 IM, 2nd in the 800 Freestyle, 9th in the 100 Breaststroke, Macie Ritter 10th in the 200 Backstroke, Mac Thomas 2nd in the 50 Freestyle, and CJ Trask 8th in the 200 Backstroke.

Achieving 100% best times: Sarina Foster, Cate Mike, Macie Ritter, Mac Thomas, and CJ Trask.

Dropping more than five seconds in a single event: Natalia Badillo -11.54 in the 200 Backstroke, Zoe D'Alessandro -10.47 in the 200 Breaststroke, Nathaniel Foster -7.77 in the 200 Freestyle, Sarina Foster -7.56 in the 50 Backstroke, Zack Kopsea -58.94 in the 800 Freestyle, Cate Mike -20.83 in the 100 Backstroke, Nathan Mudry -8.21 in the 800 Freestyle, Macie Ritter -9.91 in the 200 Freestyle, and Hopking Uyenbat -14.38 in the 400 IM.

Great job swimmers!

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, Brady Moore, Emery Pitts.

Fundraising Updates

SAVE THE DATES:

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 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
TBA	TBA

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 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 WIAA High School girls swimming begins	August 8 OST	August 9 OST	August 10	August 11	August 12