



Serpent Times
Southeastern Aquatics Weekly Newsletter
Racine Family YMCA Swim Team

August 1, 2018

13&O State Meet Information

13&O State will take place at the RecPlex in Pleasant Prairie, Thursday-Sunday this week. Don't forget to bring your folding chairs.

Prelim Warm-ups

Thursday: in the water at 8:00 a.m. for Jake (100 Free, 200 Fly); on deck (warm-up at Sealed Air) at 11:25 a.m. for Nathan and Zack (1500 Free)

Friday: in the water at 7:45 a.m. for Jake (200 Free, 100 Back), Nathan (200 Free, 400 IM – Finals swim), and Zack (200 Free, 400 IM)

Saturday: in the water at 7:45 a.m. for Jake (200 Back, 100 Fly) and Zack (200 Back, 400 Free), and Nathan in the water at 4:45 p.m. (400 Free) will swim during Finals

Sunday: in the water at 8:00 a.m. for Nathan (200 IM, 800 Free); on deck (warm-up at Sealed Air) at 11:19 a.m. for Zack (800 Free)

Swimmers moving on to Finals will be given their warm-up times as the meet progresses. Drive safe, swim fast, have fun!

Head Coach Notes

Good luck to our athletes racing this weekend in Pleasant Prairie and Minnesota!

When we started outdoor practices back in June the end of the season seemed so far off – it's hard to believe 13&O State is already here.

A couple of reminders as we begin to close the door on the Summer of 2018:

- 1) Beginning in the Fall, Bronze practice times will be increased from 45-minutes to 60-minutes
- 2) Seniors will be offered practice tomorrow and Friday (August 2-3) at the JCAC, 7:00-9:00 AM (this opportunity is made available to bridge the gap between the end of our season and the start of WIAA High School swimming on Tuesday, August 7)
- 3) Jo Anne Mudry has planned a GREAT Bags Tournament. Hope you can make it! Information has been shared via social media and will be emailed directly to you soon.
- 4) Today is the last practice of the Summer Season. OST begins Monday!
- 5) On-line registration will open September 4. More information will be emailed to you when it's ready.
- 6) Tryouts for the Fall & Winter Season will be held on September 17 and October 29. Both begin at 6:00 PM and will be held at Park High School ... tell all your friends!

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, can I start by saying how lucky we got with weather this summer season! There were some rainy days in the beginning, but it has cleared up and is beautiful. Let's cross our fingers this stays around for the off season.

Coach Alyssa and I are really excited for off season training starting August 6th. We will work on a little bit of everything and still get their heart racing a little. We want this to be fun, productive, and challenging.

Congratulations to those who competed in the 12 & Under State Meet this past weekend. As a team we placed 16th out of 45 teams with 187 points. There were 33 swims with 25 best times (76%) dropping about 62 seconds all together. Great job this past weekend athletes!

Wednesday is the start of the 14 & Under Central Zone Championship meet in Minneapolis. These athletes have worked extremely hard to earn their spots on team Wisconsin. I will be tagging along for moral support.

Thank you for being flexible this summer season as we were faced with lane space, and schedule changes. I wish all the 13 & Over State athletes' luck this weekend and to all the girls High School athletes in their fall season. Have a great rest of your summer and I will SEA all of you in September!

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

12&U State Recap and Highlights

Coach Katie and her band of merry swimmers enjoyed a lot of success during last weekend's 12&U State meet. As a team, they finished 16th of 45 teams (187 points), 76% best times (25 of 33 swims), and no DQs.

Hugo Arteaga was crowned State Champion in the 11-12 50 Freestyle! He went on to podium in three other events – 4th 100 Freestyle, 4th 50 Butterfly, and 6th 50 Backstroke.

Mac Thomas podiumed in four events – 2nd 100 and 200 Breaststroke, 3rd 50 Breaststroke, and 5th 50 Freestyle.

Zoe D'Alessandro podiumed in the 200 Breaststroke, 6th.

Mac Thomas set a new team record in the Senior 200 Breaststroke, 2:55.67. She broke Erin Wagner's 2005 record of 2:56.04.

Posting some of the fastest times in our team history were Mac Thomas 2nd 50 Freestyle, Zoe D'Alessandro 4th 50 Breaststroke, 3rd 100 Breaststroke, 4th 200 Breaststroke, 9th 200 IM, 8th 50 Freestyle, Hugo Arteaga 3rd 50 Freestyle, 2nd 100 Freestyle, 3rd 50 Butterfly, 9th 100 Butterfly, and CJ Trask 7th 100 Backstroke, 4th 50 Backstroke.

Achieving 100% best times included Zoe D'Alessandro, Lindsey Hohnl, and Nolan Mrotek.

Nolan Mrotek dropped 10.94 seconds in the 50 Butterfly!

Great job swimmers and good luck in Minnesota during this week's 14&U Central Zone Championships!

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

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

August Birthdays

Rylie Bergemann, Erin Cain, Najee Jones, Matt Krug, Lillie Larson, Jorga Makovsky, Madi Peterson, Alaina Pitts, Meg White, and Will Buhler.

Coming Up

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		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
August 13 OST	August 14 OST	August 15 OST	August 16 OST	August 17	August 18	August 19
August 20 OST	August 21 OST	August 22 OST	August 23 OST	August 24	August 25 Bags Tournament	August 26
August 27 OST	August 28 OST	August 29 OST	August 30 Last day of OST	August 31		