



Serpent Times
Southeastern Aquatics Weekly Newsletter
Racine Family YMCA Swim Team

August 10, 2018

Head Coach Notes

What a great end of the season we had during 13&O State and 14&U Zones. Recaps and highlights are posted later in this newsletter. Congratulations to all our swimmers and good luck to our high school girls who began their high school seasons this past Tuesday!

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) On-line registration will open September 4. More information will be emailed to you when it's ready.
- 3) 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!
- 4) OST is running Monday-Thursday at the JCAC. If you would still like to attend, please do.

Enjoy the remainder of the summer. I'll email everyone later this month or early September. SEA you 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, this past weekend I had the pleasure of tagging along to the Central Zones Championship Meet in Minnesota. We had three athletes complete at this meet and I am so very proud of all their accomplishments. We had some great swims and made some fun memories, we even broke a team record from 1996!

We are a few days into off season training and we have an amazing turn out. There are some new faces, old faces, and some that just can't live without us. We are working on kicking and breakouts for this first week. Moving into breakouts and their body line for next week.

Coach Alyssa and Coach Jake are keeping the Bronze and Silver groups busy and kicking a lot. Streamline and kicking has been the main focus this week. Breaking down the strokes an easing back into a normal practice routine.

Remember to tell your friends about SEA. If they are interested in joining we will have tryouts coming up on September 17th and October 29th.

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

13&O State Recap and Highlights

We had a solid showing at last weekend's State meet. As a team, we finished 27th of 44 teams (210 points), 78% best times (14 of 18 swims), and no DQs.

Nathan Mudry was crowned State Champion in the 13-14 1500 Freestyle! He went on to podium in all of his events – 2nd 400 and 800 Freestyles, 4th 400 IM, 5th 200 Freestyle, and 6th 200 IM. He also brought home the third place high point award!

Zack Kopsea podiomed in two events – 9th 800 and 1500 Freestyles and Jake Trask podiomed in the 100 Butterfly, 10th.

Mudry posted 100% best times and broke three team records:

- a) 400 Freestyle, 4:28.66 – broke Brian Michalowki's 1990 record of 4:31.91
- b) 800 Freestyle, 9:19.78 – broke Micah Eberle's 1996 record of 9:25.18
- c) 1500 Freestyle, 17:51.81 – broke Brian Michalowski's 1991 record of 18:00.93

Swimming some of the fastest times in our team history included Mudry 3rd 200 Freestyle, 2nd 200 IM and 400 IM; Zack Kopsea 8th 200 Freestyle, 6th 400 Freestyle, 5th 800 Freestyle, 4th 1500 Freestyle, and 5th 200 Backstroke; and Jake Trask 9th 100 Freestyle, 4th 200 Backstroke, and 3rd 100 Butterfly.

Dropping more than five seconds in a single event were Kopsea -12.32 800 Freestyle and Mudry -28.61 1500 Freestyle.

Great swimming boys!

14&U Zone Recap and Results

Congratulations to Hugo Arteaga, Zoe D'Alessandro, and Mac Thomas on their efforts last weekend on the campus of the University of Minnesota. Our athletes helped Team Wisconsin finish third of the eight teams in attendance with 2,791.50 points.

Mac podiomed in the 100 Breaststroke (finishing 6th) and breaking her team record with an effort of 1:19.81. She also break our team record in the 50 Freestyle touching in 28.56 (broke Robyn Zastrow's 1996 record of 28.72).

Hugo podiomed as part of the quartette in the 200 Freestyle (3rd overall) and individually in the 50 Freestyle (8th overall).

Great job athletes!

Fundraising Updates

SAVE THE DATES:

August 13, fundraiser at Jose's Blue Sombrero, 6430 Washington Avenue, Racine, 11 AM to 10 PM. MUST present flier for 25% of sale to be donated to the team. Bring one and give one to a friend!

August 25, SEA Family and Alumni Bag Toss, Franksville Craft Beer Garden, 9614 Northwestern Avenue. Whether you call it "Bags" or "Cornhole," it's sure to be fun! Bring along your family and friends for an afternoon of fun in the park. The tournament starts at 3:00 PM. There will be activities for the whole family. Wisconsin craft beers, SEA picnic, food truck, live music, 50/50 raffle, Golden Goggle game and tones of fun.

Sign-up for the Bag Toss tournament at <https://seabagtoss2018.eventbrite.com>

RSVP and sign-up to bring a dish to pass at

<https://www.signupgenius.com/go/10c0c4fa5aa2aa13-seabag>

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, Lilie Larson, Jorga Makovsky, Madi Peterson, Alaina Pitts, Meg White, and Will Buhler.

Coming Up

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
August 13 OST Jose's Blue Sombrero dine out event	August 14 OST	August 15 OST	August 16 OST	August 17	August 18	August 19
August 20 OST Board Meeting, Sealed Air, 6 PM	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		