



# Serpent Times

*The Weekly Newsletter of Southeastern Aquatics*

*Racine Family YMCA Swim Team, Est. 1984*

*September 29, 2017*

---

## Neil's Notes

Welcome back and to yet another layout change to the weekly newsletter (I just can't find satisfaction and any of the layouts I have used the past few year ... lol). I will say, to keep things simple, I've added extra-large font and highlighted each news section so if you are an old pro and need to find the important parts of this document, it should be easy for you.

It's great to back in the swim of things this Fall & Winter Season! As you can tell from the first handful of practices, our coaching staff remains largely intact with Katie James back as our Head Age-Group Coach and Alyssa, Sierra, and Jacob on deck to help as well. I'll be running the Seniors for the time being with Alyssa filling in when I need to be off deck (parent board meetings, LSC meetings, and the occasional school function for my children).

What we do here is pretty basic ... our mission is to empower the youth of Southeastern Wisconsin to be champions in life through swimming. As a YMCA swim team, we live by the four characteristics of the Y which are Caring, Honesty, Respect, and Responsibility. I truly believe if we can keep those four-character traits in mind when we interact with one another, there's no way we can go wrong when it comes to communication. To that end, it is important to maintain two-way communication between all the parties (swimmers, parents, coaches). Swimmers, never leave the wall to swim if you don't understand what the coaching staff wants you to do (raise your hand and ask for clarification); parents, you should never be in the dark when it comes to the day-to-day operations of SEA (Katie and I are always an email or phone call away to help).

Some of the ways I communicate with SEA families is via this weekly newsletter (usually emailed out Thursday afternoons), our Facebook page (SEA SWIM TEAM), via Twitter (@SEAWisconsin), and good old fashion face-to-face conversations. If you are not receiving weekly emails from me, please contact me to be added to the distribution list.

I can be reached at 262.898.4766 or via email at [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com) and Coach Katie can be reached at [katiepalmiter@gmail.com](mailto:katiepalmiter@gmail.com). Remember, my staff and I are here for you and your swimmers. If you're confused about anything or are wondering why things are done the way there are done ... ask! Happy to help!

## **Katie's Kickboard**

Welcome back SEA families!

It's wonderful to see everyone back on deck. I love hearing about summer adventures and getting to know our new swimmers. Let's hope this summer weather sticks around a while longer.

Just a reminder that spectators are asked to watch practice from the balcony. Swimmers can show up early to practice, however they are required to stay on the pool deck or in the balcony. The hallways are off limits!

For those interested in purchasing equipment Elmore Swim Shop will be visiting us October 23rd. Any questions or recommendations please don't hesitate to ask myself or any other coach. Suggested equipment includes: kick board, fins, and pull-buoy. Gold level athletes should add: paddles, snorkel, and two tennis balls to that list.

There are calendars posted on our website for each training group (which is a season plan that shows what the focus is for each practice). This is also where the results of test sets will be posted and where you can find requirements for advancement. Click on Members and then the training group you would like to view to find these documents.

We are preparing for our first time trials on October 9th! This is a great way to test the competitive waters and learn how a swim meet runs. If you have any questions about signing up ask myself, another coach, or email Coach Neil.

This year our Bronze group is bigger than ever. The coaches are very excited to see what these young athletes have in store. Our main focus the first few weeks will be freestyle and backstroke. Always remembering that streamline is the most important element.

Silvers have impressed me with their quick learning and attention to detail. There are some really skilled athletes in this bunch. Along with the Bronze group, Silvers will be working on freestyle and backstroke in the first few weeks. With plenty of time spent perfecting their starts and turns.

Gold's dove right back into their routine and worked hard right from the beginning. They have dryland on Tuesdays and Thursdays for a half hour at the beginning of practice. I require tennis shoes for their safety, as some exercises call for running and jumping. We had our first LTS (test set) on Thursday and everyone performed outstanding!

Remember to check your email and our Facebook page for any updates!

## Upcoming Meets

Date	Meet	Entry Deadline
October 9, 2017	Sprint Time Trials	10/7
October 13-15, 2017	OZ	10/1
October 22, 2017	J-HAWK	10/11
November 5, 2017	SEA Pentathlon	10/20
November 10-11, 2017	PX3	TBA
November 12, 2017	SSTY	11/1
November 12, 2017	KENO	TBA
November 18-19, 2017	STAT & WAUN Prelim/Final	11/1
December 1-2, 2017	SWAT	11/11
December 8-10, 2017	SSTY	11/11
December 16-17, 2017	Single Age State Sprint Championships	11/11
December 19, 2017	Middle Distance Time Trials	12/19

## Strength Training with Coach Matt

Strength Training is an important part of cross training for our high school athletes and Coach Matt will begin offering three training sessions a week at his new location – Mt. Sinai Gym, 2045 Lathrop Avenue here in Racine.

Training will be offered Tuesday and Thursday, 4:00-5:00 p.m. and Saturday, 9:45-10:45 a.m. Take advantage – strength equals speed!

## We Need Officials and You Can Help

To run the meets we do, we need officials (duh, right?). Liz Christensen serves as your Officials Chair on our parent board and can help you become an official. Please reach out to Liz at 262.994.4088 or via email at [ejchrist@wi.rr.com](mailto:ejchrist@wi.rr.com). No experience necessary and when you volunteer at SEA hosted meets it fulfills your worker obligations (while giving you one of the best seats in the house).

## Tryouts

Tryouts for October will take place at Park High School on Monday, October 30 beginning at 6:00 p.m. Swimmers interested in joining the team will have an opportunity to swim 25-yards Freestyle and Backstroke (may be asked to demonstrate Butterfly and Breaststroke too) and swim in the diving well. Those able to swim 25-yards without stopping and demonstrate an ability to swim in the diving well be extended a two-week tryout a period! Please share the date with interested family and friends. \$25 “finders” fee credited to your family fund account for any new swimmer you recommended to the team.

## **SCRIP 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](mailto: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:

*\*\* Please note that Thanksgiving bonuses are very high, but unfortunately available only in "SCRIP Now" and "Reloads." \*\**

<b>Order By</b>	<b>Delivery On</b>
October 8	October 11-12
October 22	October 25-26
November 5	November 8-9
November 19	November 22
December 3	December 6-7
December 17	December 20-21
January 7	January 10-11
January 21	January 24-25
February 4	February 7-8
February 18	February 21-22
March 4	March 7-8
March 18	March 21-22

## **New Parent Meeting**

Coach Neil will be host a meeting for all new parents on Tuesday, October 10 at Case High School beginning at 6:00 p.m. Please plan to meet with Neil on the pool deck. This is a great way to meet other new parents and learn more about one of Racine's hidden gems ... the SEA Swim Team.

## **No Locker Rooms Available at Case**

When we are training at Case High School and a high school basketball game is hosted there, we will lose use of the locker rooms. The bathrooms upstairs will be available for changing (please be sure to wear shoes when walking in the hallways. Dates in which the locker rooms will not be

available include: November 21, 28, December 7, 8, 12, 15, January 3, 5, 8, 12, 19, 23, 26, February 2, 6, 8, 9, 15, 22.

## **September & October Birthdays**

<b>September</b>	<b>October</b>
James Akakpo, Zoe D'Alessandro, Iman Deanparvar, Anisha Jain, Amelia Mason, Nadya Muzyka, Grace Neumann, Yasho Patil, Adam Ries, Nathan Smith, Aiden Yu, Maritxell Chavez-Alvarado, Nathan Strickland, Lindsey Hohnl	Srushti Ingle, Ava Jacobson, Shaelyn Jensen, Hannah Kehl, Angela Mrotek, David Sokol, Charlotte Wright, Quinn Wright, Neil Wright III, Eric Neo, Sarina Foster, Lenna Karapetian