



Serpent Times
Southeastern Aquatics Weekly Newsletter
Racine Family YMCA Swim Team

July 5, 2018

WGLO Meet Information & Warm-up Times

Friday Prelim (13&O) warm-ups (events 1-24) begin at 7:30 a.m. (lane 8) and meet begins at 8:15 a.m.

Friday Prelim (12&U) warm-ups (events 25-40) begin at 12:50 p.m. and meet begins at 1:45 p.m.

Saturday Prelim (13&O) warm-ups (events 41-64) begin 7:00 a.m. (lane 8) and meet begins at 8:15 a.m.

Saturday Prelim (12&U) warm-ups (events 65-82) begin at 1:15 p.m. and meet begins at 2:05 p.m.

Athletes qualifying for Finals can check with Coach Neil for their arrival times for warm-ups.

Sunday AM warm-ups (1500 Freestyle) begin at 7:00 a.m. and meet begins at 8:05 a.m.

Sunday AM warm-ups (events 85-102) begin at 10:00 a.m. and meet begins at 11:00 a.m.

This will be a long drawn out meet. Be sure to stay hydrated, well feed and take advantage of the warm-up and warm-down opportunities presented through the meet.

Drive safe, swim fast, have fun!

Bird Bath Invite Meet Information & Warm-up Times

Friday AM warm-ups (events 1-4) begin at 11:00 a.m. and meet begins at 12:05 p.m.

Friday PM warm-ups (events 5-20) begin at 2:00 p.m. (lane 6) and meet begins at 3:05 p.m.

Saturday AM warm-ups (9-12-year-olds) begin at 7:30 a.m. (lane 2) and meet begins at 8:05 a.m.

Saturday PM warm-ups (13&O, 8&U) begin at 11:50 a.m. (lane 7) and meet begins at 12:35 p.m.

Sunday AM warm-ups (9-12-year-olds) begin at 7:30 a.m. (lane 8) and meet begins at 8:05 a.m.

Sunday PM warm-ups (13&O, 8&U) begin at 11:20 a.m. (lane 6) and meet begins at 12:05 p.m.

The meet landing page contains session reports, psych sheets, and heat sheets. Please be on time for warm-ups since they are assigned. Remember to dress up and don't forget your sunscreen!

Head Coach Notes

What great weather we had during the 4th of July festivities the last couple of days. I hope your family enjoyed spending time together and had fun!

Here are some important reminders for this next few days ...

- 1) We are conducting practice Friday (both AM and PM)
- 2) No practice this Saturday
- 3) Tonight is the deadline to sign-up for the Dual w/OZ
- 4) I will take entries for Silver State through July 8 – this event is open to all swimmers
- 5) This Tuesday we will (weather permitting) head to Noah's Ark! There's still time to attend. No practice will be offered this day if we go. If we do not attend, we will conduct a full slate of practices (AM at JCAC, AM long course at RecPlex, and PM at JCAC).
- 6) The next parent board meeting will be held Wednesday, July 11 at Sealed Air YMCA, 6 p.m.

If your swimmer needs to be certified to dive off the block, please reach out to me and we'll plan a time to meet with a coach on Saturday (between 8-9:30 AM) at the lakefront Y.

We have canceled End of SEASON Time Trials as we will not have access to a pool to run this season ending event. Instead, be sure to take advantage of Off-season Training during the month of August.

We will have a nutritionist speaking to our athletes on July 16. For Seniors and Golds the talk will be held at 8:30 AM and for Silvers and Bronze the talk will be held at 5:30 PM. These talks will be held at the JCAC and parents are welcome to attend. Take advantage!

Please, if you are confused about anything or need assistance, do not hesitate in reaching out to 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

Happy Fourth of July! I hope everyone had a safe and happy Fourth. I ate way too much food! Now that we've had a day to relax and recharge we can get right back to work.

There are four short weeks before the end of our summer season and three weeks until 12&Under State. Make every practice count, train with a purpose and a focus on the little stuff.

This weekend we head up to Appleton for the Bird Bath Invite, and I am so stoked! The weather looks sunny and clear, perfect for summer swimming. Don't forget to bring lots of water, snacks, and sunscreen.

Growing up in Madison summer swim was a little different. There are a handful of community pools located around the city. Each pool has their own summer swim team. Competing in dual meets every weekend leading up to the annual All-City Swim Meet in August. This was my absolute favorite meet, it's like a festival of swimmers for a week!

The Bird Bath meet this weekend seems similar, especially the spirit wear! Each day of All-City has a theme and the coaches and swimmers dress up. It's the greatest! I have an outfit for everyday and I hope you guys do too!!

With the great weather everyone wants to use be at the pool, I would too! We have had to squeeze into limited lanes but have been adjusting well. Thank you, athletes, for being flexible. This gives us a great opportunity to work on starts and turns.

This week Coach D had to pick up her daughter from Girl Scout camp. This gave me an opportunity to work with the Bronze athletes. Butterfly was the focus again and they seem to be getting stronger and more coordinated. We also did a bunch of dives, working on keeping their heads down.

Silvers have had great attendance at night practice. So, with the congestion they have also been working on starts and turns. I have also been able to work one-on-one with athletes. I love this because I can easily fix a kick, or a flip turn. Then I can see them successfully apply it to practice and then races.

Golds worked hard Monday and Tuesday then sprinted on Thursday. They will finish off the week with starts and turns. Preparing for our packed meet schedule. I would like to remind athletes to come to practice prepared for success. Bringing a water bottle, eating breakfast, and applying sunscreen before. Successful in practice leads to success in competition. Always swim with a purpose!

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

Coachkatiejames@gmail.com

Upcoming Meets

July 6-8, Bird Bath Invite

July 6-8, WGLO (qualifying times)

July 12, Dual w/OZ

July 19-22, Speedo Champions Series (qualifying times)

July 20-22, Silver State (last opportunity for State qualifying times)

July 27-29, 12&U State

August 2-5, 13&O State

August 2-5, 14&U Central Zones

Noah's Ark Team Trip

Save the date! We will be heading to Noah's Ark Water Park on Tuesday, July 10. The cost is \$24 per ticket. The game plan is to meet at the Sealed Air YMCA parking lot at 7:00 AM, spend the day at the park, depart at 5:00 PM, and arrive back in town around 7:30 PM. If you are planning on attending, please forward payment (checks made to SEA) – forward to Coach Neil or Coach Katie. Also, if you will be driving and have room for additional riders, please let Coach Neil know. Don't miss out on the fun!

Attending to date: entire coaching staff, Wright Family (5), Macie Ritter, Nathan Mudry (has ticket), Austin Lentz (3), Foster Family (4 from escrow), Neumann (4), Grace Gross, Scott Palmer (has ticket), Isabelle Buhler (has ticket), Marlee and Kinzie Reischl (has tickets), Madi Peterson, Natalie Vitek, and Tim Riegelman.

Off Season Training

Off Season Training (OST) will be held in the month of August (August 1-27). 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!

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:

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

Order By	Delivery On
July 8	July 10-11
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 5 Deadline to sign-up for Dual w/OZ	July 6 WGLO Bird Bath	July 7 WGLO Bird Bath No practice	July 8 WGLO Bird Bath Deadline to sign-up for Silver State No practice
July 9	July 10	July 11	July 12 Dual w/OZ	July 13	July 14 Deadline to sign-up for Speedo Sectionals	July 15
July 16	July 17	July 18	July 19 Speedo Sectionals	July 20 Speedo Sectionals Silver State	July 21 Speedo Sectionals Silver State	July 22 Speedo Sectionals 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	July 31	August 1	August 2	August 3	August 4	August 5

Deadline to sign-up for 14&U Zones			13&O State 14&U Zones			
August 6 Off Season Training (OST) begins	August 7 OST	August 8 OST	August 9 OST	August 10	August 11	August 12