



**Serpent Times**  
**Southeastern Aquatics Weekly Newsletter**  
**Racine Family YMCA Swim Team**

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*June 15, 2018*

**Head Coach Notes**

As far as I can tell, the switch from indoor to outdoor swimming has been a smooth transition. The water has been on the chilly side, but hopefully with some 90+ degrees about to hit, the water will warm-up.

Thanks to all the parents (from both teams) for helping with timing at last week's dual meet at Park. Read more about this event later in the newsletter (results are posted on our website).

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.

I heard everyone enjoyed the Kingfish game last night even though the victory went to the visiting team. (At least there wasn't a flashflood like last year!).

The numbers are steadily growing for our upcoming trip to Noah's Ark. Please forward payment to a coach if you are planning on attending. Don't have a ride? It sounds like there will be plenty of extra seats available. Take advantage! (No practice on this date, June 26.)

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](mailto:south.eastern.aquatics@gmail.com). Katie can be reached at [coachkatiejames@gmail.com](mailto:coachkatiejames@gmail.com).

**Age-Head Group Coach Notes**

Hello again, first day of coaching outside and I already have a farmer's tan line. Warning! More sunscreen is required for outdoor swimming and coaching. But it sure does feel great to soak up the sun twice a day!

With everyone's excitement about using the new SC Johnson's facility I would like to remind athletes to follow the rules of the pool and be respectful of the facility. We want to leave a good impression on the lifeguards and families using the pool.

This next week we will have four days to prepare for our SEA Summer Sizzler! This is an awesome meet close to home. All groups will be focusing on the little stuff like, starts, turns, and finishes.

Bronze athletes are warming up to the chilly water at the new pool. Coach D is keeping them moving and focused. They are still working on strengthening their kick for each stroke, especially butterfly.

Silvers have been focusing very well this past week and have been able to get in some tough workouts. Coach Jake is doing a great job of keeping them motivated and moving in this cold water. Kicking has been a big part of their workouts this summer season, with a strong kick everything is easier.

Golds have started long course training down at the Rec Plex, where we will have our Summer Sizzler. These practices are very beneficial for any Gold athlete that can attend, we are able to use the blocks with wedges and learn how to better race long course.

They will also be moving dryland to Monday, Wednesday, and Fridays starting next week. You are required to bring a water bottle everyday as well as dress for dryland. Wear tennis shoes and bringing a yoga mat if you cannot lay in the grass.

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

[Coachkatiejames@gmail.com](mailto:Coachkatiejames@gmail.com)

### **Racine and Kenosha Dual Recap and Highlights**

Congratulations to Hugo Arteaga on picking up the 200 Backstroke state qualifying time during last week's dual meet (he also posted the third fastest time for 11-12 boys in that event).

Cutting more than five seconds in a single event included Alessandra Arteaga -21.18 100 IM, Lilie Larson -5.29 50 Freestyle, Madhura Patil -10.10 50 Breaststroke, Yash Patil -29.14 100 Butterfly, Madi Peterson -6.12 200 Breaststroke, and Hopking Uyenbat -23.97 200 Backstroke.

Posting 100% best times were Lilie Larson, and Jorja Makovsky.

Multiple event winners included Alessandra Arteaga, Hugo Arteaga, Rylie Bergemann, Ethan Brannen, Shaelyn Jensen, Matt Krug, Angela Mrotek, Madi Peterson, and Natalia Vitek.

As a team we won the meet scoring 1115 points to Kenosha's 910. We posted 41% best times (26 swims of 64) and only 4 DQs.

Thanks again to all the parents who stepped forward to help out running the meet.

### **Upcoming Meets**

June 22-23, Summer Sizzler – team hosted meet!

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

August 7, End of SEASON Time Trials

### **Team Travel Meet**

This summer we will be traveling to Appleton to attend the Bird Bath Invite. We have attended this event in the past and it's always a fun time.

The meet will be held Friday-Sunday, July 6-8. This meet is open to ALL swimmers! Hotel rooms have been secured at the Country Inn & Suites by Radisson in Appleton and includes hot breakfast among other amenities (refrigerator, microwave, indoor pool fitness center).

The hotel registration link was saved via our Facebook page and will be posted on our website soon. Don't miss out on this fun event!

### **Noah's Ark Team Trip**

Save the date! We will be heading to Noah's Ark Water Park on Tuesday, June 26. 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 (3), 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](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>
June 17	June 19-20
July 8	July 10-11
July 22	July 24-25

## June Birthdays

Nicoletter Jansen, Callie Klepp, Catherine Mike, Ashton Moesch, Tia Ricchio, Tim Riegelman, Jorden Stouffer, and Stephanie Strange.

## Coming Up

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				June 15	June 16	June 17
June 18	June 19	June 20	June 21	June 22 Summer Sizzler No practice	June 23 Summer Sizzler No practice	June 24 Deadline to sign-up for WGLO
June 25 Deadline to sign-up for Bird Bath	June 26 Noah's Ark No practice	June 27	June 28	June 29	June 30	July 1
July 2	July 3	July 4 4 <sup>th</sup> of July No practice	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 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
July 23	July 24	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 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	August 8 OST	August 9 OST	August 10	August 11	August 12