



Serpent Times
Southeastern Aquatics Weekly Newsletter
Racine Family YMCA Swim Team

June 29, 2018

Head Coach Notes

First things first ... Happy Birthday USA. 242-years-old never looked so good – especially with the weather we have been experiencing that last two days during morning practice! Remember, no practice July 4th next week.

Our Noah's Ark has been rescheduled for Tuesday, July 10. I know not everyone who was planning on attending this past Tuesday will be able to make it ... sorry for that. If you are planning on attending, please let me know and we'll keep our fingers crossed the weather cooperates!

Oh, and we hosted a pretty large meet last weekend at the RecPlex. Thanks again to Josh Johnson for leading the charge and staffing the meet. This was Josh's last meet as our Meet Director. Thanks for all you did and giving so freely of your time Josh ... you left some big shoes to be filled! The meet recap and highlights can be found later in this newsletter. Everyone did great pulling together and running a timely and quality meet.

Speaking of meets, you can still sign-up for the Dual w/OZ and Silver State (Silver State is open to all swimmers). In addition, if you have qualifying times for Speedo Sectionals, 12&U State, 13&O State, and 14&U Central Zones – it's time to declare your intentions! Take advantage and don't miss out!

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.

Also, we will open online registration for the Fall & Winter Season on Tuesday, September 4! This is something new for TEAM SEA and I'm looking forward to working with Active Network to develop a seamless experience for all of our families. More information coming soon.

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 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 summer! We had all hands-on deck this past weekend at our SEA Summer Sizzler. Coach Alyssa and I even got front row seats as timers one day. The tattoos were back in full

force and athletes dropped a bunch of time to earn them. Be sure to check out the upcoming Silver State meet as your next opportunity for some tats!

Next up is the Bird Bath Invite in Appleton next weekend. I will be attending this meet for the first time and I am very excited. Take a look at the meet information for the themes for each day. I will definitely be dressing up!

Athletes prepare by physically training in the water and out of the water with dryland. There are also several ways you can help your in-water training, by getting enough sleep, drinking lots of water, and eating the right foods. We have contacted our local Wheaton nutritionist (who happens to be one of our swim moms!) and scheduled an informational talk on July 16th. Golds and seniors will be during morning practice, and Bronze and Silvers will have theirs at night practice.

Bronze have been working with Coach D on their breaststroke kick. This seems to be harder than butterfly to master. They are taking it slow and she's pulling out all the tricks in the book. I have faith that they will master this kick in no time.

Silvers have also been focusing on getting legal breaststroke kicks. We are kicking in all sorts of ways to get their feel for the water. We have kicked on our fronts, our backs, and even vertically to practice this kick. I have had the opportunity to take athletes aside for more one-on-one work as well.

Golds have picked up the pace this week while working on IM and the longer distance races. There are still long course practices offered Tuesday and Thursday that will really benefit those athletes who plan on competing this summer. With only 6 weeks left and 3 meets left to get state cuts, taking advantage of every practice is important.

Lastly, I would like to remind athletes again to pack a water and wear sunscreen, even in the morning! As always coach Neil and I are here to answer any questions you may have.

Coachkatiejames@gmail.com

Summer Sizzler Recap and Highlights

New State qualifying times: Nathan Mudry 200 Breaststroke, Megan Schultz 100 Breaststroke, and Mac Thomas 200 IM.

Notching some of the fastest times in our team's history were: Lindsey Hohnl 8th 400 Freestyle, Mac Thomas 5th 100 Freestyle, 9th 100 Backstroke, Zoe D'Alessandro 8th 50 Breaststroke, Megan Schultz 3rd 100 Breaststroke, 4th 200 Breaststroke, Nicholas Foster 8th 100 Backstroke, 7th 100 Breaststroke, Hugo Arteaga 3rd 50 Freestyle, 6th 50 Backstroke, 6th 50 Butterfly, CJ Trask 8th 100 Backstroke, and Nathan Mudry 4th 200 Freestyle, 8th 200 Backstroke, 8th 200 Breaststroke.

Dropping more than five seconds in a single event: Hugo Arteaga -13.24 100 Breaststroke, Ethan Bergman -20.48 200 Freestyle, Jack Borzynski -6.19 100 Freestyle, Maddie Cerny -35.13 400 Freestyle, Nathaniel Foster -32.63 200 IM, Nicholas Foster -27.06 100 Backstroke, Cayla Julius -19.79 200 IM, Fiona Marini -14.31 50 Freestyle, Sophia Marini -20.61 100 Freestyle, Angela Mrotek -13.15 50 Freestyle, Nolan Mrotek -78.07 200 Freestyle, Grace Neumann -15.62 100 Breaststroke, Yash Patil -11.42 100 Freestyle, Madi Peterson -17.43 100 Breaststroke, Megan Schultz -7.91 200 Freestyle, Alice Stratman -20.35 400 Freestyle, Elizabeth Stratman -14.66 200 Freestyle, Mac Thomas -7.88 200 IM, Grady Trask -10.39 200 IM, and Hopking Uyenbat -14.30 200 Backstroke.

Posting 100% times: Caleb Bergman, Jessica Gonzalez, Najee Jones, Cayla Julius, Ashton Moesch, Claire Neumann, Madhura Patil, Yash Patil, Megan Schultz, Elizabeth Stratman, Grady Trask, and Natalie Vitek.

Event Winners: Hugo Arteaga 50 Butterfly, 400 Freestyle, 50 Freestyle, 100 Breaststroke, Zoe D'Alessandro 50 Breaststroke, Nathaniel Foster 200 IM, Shaelyn Jensen 50 Breaststroke, Nathan Mudry 400 Freestyle, and Hopking Uyenbat 200 Backstroke.

As a team we finished with 53% best times (140 of 264 swims) and only 12 DQs. Continued good luck at our remaining meets! Keep your practice attendance in check!!

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

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, 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 (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.

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

June Birthdays

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

Coming Up

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				June 29	June 30	July 1
July 2	July 3	July 4 4 th 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 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	July 15

					Speedo Sectionals	
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	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