

Serpent Times
Southeastern Aquatics Weekly Newsletter
Racine Family YMCA Swim Team

May 18, 2018

BDSC May Mania Meet Information

This weekend's meet is packed to the gills. However, we'll have a lot of opportunities to race some fast athletes and to see our training has been over the month of May. Also, this is a positive check-in meet. If you will be running late for warm-ups, please text me so I can check your swimmer(s) in, 262.994.3157.

Friday warm-ups 4:30-5:30 p.m. in lane 7, meet begins at 5:30 p.m.

Saturday AM warm-ups (13&O) 8:00-8:25 a.m. in lane 9, meet begins at 9:00 a.m.

Saturday PM warm-ups (12&U) 1:40-2:05 p.m. in lane 10, meet begins at 2:30 p.m.

Sunday AM warm-ups (13&O) 8:00-8:25 a.m. in lane 8, meet begins at 9:00 a.m.

Sunday PM warm-ups (12&U) 1:15-1:40 p.m. in lane 8, meet begins at 2:15 p.m.

Drive safe, swim fast, have fun!

Head Coach Notes

We are about to get real busy! We have a huge meet coming up on June 1st and another one on June 22nd. Did you sign-up to work it yet? Did you email your intentions for your swimmers? It's not too late!

In an effort to keep us focused, I have added a calendar at the end of this newsletter. It's a place where you can stay on top of all the upcoming deadlines and happenings. Take a look!

This weekend the entire staff (except for yours truly) will be traveling to Chicago to attend the Central States Swim Clinic. They will learn from some of the contemporary "greats" in our sport like Eddie Reese, Bob Bowman, Dave Sale, Alan Goldberg, and athletes Elizabeth Beisel and Tyler Clary. They will bring a lot of fresh ideas back to our team!

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!

Starting this week there will be a different stroke each day. There is a season plan on our website that lays out the whole summer. Gold's season plan is subject to change because Coach Katie forgot about those doing doubles. Look for a revised summer schedule come June.

I would like to remind athletes to be respectful to the facilities that we use. This includes equipment, the locker room facilities, and things in lockers should be left alone. Please shower and get dressed in a timely manner after your practice has ended.

This weekend Coach Neil will be solo at the meet while the rest of the coaching staff attends the Central States Swim Clinic. Learning from Olympic coach speakers like Michael Phelps coach Bob Bowman, and watching Olympic athletes share their successes and skills. We are very excited to share and implement what we learn.

Bronze did a great job last week with breaststroke, Coach Katie is still impressed! This week Coach D got into the water when teaching butterfly. It was great for the athletes to see her swim, and she was able to be hands on with those struggling with coordinating their butterfly.

Silvers have been so antsy to use their fins. We took a step back the first few weeks to adjust to new drills and allow new athletes to acquire fins. Silvers will try to use fins every practice, they are a great tool that helps many aspects of each stroke (no fins for breaststroke). They keep trying to race when we want them to go SLOW. To fix this we are going to use those fins to do things at race pace, feeding their competitiveness.

Golds have been really pushing the yards these last two weeks and hit 4,000 this Wednesday. Their strive to achieve and succeed is very strong this season, to fuel this I give them sets that challenge them physically and mentally. On another note, we are struggling with shoulder issues. I am re-evaluating the dryland, stretches, and shoulder stability to help prevent further issues. Remember to stretch, ice, and consult with a doctor if things worsen. We are making this a top priority in and out of the pool.

Good luck this weekend to those swimming, swim smart! Any questions or concerns feel free to contact Coach Neil or I Coachkatiejames@gmail.com.

Save the date! SEA Fundraiser at the Charcoal Grill

Team fundraiser at the Charcoal Grill (HWY 20 in Racine) on Tuesday, May 22 from 11 AM to 10 PM.

15% of all sales will be donated to SEA! Must present flier to count toward fundraiser! We'll hand them out at practice and they were handed out at last week's banquet – it's also available on the SEA Facebook page.

Please share with your family and friends! SEA you there!

LAKE Swim Your Own Age Recap and Highlights

Dropping more than five seconds in a single event: Rylie Bergemann -9.29 in the 200 Back.

Event Winners were: Rylie Bergemann in the 200 Back and Zack Kopsa in the 400 IM.

High Point Award Winners: Zack Kopsa (2nd with 54 points), Rylie Bergemann (4th with 48 points), and Shaelyn Jensen (4th with 46 points).

Team Results: We posted 33% best times (4 out of 12 swims) and had no DQs.

Upcoming Meets

May 18-20, BDSC

June 1-3, Pirate Plunge – team hosted meet!

June 8, Dual w/KENO

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!

Current Fundraisers

Milaeger's Money Spring Fundraiser

17% of your total sales will go toward your Spring & Summer 2018 Fundraising obligation!

Purchase or sell Milaeger's Money in the denominations of \$15, \$25, and \$50 – good only on living plants.

Submit orders by Wednesday, May 16 (checks payable to SEA).

Save the date for pick-up on Wednesday, May 23 at Case High School, 6:00-6:00 p.m. If unable to attend, please make arrangements with another family to pick up your order. Thanks.

Kenosha Kingfish

Reserve your tickets for our 2nd Annual Team Building Night at the Kenosha Kingfish game.

Price is \$17 and includes your seat, Kingfish baseball hat and bobblehead giveaway.

Deadline for orders is Thursday, May 24.

Game is Thursday, June 14.

Download order forms for both of these fundraisers on our website under the MEMBERS dropdown menu / FUNDAISING.

Thanks!

Off Season Training

Off Season Training (OST) will be held in the month of August. OST gives athletes an opportunity to continue their training and development between the end of our Summer Season and the beginning of 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
May 20	May 22-23
June 3	June 5-6
June 17	June 19-20
July 8	July 10-11
July 22	July 24-25

May Birthdays

Joe and Josh Abel, Anna Bayer, Jack Borzynski, Emily Cain, Kendall Gilewski, CJ Trask, Hopking Uyenbat, Paige Betthausser, Justin Hendricks

Coming Up

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				May 18 BDSC meet No practice	May 19 BDSC meet No practice	May 20
May 21	May 22 Dine out event at Charcoal Grill (HWY 20)	May 23	May 24 Deadline to order Kingfish tickets	May 25	May 26	May 27
May 28 Memorial Day	May 29	May 30	May 31 Last day Park for Seniors,	June 1	June 2	June 3

No practice			move to Case beginning Monday, June 4	Pirate Plunge in Brown Deer No practice	Pirate Plunge in Brown Deer No practice	Pirate Plunge in Brown Deer
June 4	June 5	June 6	June 7	June 8 Dual w/KENO No practice	June 9	June 10
June 11	June 12	June 13	June 14 Outdoor practice begins (weather permitting) RecPlex practices begin Kingfish game	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
June 25	June 26 Noah's Ark	June 27	June 28	June 29	June 30	July 1
July 2	July 3	July 4 4 th of July No practice	July 5	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	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	August 3 13&O State	August 4 13&O State	August 5 13&O State
August 6 Off Season Training (OST) begins	August 7 End of Season Time Trials	August 8 OST	August 9 OST	August 10	August 11	August 12