

Serpent Times
Southeastern Aquatics Weekly Newsletter
Racine Family YMCA Swim Team

May 21, 2018

IMPORTANT DEADLINE!

Coach Neil will take last minute entries for our team hosted Pirate Plunge meet through Tuesday night, 8 PM. Don't miss out on this great meet!!! Email him your intentions at south.eastern.aquatics@gmail.com.

Head Coach Notes

I will be chaperoning my son's 4th grade trip to Camp Timber-Lee Wednesday-Friday this week. Coach Alyssa will be running our Senior group. Let your kids know they should work hard or pay the price when I'm back on deck! 😊

Great racing last weekend in BDSC's meet. Read all about our successes later in this newsletter. Don't forget to sign-up your kids for our upcoming Pirate Plunge!

Anyone interested in hanging out at Noah's Ark on June 26? If you are please forward payment and let me know if you have any space for additional riders! You can read more about this event later on in this newsletter.

Remember, no practice Monday, May 28 – Memorial Day.

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! Thanks again Neil for holding down the deck while we were in Chicago. But don't worry I was stalking Meet Mobile all weekend keeping tabs on the great swims! We look forward to hearing what we missed from the athletes at practice.

It was so awesome to spend time with the coaching staff outside of the pool this weekend. We also got to learn from some of the greatest athletes and coaches in the world. Collectively I think our favorite speaker was Bob Bowman. The girls got to ride in the elevator with Elizabeth Beisel, and all that came out of my mouth was "I like your hat!", nice one Katie. We are very excited to share what we learned with the team!

Some highlights from the weekend were Bob's idea of adding dryland exercises into everyday practices. This is something that we can easily do and no equipment is necessary. Other ideas include new drills for each stroke, surprisingly we already use most of these drills. But one of my favorites was the psychology behind the sport, or brain training. Training a racing brain, one that acts from muscle memory without anxiety or overthinking. Meditation was a tool they had mentioned several times that would be awesome to use!

As we slowly integrate what we've learned from the clinic we will still have to focus on upcoming meets. These next two weeks we prepare for our SEA Pirate Plunge! Entries will still be taken until 8pm tomorrow, be sure to sign up with Neil or I!!

Athletes have already built a great stroke base these last few weeks, working on technique and lots of drills. In preparation for competition we will work on starts, turns, and finishes. Watch for the pirate this weekend he might want to steal your gold!

As always feel free to contact Neil or I with any questions or concerns.

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!

BDSC May Mania Recap and Highlights

New State Qualifying Times: Nathan Mudry (15-16 1500 Freestyle) and Hopking Uyenbat (11-12 400 Freestyle, 50 and 100 Backstroke, 50 and 200 Butterfly, 200 IM).

Posting some of the quickest times in our history: Angela Mrotek 9th in the 100 Breaststroke, Zoe D'Alessandro 8th in the 50 Breaststroke, Zack Kopsea 9th in the 1500 Freestyle, Josh Abel 8th in the 100 Butterfly, 9th in the 100 Backstroke, Hopking Uyenbat 4th in the 400 Freestyle and 200 Butterfly, 6th in the 50 and 100 Backstroke and 200 Breaststroke, 8th in the 200 IM, and Nathan Mudry 2nd in the 400 and 1500 Freestyle, 4th in the 200 Freestyle and 200 IM, 5th in the 100 Butterfly, 6th in the 200 Butterfly, 7th in the 100 Freestyle.

Notching all best times: Rylie Bergemann, Zack Kopsea, Jorja Makovsky, Angela Mrotek, Nolan Mrotek, and Hopking Uyenbat.

Dropping more than five seconds in a single event: Rylie Bergemann -43.28 in the 400 Freestyle, Zack Kopsea -8.21 in the 200 Freestyle, Austin Lentz -7.85 in the 400 Freestyle, Jorja Makovsky -12.68 in the 50 Freestyle, Nolan Mrotek -30.27 in the 100 Backstroke, Nathan Mudry -13.43 in the 200 Butterfly, Macie Ritter -6.77 in the 400 IM, and Hopking Uyenbat - 18.28 in the 400 Freestyle.

Less than five seconds from a State cut: Josh Abel -3.31 in the 100 Backstroke, -4.52 in the 100 Butterfly, Zoe D'Alessandro -.60 in the 50 Butterfly, Shaelyn Jensen -.69 in the 50 Breaststroke, Zack Kopsea -2.32 in the 200 Backstroke, -2.22 in the 100 Backstroke, and Nolan Mrotek -4.25 in the 100 Breaststroke.

Event Winners were: Nathan Mudry in the 400 and 1500 Freestyle and Josh Abel in the 200 Butterfly.

High Point Award Winners: Nathan Mudry, 1st for 13-14, 121 points.

Team Results: We finished 15th of 32 teams scoring 387 points; best time percentage was 77% (52 of 68) and only posted one DQ.

Upcoming Meets

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 Park 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 (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
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 Betthausen, Justin Hendricks

Coming Up

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 21	May 22 Dine out event at Charcoal Grill (HWY 20)	May 23 Milaeger's Plant pick-up at Park (available the 22 nd too)	May 24 Deadline to order Kingfish tickets	May 25	May 26	May 27

	Deadline to sign-up for the Pirate Plunge					
May 28 Memorial Day No practice	May 29	May 30	May 31 Last day Park for Seniors, move to Case beginning Monday, June 4	June 1 Pirate Plunge in Brown Deer No practice	June 2 Pirate Plunge in Brown Deer No practice	June 3 Pirate Plunge in Brown Deer
June 4	June 5 Deadline to sign-up for Dual w/KENO	June 6	June 7	June 8 Dual w/KENO No practice	June 9	June 10 Deadline to sign-up for Summer Sizzler
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 Deadline to sign-up for WGLO
June 25 Deadline to sign-up for Bird Bath	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 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	August 7 OST	August 8 OST	August 9 OST	August 10	August 11	August 12

Off Season Training (OST) begins	End of Season Time Trials					
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