

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

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*May 31, 2018*

**Pirate Plunge Meet Information and Warm-up Times**

This weekend (Friday-Sunday) we'll host our annual Pirate Plunge in Brown Deer at the Walter Schroeder Aquatic Center. Here's the warm-up times and end times for the meet ...

Friday warm-ups begin at 4:30 p.m., meet begins at 5:35 p.m. and is scheduled to end at 8:10 p.m.

Saturday AM warm-ups for 13&O swimmers begin at 7:30 a.m., meet begins at 8:35 a.m. and is scheduled to end at 1:28 p.m.

Saturday PM warm-ups for 12&U swimmers begin at 1:28 p.m., meet begins at 2:10 p.m. and is scheduled to end at 5:17 p.m.

Sunday AM warm-ups for 13&O swimmers begin at 7:30 a.m., meet begins at 8:35 a.m. and is scheduled to end at 12:37 p.m.

Sunday PM warm-ups for 12&U swimmers begin at 12:37 p.m., meet begins at 1:20 p.m. and is scheduled to end at 4:22 p.m.

Because we are hosting this meet, practice will not be offered Friday and Saturday.  
Drive safe, swim fast, have fun!

**Head Coach Notes**

This weekend we are hosting our Pirate Plunge event in Brown Deer. This is a large meet for us (around 700 athletes) and a team wide fundraiser. Please be on time for your worker spots and keep a smile on while filling your role as a SEA volunteer. Thanks!

Thank you to Coach Alyssa for covering Senior practices Wednesday-Saturday while I was chaperoning my son's Camp Timber-lee trip and spending time with my family. It's important to maintain a positive work-life balance for longevity in this profession and I'm please the parent board and Senior families understand the importance of this idea.

Now, about our current pool situation. I have been speaking with Building & Grounds at RUSD, the Athletic Director at Horlick, the head engineer at Case, and the 2<sup>nd</sup> shift head engineer at Park ... and I still don't have a firm answer to give you. Sigh ... at this point, Seniors will continue training at Park and our age-groups (Bronze, Silver, and Gold) will continue to train at Horlick. When I receive any new information about the pools, you'll be the first to know.

We are hosting a dual meet with the Kenosha YMCA next Friday, June 8. If you would like your swimmer(s) entered in the meet, please email me.

We are still on track to switch to our summer practice schedule on June 14 (weather permitting). In addition to our normal practices at the new outdoor pool, we'll run 50-meter practices for Gold and Senior swimmers on Tuesdays and Thursdays beginning June 14 and ending July 19.

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.

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](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! With summer weather finally rolling in, we're counting down the days until we get outdoors. Remember to stock up on sun screen and always pack a water!

This weekend we have all hands-on deck. Hoisting the sails and pulling the anchor as we head up to Schroeder. Hopefully bringing home lots of gold! Don't forget to pack a fuel filled lunch. If the weather is nice there is room outside for seating.

Bronze have really been focusing on maintaining their streamline. Coach D has also been preparing them for our upcoming meet, working on proper finishes and starts.

Silvers have dedicated time at the end of practice just for starts, turns, and finishes. We will end the week with race pace work. Also gearing up for competition!

Gold's did some meditation for dryland this week. Learning to focus and control their thoughts. This is very helpful for race day, when the anxiety is high and their mind is racing. Race day is where their practice skills show.

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

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

### **Upcoming Meets**

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!

### **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 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
				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 Parent Board meeting	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 <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 End of Season Time Trials	August 8 OST	August 9 OST	August 10	August 11	August 12