



Serpent Times
weekly newsletter for
South Eastern Aquatics
Racine Family YMCA Swim Team
established September 1984



Jan. 14, 2009

Warm-up

RUSD has canceled all after-school activities today ... no practice tonight (1/14). The board meeting is also canceled (rescheduled for Jan. 21, 6:00 p.m. at Park).

Big meet this weekend! Good luck to all 93 swimmers entered in the meet – drive safe, swim fast and most of all ... have fun!

Although it will be cold this weekend, unless there is a problem with the pool, our Oddball Challenge will run as scheduled. Anyone remember the temperature on the way to last year's Oddball meet? Here's a pic to jar your memory:



We are in the middle of selling calendars for the upcoming calendar raffle: remember to turn in your stubs to Myra/Neil or Jennifer Pennings/Kathy Schwartz by Jan. 28. This event counts toward fundraising and everyone's help is appreciated to assist in recovering the loss of the Dec. meet revenue. We will continue to sell them thru January – read more about the calendar raffle on page two.

SEAY's email address is s_e_a_y@yahoo.com and the office phone number is (262) 635-3843.

Upcoming Meets

All swimmers currently on the team are ready for meets ... if you are interested in competing in meets, please contact Neil. Driving directions, meet information and entries can be found on the website.

- 1) **SEAY Oddball Challenge** will take place this weekend at Waukesha South High School
 - a. Saturday AM (8-9 & 10-11) warm-ups begin at 7:30 a.m., meet begins at 8:35 a.m., meet ends at 11:40 a.m.
 - b. Sunday AM (8-9 & 10-11) warm-ups begin at 7:30 a.m., meet begins at 8:35 a.m., meet ends at 11:30 a.m.
 - c. Saturday PM (7&u, 12-13, Senior) warm-ups begin at 11:30 a.m., meet begins at 12:45 p.m., meet ends at 4:38 p.m.
 - d. Sunday PM (7&u, 12-13, Senior) warm-ups begin at 11:20 a.m., meet begins at 12:35 p.m., meet ends at 4:17 p.m.
 - e. **RACE – RACE – RACE – RACE – RACE – RACE – RACE – RACE – RACE!**
- 2) **GYST Dual** will be held at Lake Geneva YMCA on Jan. 25
 - a. No fees associated with this meet
 - b. Good meet for first year swimmers
 - c. Warm-ups begin at 8:00 a.m., meet begins at 9:00 a.m.
 - d. It would be thoughtful if we supply officials for this meet ... please speak with Neil if you can help in this capacity
 - e. Entry deadline is Jan. 16
- 3) **Distance Time Trials** will be held at Park on Jan. 23
 - a. Warm-ups begin at 5:30 p.m.
 - b. Meet begins at 6:05 p.m.
 - c. This meet is an excellent opportunity for our swimmers to gain experience in longer races
 - d. Entry deadline is Jan. 21
- 4) **SSTY A+** will be held at WSAC in Brown Deer Feb. 6-8

- a. This is on the premier meets in the Midwest, if you have the cuts (even if you only have one), plan on attending
- b. Entry deadline is Jan. 26

Meet Recap

FOXJET – This meet was a lot of fun. All SEAY swimmers in attendance walked away from the meet with a least one best time. The competition was solid across the board and the venue was top notch. Here’s how your SEAY swimmers did – Bailey Bleser posted all best times and also posted 4 top ten times in the history of the club; Alisa Danzer (suffering from a shoulder injury sustained while performing a Backside 720 snowboarding) dropped 25.34 in the 1000 Free; John Freidheim achieved 2 more state cuts (50Fr and 2IM) and just missed the 2Ba (.53); Dana Iverson excelled in the 1000 Free posting a life time best (state cut) and posted a second swim in the 1Ba; Ivar Iverson rocked the 2IM (best time by almost 2 seconds) and finaled in the 1Br; Jodi Vanderford just missed a state cut in the 4IM (.80), dropped an amazing 47.61 in the 1000 Free (excellent splits too, 6:03.72 on the way out and 6:03.26 on the way back) and broke 6:00 in the 5Fr for the first time (5:56.72); James Weslaski was 5 of 7 for best times and is closing in the 5Fr state cut (current best time is 5:49 and the state cut is 5:47.99); Paige Weslaski dropped 6.69 in the 4IM (posting the 3rd fastest time in team history) and finaled in the 2Ba; and Hanna Wilbershide (still showing signs of being out of shape after a Christmas vacation to Texas) dropped 16.45 in the 4IM. One thing noticeable throughout the entire meet was our swimmers ability to race – no matter the way they felt (tired, sore or out of shape). Keep it up! As a team we finished 31st of 50 with 95 points, no DQs (second meet in a row) and 46% best times.

What to improve upon? – Specifically: better morning swims (had numerous 1st and 2nd alternate positions for finals or just overall sub performances during the AM – need to be more aggressive and intense to get those final swims), Br tempo is too slow during IM races (fast hands, strong kick), streamlined positions were non-existent during the back-half of races 200 yards in length and longer.

Practice location for the upcoming week

Thur., Jan. 15	Combined @ Horlick
Fri., Jan. 16	Combined @ Case
Sat., Jan. 17	No practice, SEAY meet
Mon., Jan. 19	Case @ Case, Park @ Park
Tue., Jan. 20	Combined @ Case
Wed., Jan. 21	Case @ Case, Park @ Park

Notes from the Meet Director

The arrival times for the meet this weekend will be posted by Thursday Jan 15. All families are asked to volunteer 2 sessions. If you are still in need of sessions you must call me ASAP! Online sign up does not allow you to do it yourself this close to the meet. Please allow time to drive safely. The chance of this meet being cancelled is very rare!! It is always a good idea to view the arrival time just before you leave in case there are any last minute changes. The Calendar Raffle will be available for sale at this meet. This is an effort being made to help us recover the lost revenue from the December meet. Kathy Schwartz will have them available at the volunteer check in table.

Thank you to everyone in advance for making the meet run smoothly and volunteering your time!! Jennifer Pennings 752-0387 and Mark Purath 909-8602.

SEAY Calendar Raffle

SEAY is selling calendar raffle tickets to make up some of the revenue that was lost by canceling the December meet. Tickets are \$2.00 a piece or 6 for \$10.00. This is a fundraiser and will count toward your fundraising obligation. Instead of writing a check for \$150.00 why not purchase raffle tickets and have a chance to win.

How the calendar raffle works - there will be a winner everyday in February 2009. Sundays are worth \$50.00, all other days are worth \$25.00 except Valentine's Day which is worth \$100.00. If your name is pulled you are the winner for that day. You may win multiple times. Drawings will be done for the week and checks sent to the winners. Winners will also be posted on the SEAY website.

Tickets for this raffle will be available at all combined PM practices until the end of January, or until all tickets are sold. Jennifer Pennings will also have tickets available.

Sell tickets to family and friends to help the SEAY Swim Team. Winners receive the prize in the mail, so they may live out of state.

Severe Weather – it’s here

So there’s some snow on the ground and you’re wondering whether or not SEAY practice will be held? Well, while listening to local radio and television stations you hear or see RUSD has canceled school or after school activities, that means SEAY practice is canceled too. If you’re not sure, call the office at (262) 635-3843, check the homepage of the website or

check your email (remember, you'll only receive an email if you supplied one during registration – email Neil if you are not currently receiving email updates from s_e_a_y@yahoo.com).

Happy Birthday!

Cassie Bote (1/6)
Nick Knebel (1/20)
Marlee Reischl (1/29)

Lindsey Flynn (1/10)
Becca Wilbershede (1/20)
Abby Kortendick (1/31)

Katelyn Flynn (1/12)
Jack Polzin (1/28)

Get To Know Evan Weiss

Age: 6

Training group: Pups

Year started with SEAY: 2008

Role model:

Favorite stroke: Breast

Favorite event:

Favorite swimmer:

Favorite training set: Kicking

Future goal:

Favorite book: Pigeon book

Favorite movie: The Hulk

When I grow up I want to: Be a car designer

If I could change one thing in the world:



SEAY Schedule

Jan. 14	Board meeting @ Park, 6:00 p.m. — all welcome - canceled
Jan. 15	Combined @ Horlick
Jan. 16	Deadline to sign-up for GYST Dual
Jan. 17-18	SEAY Oddball Challenge @ Waukesha South High School
Jan. 20	WI LSC Meeting @ UW-Waukesha, 7:15 p.m. – all welcome
Jan. 21	Deadline to sign-up for Distance Time Trials
Jan. 21	Board meeting @ Park, 6:00 p.m. – all welcome
Jan. 23	No practice, Distance Time Trials @ Park
Jan. 25	GYST Dual @ Lake Geneva YMCA
Jan. 26	Deadline to sign-up for SEAY Open
Jan. 26	Deadline to sign-up for SSTY A+ Open
Jan. 27	No practice, SEAY How Far I Swim @ Case
Feb. 1	Deadline to sign-up for J-HAWK 8 & Under Open
Feb. 6-8	SSTY A+ Open @ WSAC
Feb. 8	SEAY Open @ Waukesha South HS
Feb. 11	Deadline to sign-up for OZ Dual
Feb. 13	OZ Dual @ Case HS
Feb. 15	J-HAWK 8 & Under Open @ UW-Whitewater
Feb. 20-22	Regionals @ Homestead HS
Feb. 22	Deadline to sign-up for 12 & Under USA State
Feb. 27-Mar. 1	12 & Under USA State @ UW-Madison

Mar. 5-8 13 & Over USA State @ WSAC
Mar. 8 Deadline to sign-up for Speedos
Mar. 10 Annual Team Picture
Mar. 12-15 Speedo Sectionals @ WSAC
Mar. 14-15 YMCA Sectionals @ Pabst Farms YMCA
Mar. 20 Last day of practice ☺
Mar. 20-22 YMCA State @ WSAC
Mar. 24 Deadline to sign-up for YMCA Nationals
Mar. 30 New swimmer tryouts at Park beginning at 5:30 p.m. – tell your friends!

* *Caring* * *Honesty* * *Respect* * *Responsibility* *
* *Build* * *Promote* * *Achieve* *