



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



Jan. 21, 2009

### Warm-up

Tomorrow's practice will be held in a combined fashion at Horlick. Please make a note of this change.

Congratulations on running another successful meet last weekend! The time line was just about perfect and without any real equipment malfunctions, the meet ran pretty smooth. A big thank you to all the parents who volunteered their time last weekend and to Jennifer Pennings and Mark Purath for their excellence as meet directors.

Don't forget, there's one more SEAY hosted meet left on the meet schedule ... SEAY Open on Feb. 8. If you are not competing at A+ that weekend, you should be swimming this meet. Entries are due on the 26<sup>th</sup>! We had 93 swimmers in the meet last weekend. Lets break the century mark for our meet on the 8<sup>th</sup>!

Did you know there are only 8.5 weeks remaining in the season? Are you entered in the remaining meets?

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](mailto: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, entries and fees can be found on the website.

- 1) **Distance Time Trials** will take place this Friday at Park
  - a. Warm-ups begin at 5:30 p.m.
  - b. Meet begins at 6:05 p.m.
  - c. 13 parent volunteers will be needed to help time
  - d. This is an excellent opportunity for swimmers to gain experience in longer races
  - e. Entry deadline is today
- 2) **GYST Dual** will take place this Sunday at Lake Geneva YMCA
  - a. Warm-ups begin at 8:00 a.m., meet begins at 9:00 a.m.
  - b. Entries were updated yesterday
  - c. Neil, Alyssa and Shannon look forward to seeing you Sunday
- 3) **SEAY Open** will be held at Waukesha South High School Feb. 8
  - a. All swimmers should swim this meet unless they are competing at A+
  - b. This is our last hosted meet of the season
  - c. Entry deadline is Jan. 26
- 4) **SSTY A+** will be held at WSAC in Brown Deer Feb. 6-8
  - a. This is one of 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
- 5) **J-HAWK 8&U ALL-STAR Open** will be held at UW-Whitewater Feb. 15
  - a. Here's a great little meet for all 28 of our 8 & Under swimmers
  - b. Entry deadline is Feb. 1

### Meet Recap

**Oddball Challenge** – There was a lot of fast swimming last weekend. As a team, our swimmers posted 65% best times (they posted 61% back in Nov.) and 25 DQs (still a little high, but a lot better than the 21 posted in Nov. – remember, November's meet was one day). Here are some highlights – new USA or YMCA state cuts achieved by Haille Bocek (50 and 1Ba), William Buhler (50 and 1Br), Maxanna Collen (50Ba, 1Fr, 1IM), John Freidheim (4IM) and Cole Lazzeroni (50Ba and 1Fr); swimmers closing in on new state cuts include Laura Barron (.53 off the 50Fr), Maxanna Collen (.50 off the 25Br) and Jodi Vanderford (1.26 off the 2Ba); the quartet of Alice Pennings, Maxanna Collen, Tessa Pham and Marissa Kruse combined to set a new team record for the 8&U Girls 200 Free Relay (their final time was 3:03.18 with the old mark of 3:06.01 set back in 2003 – old record was held by current SEAY swimmers Laura Barron, Madelyn Pennings and Becca Wilbershede and

Madison Ormson), swimmers posting best times in all of their events included Sam Aiello, Sydney Aiello, Emma Champion, Solomyn Collen, Collin Flynn, Jarred Glaser, Christian Halstead, Breeanne Heusdens, Kaylin Heusdens, Jacquelin Johnson, Sawyer Kaye, Alaina Kruse, Jason Lewis, Katarina Liddell, Alex Malec, Will Mattison, Hannah Molitor, Katie Navin, Breona Rydholm, Tessa Sliwa, Victoria Westman and Rachel Zenisek; swimmers posting some of the fastest times in the history of the club included Maxanna Collen (9<sup>th</sup> in the 1Fr, 7<sup>th</sup> in the 1Ba), Alice Pennings (10<sup>th</sup> in the 1Fr, 5<sup>th</sup> in the 2Fr, 8<sup>th</sup> in the 1Br, 2<sup>nd</sup> in the 1Bf – closing in on the team record for the 1Bf), Carly Weiss (10<sup>th</sup> in the 1Ba), Dana Iverson (6<sup>th</sup> in the 50Fr, 3<sup>rd</sup> in the 2Ba, 10<sup>th</sup> in the 1Bf), Hannah Kilmer (10<sup>th</sup> in the 2Bf), Bailey Bleser (4<sup>th</sup> in the 2Fr, 5<sup>th</sup> in the 1Ba, 5<sup>th</sup> in the 2IM), Jason Lewis (6<sup>th</sup> in the 1Ba) and Ivar Iverson (6<sup>th</sup> in the 50Ba); swimmers dropping amazing amounts of time were Bailey Bleser (-17.79 in the 2Fr), Emma Champion (-24.61 in the 2Fr), Sally Carmody (-11.26 in the 1Br), Maxanna Collen (-10.23 in the 1Fr), Solomyn Collen (-22.56 in the 50Fr), Alisa Danzer (-15.88 in the 2Ba), Maggie Danzer (-10.40 in the 2IM), Collin Flynn (-24.58 in the 2Fr), Jarred Glaser (-28.45 in the 2IM), Connor Jurena (-40.15 in the 1Fr), Hannah Molitor (-10.42 in the 2Fr), Alice Pennings (-15.44 in the 2Fr), Anicka Purath (-45.32 in the 1Bf), Eilis Purath (-21.08 in the 2Fr), Marlee Reischl (-10.15 in the 25Bf), Madison Richards (-27.90 in the 1Br), Stephanie Schwartz (-22.75 in the 4IM), Quinn Shannon (-22.29 in the 1Fr), Becca Wilbershide (-26.62 in the 4IM), Hanna Wilbershide (-24.15 in the 2Br) and Rachel Zenisek (-11.81 in the 2Fr); and finally the unsung heroes of the meet were all the swimmers who were entered in new events and rose to the challenge and the swimmers who were DQed, but still pressed forward and attacked their next race ... you all deserve a standing O!

**Swimmers - what to improve upon?** – Back finishes (finish strong – don't slow for the wall), do not breathe on the first stroke of any freestyle event, diving (really a newer swimmer issue), and when breathing on butterfly, breathe after the first kick and place face back in the water prior to hands recovering past shoulders.

**Parents - what to improve upon?** – Please try really hard for the remaining meets to arrive on time ... many swimmers were late.

### ***Who won anyway?***

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This is something I (Neil) wrote very early in my coaching career (probably in 1994 or thereabouts). It's a small paragraph about what it means to win and succeed in this sport.

Because swimming offers so many diverse ways to "win," it is one of the best sports to participate in. Some swimmers, coaches and parents believe the only way to win is to finish first in a race or meet. Although this is one way to win, there are many others. For example, achieving a best time, improving a turn, having a faster start, remember to touch with two hands in the breaststroke and butterfly races, remembering to breathe during the distance freestyle races, improving the timing of the underwater breaststroke pullout, remembering to kick after pushing off the wall for freestyle, butterfly and backstroke, congratulating an opponent after a close race, achieving a state or national qualifying time, cheering for teammates and friends, and competing in new events are some, but not all ways to "win." Swimmers, coaches and parents should keep these examples of winning in mind when attending meets, because it is these same people who keep "winning" in perspective that will be true champions – both in and out of the pool.

Looking back on this paragraph today, it seems idealistic, but there's a lot of truth to it too. Don't get me wrong, I'm going to challenge all swimmers to excel at this sport, but winning will not be the driving force or focus ... learning will be. Learning how to swim with the most efficient technique possible, learning how to handle setbacks and failures (they will happen to every single swimmer if you stay with the sport long enough), learning how to accept one another's differences and work together, learning the type of pain the body is capable of enduring when working out, and from the YMCA, learning how to be caring, honest, responsible and respectable.

As Adam Barron said at last year's banquet, there's more to life than swimming. Keep everything in perspective, have fun, make friends, and enjoy your time here at SEAY because before you know it ... it will all be over.

### ***Practice location for the upcoming week***

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Thur., Jan. 22	Combined @ Horlick – <i>this is a change from the posted practice schedule</i>
Fri., Jan. 23	No practice, Distance Time Trials
Sat., Jan. 24	Gr/B1/S1/S2 @ YMCA
Mon., Jan. 26	Combined @ Park
Tue., Jan. 27	No practice, SEAY How Far I Swim @ Park
Wed., Jan. 28	Case @ Case, Park @ Park

### ***UW-Milwaukee swim team is looking for help***

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Dear SEAY Swim Club,

This year, UWM is the host of the Horizon League Championships at the Walter Schroeder Aquatic Center. We are currently looking for timers to help at the meet. Each volunteer timer will receive a t-shirt and access to the hospitality room.

The dates and times we are looking for help are as follows:

Wednesday, February 25th Finals - 6:45PM  
Thursday, February 26th Prelims - 10:15AM Finals - 6:15PM  
Friday, February 27th Prelims - 10:15AM Finals - 6:15PM  
Saturday, February 28th Prelims - 10:15AM Finals - 6:15PM

If anyone is interested in helping, please contact me by Tuesday, February 10th.

Thank you for your help!

Erica Janssen  
University of Wisconsin-Milwaukee  
Head Swimming & Diving Coach  
414-750-4734

From Neil – we currently have a handful of swimmers competing for teams in the Horizon League. You'll be able to watch some past SEAY greats compete at the college level if you go.

### ***SEAY Calendar Raffle***

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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.

### ***Happy Birthday!***

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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 Dana Iverson***

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*Age: 15*

*Training group: Senior 2*

*Year started with SEAY: 2003*

*Role model: Natalie Coughlin*

*Favorite stroke: Back*

*Favorite event: 100 Back*

*Favorite swimmer: Natalie Coughlin*

*Favorite training set: LTS*

*Future goal: College scholarship*

*Favorite book: Pride and Prejudice by Jane Austen*

*Favorite movie: The Holiday*

*When I grow up I want to: I don't know*

*Advice for younger swimmers: Stick with it because swimming is really fun, I have a lot of fond memories*

*If I could change one thing in the world: Cookies would be totally healthy so I could eat them before a meet, before swim practice, for breakfast ...*



## *SEAY Schedule*

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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
Jan. 27	WI LSC Meeting @ UW-Waukesha, 7:15 p.m. – all welcome
Feb. 1	Deadline to sign-up for J-HAWK 8 & Under Open
Feb. 5	Deadline to sign-up for Regionals
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	Deadline to sign-up for 13 & Over USA State
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 Speedo Sectional
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 \**