

Serpent Times

weekly newsletter for
South Eastern Aquatics
Racine Family YMCA Swim Team
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January 21, 2010

Neil's kickboard

We had a great turnout for the meet last weekend ... don't forget to sign-up for the last SEAY hosted meet of the season (February 7 at Waukesha South). Entries are due today!

I'm still waiting to hear about our 25th Anniversary clothing order (the company processing the order said they would pull together the items and ship them out earlier this month). Also, the Austrian company that makes our personalized caps has not been returning my emails. Will continue to try and get in touch with them.

I sent out an email blast from Cheryl Herman (parent who is organizing the SEA How Far I Swim) yesterday that listed the wrong pool for SEA How Far I Swim ... this event will be held on Tuesday, January 26th at Park High School.

Thanks to all the family and friends who helped out last weekend at Waukesha during our annual Oddball Challenge. It was a great meet and the swimmers performed well. Here are the highlights ...

New State Cuts – Laura Barron (1Ba, 2Ba), Emily Bollendorf (50Ba), Marlee Reischl (25Fr) ... there are about 5-6 swimmers knocking on the door of their first ever state cut – keep attending meets – and practices too!

New Team Records – Ivar Iverson lowered two of his 11-12 records – 2Ba is now 2:21.77 and the 4IM is now 5:04.05 – getting ready to break the 5-minute barrier!

Top Ten All Time for SEAY – every year it gets more difficult to crack into the top ten all time for SEAY and if you are making on this list, you should be very proud – Sara Bollendorf (10th in the 1Ba, 7th in the 1Br), Emily Bollendorf (6th in the 1Fr, 7th in the 1Bf and 2IM), Paige Weslaski (4th in the 2Ba, 5th in the 2Bf), Ben Gabbey (6th in the 1Ba, 7th in the 1Br), Nolan Blair (7th in the 1Ba), Matthew Evans (10th in the 1Ba), and Ivar Iverson (8th in the 1Fr, 2nd in the 1Ba, 2nd in the 2Bf).

Best times in all events (no easy task) – Sydney Aiello, Emily Antonneau, Sofia Badillo, Haille Bocek, Emily and Erin Cain, Hannah Curty, Avery Daniels, Collin Flynn, Meredith Freidheim, Queila Griffin, Taylor Herman, Kaylin Heusdens, Jacqueline Johnson, Haley Jones, Jason Lewis, Sinclair Richards, Shannon Rose, Olivia Siudak, Lizzy Skantz, Jeanette Stensnes, Jacob Trask, Katelyn and Kelsey Vaughn, Michael Young and Lauren Zenisek.

10+ seconds of time improvement in one event (unbelievable) – Sydney Aiello (-11.12 in the 1Fr), Natalia Badillo (-37.51 in the 1Fr), Laura Barron (-52.19 in the 2Bf), Sara Bollendorf (-21.78 in the 1Ba), Payton Boyce (-17.57 in the 50Bf), William Buhler (-11.02 in the 2IM), Erin Cain (-11.93 in the 50Ba), Maxanna Collen (-36.73 in the 2IM), Maggie Danzer (-64.48 in the 4IM), Matthew Evans (-11.99 in the 1Fr), Lindsey Flynn (-12.92 in the 2Fr), Meredith Freidheim (-21.89 in the 2Fr), Ben Gabbey (-14.71 in the 1IM), Queila Griffin (-11.21 in the 50Fr), Taylor Herman (-25.00 in the 4IM), Kate Jacobson (-11.48 in the 1IM), Jacqueline Johnson (-20.78 in the 1Ba), Haley Jones (-11.84 in the 1Fr), Cole Lazzeroni (-10.21 in the 2IM), Ella Lazzeroni (-11.81 in the 1Fr), Alex Malec (-27.61 in the 1Fr), Will Mattison (-20.87 in the 2Fr), Megan Mills (-10.99 in the 1Fr), Aja Molitor (-25.60 in the 4IM), Hannah Molitor (-18.92 in the 1Bf), Tessa Pham (-88.67 in the 2Fr), Abby Polzin (-29.70 in the 2IM), Eilis Purath (-19.34 in the 2Ba), Kadin Purath (-11.17 in the 50Fr), Mackenzie Reischl (-17.30 in the 50Ba), Madison Richards (-12.48 in the 2IM), Sinclair Richards (-25.71 in the 2IM), Breona Rydholm (-23.23 in the 1Bf), Emelia Selky (-10.17 in the 1Fr), Olivia Siudak (-13.10 in the 50Br), Mikayla Stackman (-14.05 in the 4IM), Katelyn Vaughn (-19.17 in the 2Fr), Kelsey Vaughn (-12.03 in the 2Ba), Ali Verwey (-26.20 in the 1Fr), and Michael Young (-18.63 in the 1Ba). Wow-zers!

As a team we finished 2nd of the nine teams in attendance with 3,550 points and posted 65% best times – GREAT JOB SWIMMERS – KEEP IT UP! – Pictures are posted on the website.

Need a team suit? This year's team suit is Speedo Endurance Pacific Rhythm. Any swim outlet should have this in stock. There are a couple of links (Speedo, All-American and Kiefer) on the links page of the SEAY website.

Upcoming Meets & Events

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

- 1) **Distance Time Trials** will be held at Park High School Friday
 - a. Warm-ups begin at 5:30 p.m., meet begins at 6:00 p.m. and should finish around 8:00 p.m.
 - i. Timing assistance will be needed – 13 volunteers

- b. Heat sheet is posted on the website
- c. Great opportunity to gain valuable experience in longer races (200+)
 - i. Take advantage!
- d. Entry deadline has passed, but if you would like to swim, please see Neil Friday night
- 2) **8 & Under Gymnastic Outing** will take place Saturday
 - a. 5:00-6:30 p.m.
 - b. Racine Gymnastic Center (2501 Golf Ave. – just off of Rapids drive and a little east of Infusions)
 - c. Contact Neil if you would like to attend this fun event
- 3) **Tri-dual w/GYST and Monroe** will be held at Lake Geneva YMCA Sunday
 - a. Warm-ups begin at 7:00 a.m.
 - b. Look for Neil, Shannon and Mike
- 4) **Bowling Party** at Castle Lanes will be held January 30
 - a. \$14 gets you 2 hours of bowling and shoes
 - i. This is an all ages event
 - b. Speak with Neil if you are planning on attending
- 5) **SSTY A+** will be held in Brown Deer February 5-7
 - a. Entry deadline has passed
- 6) **SEAY Open** will be held in Waukesha February 7
 - a. **ALL** swimmers should attend this meet (unless they are swimming A+)
 - b. Entry deadline is January 21
- 7) **Dual w/OZ** will be held Case February 12
 - a. **ALL** swimmers should attend this meet
 - b. Entry deadline is February 8
- 8) **Regionals** will be held in Mequon February 19-21
 - a. If you are close to USA State qualifying times, you want to swim this meet as it's the last chance to make State
 - b. Entry deadline is February 1
- 9) **12 & Under State** will be held in Madison February 26-28
 - a. Entry deadline is February 21
- 10) **13 & Over State** will be held in Brown Deer March 4-7
 - a. Entry deadline is February 20

8&U gymnastics outing scheduled

All 31 8&U swimmers are encouraged to attend the gymnastic outing scheduled on Saturday, January 23 from 5:00 p.m. to 6:30 p.m. In an effort to build team unity and offer an experience where the kids can develop their friendships outside the pool, Coach Shannon thought it would be a good idea to schedule this 8&U only event. This event will take place at the Racine Gymnastic Center (2501 Golf Ave. – just off of Rapids drive and a little east of Infusions) and will involve one hour of organized instruction from gymnastic coaches and 30 minutes of free time. If you have never have taken your children to the Racine Gymnastic Center, they are in for a treat because it's a lot of fun. There are ropes to climb and swing from, foam pits to jump in, balance beams to walk on, trampolines to jump and run on and other fun contraptions to challenge their skills. The cost is only \$8 per swimmer and can be paid when you arrive at the event. If you still want to attend, please contact Neil. Attending to date are: Natalia and Sofia Badillo, Ria Hernandez, Marlee and Mackenzie Reischl, Sara Bollendorf, Matthew Evans, Maritxell Chavez-Alvarado, and Neil III. Look for Neil and Shannon when you arrive.

SEA How Far I Swim

SEA How Far I Swim will take place at Park on Tuesday, January 26 beginning at 5:30 p.m. (practice will not be held this evening). Swimmers turning in pledge sheets and swim for an hour can join the coaching staff for a pizza party following this event. Parents: I am looking for a few volunteers to provide either a baked treat or beverages for the pizza party. Please email me at Chester1.2@netzero.net or call 914-7407 if you are interested in helping with items for the party – thanks, Cheryl Herman.

Bowling party scheduled – date change!

Mark your calendar, SEAY will be hitting the lanes **Saturday, January 30** from 2:00 p.m. to 4:00 p.m. This event is open to all swimmers (bummer bowling will be available for the little ones) and will take place at Castle Lanes. Cost will be \$14 and covers shoes and bowling for 2 hours. Forward your name to Neil if you plan on attending. To date: Caitlin Mertins, Alyssa and Hannah Curty, Ria Hernandez, Steph Schwartz, Smith kids x 3, Sara and Emily Bollendorf, and Taylor and Tessa Pham

Swim Clinic picks up another Olympic swimmer

We will be sponsoring a Breakout Swim Clinic at Carthage College on April 25. The two Olympic presenters will be Josh Davis and Mark Gangloff. Mark is a two-time Olympic gold medalist and current American world holder in the 50 Breaststroke. Josh is a three-time Olympic gold medalist and previous world record holder in numerous events. Save the date and look for an informational flyer to be posted in the near future.

Annual Team Picture scheduled

This year's team picture will be held at Case on March 11. The event begins with individual and buddy pictures starting at 5:30 p.m. and the group shot following shortly after. Order forms will be handed out a week prior to the event.

13&O training trip information

Tentatively the trip is planned for June 13-20 (dates may change depending on snow days). Traveling by bus to Seagrove Beach, FL. (between Panama City and Destin in the panhandle). Staying in condos across the street from the Gulf of Mexico. Training in an outdoor 50-meter pool. Possibility of a swim meet. More information will be made available in the next couple of months. Planning on attending? Let Neil know. To date, Pagie and James Weslaski are attending and Mr. Weslaski has signed on to chaperone. Depending on the number of swimmers attending, 1-3 chaperones may be needed.

12 & Under State hotel

Families attending this season's 12 & Under USA State can now reserve their hotel room. \$89 per night (includes hot breakfast buffet, pool & hot tub, 2 blocks from West Towne Mall). Release date is Friday, February 5. Call 608.662.1990, ext. 7603 and ask for the SEAY rate to book a room.

Americinn Madison West
516 Grand Canyon Rd.
Madison, WI

SCRIP fundraising program

Questions?? Deb Weyers at Weyers@ameritech.net. *REMINDER-You must go to www.shopwithscrip.com and register for Presto Pay at least 2 days before placing your first order. We do not accept checks or credit cards for SCRIP payments. SEAY'S Enrollment Code is 173DF3A917711. Thank you for supporting SEAY by participating in our new Scrip fundraising program.

Severe weather

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 or watching local 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 – send an email to Neil if you are not currently receiving email updates from s_e_a_y@yahoo.com).

Dropping off swimmers

When dropping swimmers off for practice, please do not drive away until your swimmers notify you that there is a SEAY coach on the deck and that you are at the correct pool ... please refer to the Practice Calendar.

Diving off the blocks

Swimmers who have yet to complete their certification for diving off the blocks at our local high schools are now encouraged to attend Saturday practices at the YMCA from 8:00 a.m. until 9:30 a.m. (stop in any time). USA Swimming mandates swimmers learning how to dive off the side of the pool or learning to dive off the blocks must do so in a minimum of six feet of water ... none of the local high schools meet this requirement on the starting block side of the pool. So what does this mean for you? Well, if you have completed the racing start certification requirement (check with your coach if you are unsure), it means nothing. If you are in the process of completing the racing start certification requirement, you will learn how to dive at the local high school pools (in the diving well), but you will not learn how to dive off the blocks. Beginning Saturday, October 10 there will be a SEAY coach at the YMCA to work with any swimmer who currently needs to complete the certification process for diving off the blocks. This practice will take place in one lane and will be offered every Saturday during the season (regardless if a meet is scheduled or not – the last practice will be held at March 13). Remember, if you have completed the certification for diving off the blocks, you are not allowed to attend this practice. **Kim will coach. The last day for diving practice will be March 6.** Take advantage!

Happy Birthday!

Cassie Bote (1/6)

Lindsey Flynn (1/10)

Becca Wilbershede (1/20)

SEAY Schedule

Jan. 21	Entry deadline for SEAY Open
Jan. 22	Distance Time Trials
Jan. 23	8 & Under gymnastic outing
Jan. 24	Tri Dual w/GYST & Monroe
Jan. 26	SEA How Far I Swim @ Park High School beginning at 5:30 p.m. – no practice this evening
Jan. 26	LSC Meeting in Waukesha – all welcome
Jan .30	Team bowling party
Feb. 5-7	SSTY A+ Open
Feb. 7	SEAY Open
Feb. 8	Entry deadline for the dual w/OZ
Feb. 12	Dual w/OZ
Feb. 18	Board Meeting at Case, 6:00 p.m.
Feb. 19-21	Regionals
Feb. 20	Entry deadline for 13 & Over WI USA State
Feb. 26-28	12 & Under WI USA State
Mar. 4-7	13 & Over WI USA State
Mar. 6	Last day for diving practices
Mar. 11	Team Picture at Case, 5:30 p.m.
Mar. 13-14	YMCA Sectionals
Mar. 19-21	YMCA State
Mar. 22	Entry deadline for YMCA Nationals
Mar. 22-24	Back & Free Stroke Clinic w/Neil – more information to follow
Mar. 29-31	Breast & Fly Stroke Clinic w/Neil – more information to follow
Apr. 7-10	YMCA Nationals
Apr. 12	New swimmer tryouts – time and location tba
Apr. 12-15	FAST Clinic w/Myra – more information to follow
Apr. 19	First day of practice
Apr. 23	Entry deadline for Sprint Time Trials
Apr. 24	WI LSC Swimposium
Apr. 27	Sprint Time Trials
May 1-2	2 nd Annual SEAY Early Bird Special

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