



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



Jan. 28, 2009

Warm-up

We are racing to the finish of the season. Keeping that in mind, we will be hosting our final meet of the season on Feb. 8th – please call or email Neil if you have not expressed interest, but would like to compete.

The final BIG meet of the season will be YMCA Sectionals. Please attend this meet! It will be held in Oconomowoc on Mar. 14-15. The coaching staff would love to see ALL 121 swimmers racing this weekend! Go for it!

Mark your calendars for the upcoming Spring & Summer season – here are the major meets we'll be hosting:

May 2-3, 1st Annual SEAY Early Bird Open @ WSAC in Brown Deer

July 11-12, SEAY State & Non-State Open @ WSHS in Waukesha

July 30-August 2, 13 & Over State @ WSAC in Brown Deer.

As you look at the meets we'll be hosting this Spring & Summer season, keep in mind, these are huge fundraisers for the team. You're continued support and understanding is always appreciated. Also, if you feel you have an idea on how to generate funds without hosting meets, please pass your idea along to Neil.

In addition to the above meets, we'll be hosting two dual meets too. One on May 15 (BST Sprint Dual) and possibly one on July 23rd with GYST. Remember, dual meets are fun, fast and free!

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 today. 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 in this newsletter.

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

In the blue

Neil has been talking up Saturday morning practices at the YMCA all season and to date it's hit and miss with the number of swimmers attending (ranges from 6 to 17). Why don't we fill the pool this Saturday and Feb. 14th (final Saturday practice of the season)? All Green, Blue, Senior 1 and Senior 2 swimmers should make an effort to attend practice this Saturday ... how crowded can we make the pool?

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) **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. **Extended entry deadline is today – take advantage!**
- 2) **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. The sponsored athlete is Will Copeland – a sprinter his best times to date are 19.0 in the 50Fr and 41.7 in the 1Fr
 - c. Entries are closed for this meet
- 3) **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
- 4) **Regionals** will be held at Homestead High School in Mequon Feb. 20-22
 - a. This is the last chance to achieve USA State cuts
 - b. Entry deadline is Feb. 5
- 5) **OZ Dual** will be held at Case on Feb. 13
 - a. Fun, fast and free – take advantage of this local swim meet
 - b. Entry deadline is Feb. 11

Meet Recap

GYST Dual – This meet was a lot of fun. Dual meets can be best summed by the three Fs – fun, fast and free. Most swimmers swam 4 individual events and a relay or two in 4 hours – doesn't usually happen that way at the larger meets. Many great swims took place during the meet and here are some of the highlights: New team records were posted by Bailey Bleser (1Br) and Ivar Iverson (2Ba) – Bailey broke Ivar's record while Ivar broke Graham Kilmer's mark; Emily Bollendorf finally notched a state cut (50Bf); Sam and Sydney Aiello, Maxanna Collen, Shannon Rose and Olivia Siudak achieved best times in all of their events; Laura Barron (-.40, 50Fr), Maxanna Collen (-.09, 25Bf) and Alice Pennings (-.36, 25Fr) are so close to new state cuts; Dana Iverson (1Ba 500Fr), Alice Pennings (1Bf), Paige Weslaski (2IM), Ivar Iverson (50Br), Bailey Bleser (50Ba and 50Br), Jason Lewis (1Fr), Alisa Danzer (500Fr) and Emily Bollendorf (500Fr) all cracked the top ten all time for SEAY; Emily Bollendorf, Maggie Danzer, Jacqueline Johnson, Megan Mills and Eilis Purath had a great meet posting 3 best times each; these swimmers dropped a lot of time in one of their events, Sam Aiello (-6.84 in the 25Ba), Sally Carmody (-23.23 in the 1IM), Alyssa Curty (-14.57 in the 50Bf), Alisa Danzer (-25.15 in the 500Fr), Maggie Danzer (-12.67 in the 500Fr), Megan Mills (-5.21 in the 1IM), Eilis Purath (-14.43 in the 1IM), Kadin Purath (-5.31 in the 25Fr) and Quinn Shannon (-5.05 in the 50Br); finally, don't think just because your name has not appeared in the newsletter that the SEAY coaching staff does not recognize or value your continued development as a competitive swimmer ... Tommy Benish continues to work on streamlining off the walls during his swims, Sara Bollendorf had a nice race in the 25Bf (dropped 2.67 in the process), Kait Carmody posted a best time in the 1Br and promises to attend practice regularly now that finals are finished, Solomyn Collen raced to a best time in the 25Fr, Hannah Curty wasn't feeling to well, but did not let that stop her from competing on a relay and supporting her teammates, Emily Gaitens posted two best times while her brother Jack two events (50Bf and the 1IM), Jarred Glaser felt the disappointment of a sub par meet, but still pulled himself to a best time in the 500Fr, Alexis McCullough scored 43 points in her 4 events while Madelyn Pennings scored 39, Mikayla Stackman cruised to a best time in the 1Ba, Katalin Vance swam the meet even though her back was giving her some trouble and James Weslaski (after swimming 5 races) stepped up to achieved a best time in the 4IM. GYST won the meet with 2884 points to SEAY's 2084 (if we want to win this dual meet, we'll need to send at least 60 swimmers next year as GYST had 57 swimmers in the meet and we had 34). As a team, SEAY finished with 59 best times out of 130 swims (45%).

What to improve upon? – Do not breathe the last 5 yards of any freestyle race.

Distance Time Trials – First of all, thank you to all the parent volunteers for helping time/start the meet. Secondly, wow! Every single swimmer who entered the meet should be very proud ... especially if you competed in an event you have never tried before. Results are posted for this meet and GYST Dual and pictures for GYST are posted too (contact Neil if you lost the user name and password). Stay focused and keep up the excellent swimming!

What to improve upon? – More swimmers need to be entered in Distance Time Trials next year.

Practice location for the upcoming week

Thur., Jan. 29	Combined @ Case
Fri., Jan. 30	Combined @ Case
Sat., Jan. 31	Gr/B1/S1/S2 @ YMCA
Mon., Feb. 2	Case @ Case, Park @ Park
Tue., Feb. 3	Case @ Case, Park @ Park
Wed., Feb. 4	Case @ Case, Park @ Park

Officials Training Information

Wisconsin Swimming will be conducting a Stroke and Turn Certification Training Class on February 8th at Waukesha South High School starting at 9:30 a.m. Six swim parents from SEAY have agreed to take this training: Daryl Kruse, Kristine Evans-Kruse, Kristin Suidak, Ian Moore, Jason Coe and Holly Coe. Please join me in thanking them for agreeing to become USA Officials.

If you are interested in joining them in becoming a USA Swimming Stroke and Turn Official, please let me know. Make sure you check with the Volunteer Coordinator (Mark Purath) if taking the class conflicts with your volunteer session for our meet. We still need to host a quality meet, so we need to make sure all the worker spots are covered!

Dave Pennings, djpennings@wi.rr.com or (262) 752-0387

FAST Clinic and other opportunities during the upcoming off-season – take advantage!

April 6-9 SEAY will be hosting the FAST Clinic. This clinic reviews starts, turn and finishes (all the little things that make for faster swims) and to date, the Molitor swimmers will be attending the 5:30-6:30 p.m. session. There will also be a 6:30-7:30 p.m. session and each session is limited to ten swimmers. The cost is \$40 for members and \$50 for non-members payable on the first night of the clinic.

Also, look for two other clinics to be offered in the off-season – one will take place the week of Mar. 23rd and the other will take place on the week of the 30th.

UW-Milwaukee swim team is looking for help

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

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!

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 Sam Bahr

Age: 15

Training group: Senior 1

Year started with SEAY: 2007

Role model: Mom

Favorite stroke: Breast

Favorite event: 100 Breast

Favorite swimmer: Ryan Lochte

Favorite training set: Kicking

Future goal: To become a surgeon

Favorite book: Twilight Series

Favorite movie: Juno

When I grow up I want to: Save lives



Advice for younger swimmers: Don't get grounded

If I could change one thing in the world: Abolish puppy mills

SEAY Schedule

Jan. 28	Extended deadline to sign-up for February 8's SEAY Open
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	Deadline to sign-up for YMCA State
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!
Apr. 6-9	YMCA Nationals
Apr. 6-9	FAST Clinic, 5:30-6:30 p.m. and 6:30-7:30 p.m.
Apr. 20	New season begins

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