

## Serpent Times

weekly newsletter for  
South Eastern Aquatics  
Racine Family YMCA Swim Team  
established September 1984  
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(262) 635-3843



January 6, 2010

### **January 12 practice will be held at UW-Parkside**

Pool time is not available in Racine on January 12 (high school dual meets at all three schools). Pool time is available at UW-Parkside – 4:30-6:30 p.m. Directions for this pool is on the SEAY website. Here's the adjusted practice times for this night:

Pups	4:30-5:15 p.m.
Lions	4:30-5:15 p.m.
Serpents	4:30-5:30 p.m.
Green	5:15-6:30 p.m.
Blue	5:15-6:30 p.m.
Senior 1	4:30-6:30 p.m.
Senior 2	4:30-6:30 p.m.

We MUST be out of the building by 7:00 p.m. Additionally, donations would be appreciated to help cover the cost of renting the UW-Parkside pool. Donations can come in the form of cash or checks made to SEAY. Thank you to the handful of families who forwarded donations during the October 6 practice ... your kind gesture is appreciated.

### **Neil's kickboard**

Welcome to 2010 and the second half of the Fall & Winter Season. I hope everyone had a safe and healthy Christmas and New Year. Practices during the break were attended pretty well and last night's practice was packed ... everyone is back at it!

Shannon, Kim and Quinn are heading back to school this semester. They all will continue to coach, but because of their class schedules, will be unavailable certain nights of the week – Shannon (Monday-Tuesday), Kim (every other Friday) and Quinn (Tuesday and Thursday). Coverage for these groups will be provided with existing coaches and moving Tracy and Ryan over to the Case on occasion. Additional coaches will be hired as needed.

Please ensure your swimmers are entered in the correct meet and days of the meet by visiting the Meet Information/Meet Entries page of the website. High school boys are reminded they are allowed to represent SEAY in meets again after they have competed in their last meet of the high school season. Normally, the first meet w/SEAY after high school is the Regional meet (swim all three days if you are not swimming high school state, swim Sunday if you are competing in high school state). Looking forward to your return and have enjoyed watching your times improve through the first 8.5 weeks of the high school season.

Caps/t-shirts/hoodies were ordered last month. Expected delivery dates will be announced soon.

Good luck to our swimmers as they travel to Indiana to compete in the CPSC Timed Final Invitational. Rock it!

Follow the practice calendar for practice location ... changes to the practice calendar will be posted as needed.

Meet entries will be picking up as we race towards YMCA Sectionals, State and Nationals. Please check your calendars and send along an email for the remaining meets your swimmers will be competing in. Thanks!

**Don't forgot to sign-up for our Oddball Challenge meet. The goal is to enter 100+ SEAY swimmers in the meet. During the dual with BST we entered 92 SEAY swimmers! 89 SEAY kids entered so far and tonight is the last chance to enter this meet. Take advantage! Blue group has 100% participation!**

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.

### **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 the **registration deadline is January 13**. Contact Neil with your intention to attend! Attending to date are:

Natalia and Sofia Badillo  
Sara Bollendorf

Ria Hernandez

Marlee and Mackenzie Reischl

### ***Bowling party scheduled***

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Mark your calendar, SEAY will be hitting the lanes Saturday, January 23 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.

Caitlin Mertins  
Smith kids x 3

Alyssa and Hannah Curty  
Sara Bollendorf

Ria Hernandez

Steph Schwartz

### ***Upcoming Meets***

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*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) **CPSC Timed Final Invite** will be held at Crown Point High School Friday-Sunday
  - a. This is a positive check-in meet
    - i. Swimmers will check-in for all of their events
    - ii. If you are running late and will miss positive check-in, please call Neil at 262.994.3157
  - b. Gender specific warm-ups
    - i. Friday, girls 5:00-5:25 p.m. and boys 5:25-5:50 p.m., meet begins at 6:00 p.m.
    - ii. Saturday & Sunday (9-10, 11-12 boys) warm-up 7:15-7:45 a.m., meet begins at 8:00 a.m.
    - iii. Saturday & Sunday (8&U, Open girls) warm-up times are not available at this time
  - c. Although the pool is only 125 miles from Racine, please allow adequate time for travel through Chicago and for possible weather delays
  - d. Look for Neil when you arrive at the meet
- 2) **SEAY Oddball Challenge** will be held at Waukesha South High School January 16-17
  - a. **ALL** swimmers should attend this meet
  - b. **Tonight is your last chance to enter the meet**
- 3) **Distance Time Trials** will be held at Park High School January 22
  - a. Great opportunity to gain valuable experience in longer races (200+) for swimmers needing it
    - i. Take advantage!
  - b. Entry deadline is January 19
- 4) **Tri-dual w/GYST +1** will be held at Lake Geneva YMCA January 24
  - a. Entry deadline is January 17
- 5) **SSTY A+** will be held in Brown Deer February 5-7
  - a. Entry deadline was January 1
    - i. New qualifiers and time updates will be taken through January 25
- 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

### ***Meet volunteer sign-ups***

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To all SEAY Families, Happy New Year! Once again because of the fantastic number of families that are participating in SEAY we find that we can reduce the worker requirement for the January 16 & 17 meet to one (1). For families that have signed up to work their two sessions please be aware that the requirement is now only one (1). We would like you to know however that you may still volunteer to work two if you so choose and as spots are available. If you have not yet signed up to work at this meet please do so **ASAP**. If you have signed up to work two sessions and would like to be removed from one of them please contact either Mark Purath - mpurath@sbcglobal.net (262) 909-8602 or Jennifer Pennings - djpenning@wi.rr.com (262) 752-0387.

Plus ... candy bars are available for those needing to do any last minute fundraising. Contact Jennifer Pennings 752-0387 or [djpenning@wi.rr.com](mailto:djpenning@wi.rr.com) for information.

### ***13&O training trip information***

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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***

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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***

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Questions?? Deb Weyers at [Weyers@ameritech.net](mailto:Weyers@ameritech.net). \*REMINDER-You must go to [www.shopwithscrip.com](http://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***

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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](mailto:s_e_a_y@yahoo.com)).

### ***Dropping off swimmers***

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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***

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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. This diving practice will NOT be offered January 16.** Take advantage!

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

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Cassie Bote (1/6)	Lindsey Flynn (1/10)	Becca Wilbershide (1/20)
Michael Young (1/20)	Sofia Badillo (1/28)	Marlee Reischl (1/29)
Abby Kortendick (1/31)		

### ***SEAY Schedule***

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Jan. 8-10	CPSC Invite
Jan. 12	Practice to be held at UW-Parkside (times are changed – see section in newsletter)
Jan. 16	No diving practice
Jan. 16-17	SEAY Oddball Challenge
Jan. 17	Entry deadline for tri-dual w/GYST +1
Jan. 19	Entry deadline for Distance Time Trials
Jan. 21	Entry deadline for SEAY Open

Jan. 22	Distance Time Trials
Jan. 24	Tri Dual w/GYST +1
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. 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. 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. 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

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