



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



October 15, 2008

Coaches Corner

If you are reading this newsletter and did not receive it via an email from Coach Neil (but would like to receive email updates from SEAY), please email s_e_a_y@yahoo.com to be added to the email database.

Our first hosted meet is fast approaching! The entry deadline to sign-up and represent SEAY in our first hosted meet of the season is October 20th. ALL swimmers are encouraged to swim this meet – whether it's your first month on the team or it's your fifth year. To sign-up, just call or email Coach Neil.

If you are looking for a newer pool to swim in, you may want to think about attending the OCON Invite on November 8. This meet will be held in Oconomowoc at the YMCA at Pabst Farms. The entry deadline is October 27.

We've finally reached the magic number of 50 personalized swim caps and now have a deadline to place our order, which is October 22. View the order form on the homepage of the website if you would like to order caps and don't forget to proof the spelling of your name found on page two of this newsletter!

Tonight the monthly board meeting will take place at Park High School beginning at 6:00 p.m. ALL parents are welcome to attend these monthly meetings. If you think you would like to become involved with the board, please attend a couple of meetings to get a feel for it.

Newsletters and important announcements are emailed to the SEAY membership on a regular basis. If you are currently NOT receiving emails, please contact Coach Neil and he will be happy to add your email address to the database.

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

Upcoming Meets

If you are interested in competing in meets, please contact Coach Neil. If you are unsure whether or not your swimmers are ready for meets, please speak with your swimmers coach. Driving directions and meet information for all SEAY attended meets can be found on the website.

- 1) **OZ Swim Your Own Age** will be held at Homestead High School in Mequon on Fri.-Sun., Oct. 24-26
 - a. Swimmers are scored and ranked against swimmers their same age
 - b. Entry and entry fees are posted online
 - c. Coach Neil will work Friday and Sunday; Coach Myra will work Saturday.
- 2) **SEAY Open** will be held at Waukesha South High School on Sun., Nov. 2
 - a. ALL SEAY swimmers should plan on attending this meet
 - b. Don't forget, families need to volunteer one session during this meet – sign-up online
 - c. Entry deadline is Oct. 20
- 3) **BST Dual** will be held at Park High School on Friday, Nov. 7
 - a. ALL SEAY swimmers should plan on attending this meet
 - b. This is a good meet for new swimmers
 - c. Warm-ups begin at 5:30 p.m.
 - d. Entry deadline is Nov. 5
 - e. There is no cost for this meet
 - f. There will be a heat sheet posted on the homepage of the SEAY website a day or two prior to this meet
 - g. We'll need a minimum of 16 parent volunteers (timers, computer operators, officials)
- 4) **OCON Invite** will be held at Pabst Farms of YMCA in Oconomowoc on Saturday, Nov. 8
 - a. The Pabst Farm of YMCA pool is a newer pool and this marks the second year we have attended this meet
 - b. YMCA National hopeful swimmers must attend this meet if they expect to swim at YMCA Nationals in '09
 - c. Entry deadline is Oct. 27

Meet Recap

We attended the LAKE Open last Saturday and did pretty well considering we've only been in the water 3 weeks. Ivar Iverson won the high point award for 11-year-olds after winning 3 events and finishing 2nd in another. Ivar's time in the 50 Breast broke the meet record and his time in the 50 Back cracked the top ten all time for SEAY (10th for 11-12 Boys).

Emily Bollondorf (5th place) and James Weslaski (6th place) were also awarded a high point trophy. Stephanie Schwartz posted two best times while Becca Wilbershide swam what would have been a best time in the 100 Back (except for a major slip off the wall during the start). Sara Bollondorf just missed a high point award by one place. Overall strength from the meet was our swimmers ability to “race” (all swimmers raced their neighbors and never gave up on a swim). Streamlining tighter off the blocks and making sure we have proper feet placement for a backstroke start were some weaknesses from the meet. We have two weeks of training prior to our next meet – train smart!

Swimmers – It’s time to vote for a new team swim suit

Will it be the *RADIANCE* or the *SHOOTING STAR* suit? All swimmers are encouraged to cast their vote for SEAY’s new team suit. There are pictures and a place to vote posted at both Case and Park in the balcony. One vote per swimmer.

Vacant Board Positions

There are vacant positions within the SEAY Board that need to be filled with caring, open-minded parents. Currently, the Secretary and one of the Parent Liaison positions are open and it would be beneficial if another Meet Director could be groomed to assist the current Meet Director. If you are interested in learning more, please contact Coach Neil.

Annual Fall Family Meeting – Monday, October 20

SEAY’s Annual Fall Family Meeting will take place Monday, October 20th in the Case High School cafeteria. This is a great time to learn more about SEAY and to have any questions you may have answered. Please save the date!

Notes for the Meet Director

The November 2nd meet at Waukesha South High School is just around the corner. This is the first meet of the season that SEAY will be hosting. **Volunteers are still needed.** Please visit the web page, meet information/meet worker sign up, to volunteer for your session. There is 1 session requirement per family. I would love to help anyone who may need assistance in signing up. Please contact Jennifer Pennings at 752-0387 or djpenning@wi.rr.com.

For the new swim family – How do I read the Practice Calendar?

So, you’re looking at the Practice Calendar and can’t seem to make heads or tails of it? Don’t fret, you’re not alone, but it’s easy to understand once you get the hang of it. Here’s a brief explanation. Most dates on the calendar read “Case @ Case” or “Park @ Park.” When reading these examples, the first school represents your swimmers primary practice location while the second school listed lets you know where practice will be held (Pups – Blue primarily practice at Case while Senior 1 and Senior 2 primarily practice at Park).

Sometimes the calendar will read, “Combined @ Case” or “Combined @ Park” or “Combined @ Horlick.” On nights when practice is combined, all training groups practice at the listed pool (all practice times remain the same).

Finally, some dates on the calendar are listed as “TBA.” Practice locations and times for these dates will be posted on the homepage of the website and listed in the weekly newsletter.

Severe Weather – it’s coming

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 Coach Neil if you are not currently receiving email updates from s_e_a_y@yahoo.com).

Personalized SEAY Swim Caps

If you would like to order personalized SEAY swim caps (caps that have your last name on both sides of the caps), please download the order form found on the homepage of the website and return it to Coach Myra or Coach Neil. Here’s the list of caps that will be ordered as of today (please check the spelling): GLASER (2), MALEC (2), WESLASKI (4), PURATH (3), BOCEK (2), BLESER (2), Q (2), LAZZERONI (4), AIELLO (2), BOLLENDORF (2), MAZUREK (2), PHAM (2), REISCHL (2), SIUDAK (2), MILLS (2), BOTE (3), HEUSDENS (2), HERNANDEZ (2), JOHNSON (2), BEAST DANZER (2), McCULLOUGH (2), STACKMAN (2), SCHWARTZ (2) and FLYNN (3).

The deadline for ordering caps will be October 22.

Parents on the Deck

It’s the policy of all swim teams throughout America that parents refrain from sitting on the pool deck during practice. Parents wishing to view practice must do so from the balcony at Case and Park or from the bleachers at Horlick. Please do not be offended if a coach politely asks you to watch practice from the balcony or bleachers. Thank you for your cooperation.

SEAY Swim Caps

Swimmers deciding to wear swim caps during the meets we attend should be wearing the coolest caps this side of the Mississippi – SEAY swim caps. Swim caps are available from Coach Myra and Coach Neil. \$5.00 will get you a white practice cap with the SEAY logo on both sides and \$10.00 will have you sporting the cool green, black and white super awesome SEAY cap. Get yours today!

Fundraising opportunity!!

Seroogy Chocolate (since 1899) bars are now available!!!! There are 48 bars per box to be sold for \$1.50 each. (Each box is a variety pack - mint melt-a-way, pure dark chocolate and peanut butter crisp.) You must purchase the entire box to sell. Each box is \$74.35 with \$36.00 going toward your fundraising goal of \$150. For information or to get your box today, contact Jennifer Pennings at 262.752.0387 or via email at djpenning@wi.rr.com.

Parking at Case High School

Don't forget, if you are attending practice at Case High School you must park in the south lot next to the tennis courts. Failure to do so may result in the removal of your automobile (during the winter months veteran families tend to drop their swimmers off at the pool doors and then park the car).

Mini Meets Return

Mini Meets will make a return appearance this season. The entire coaching staff saw the benefit (for both swimmers and parents) in conducting these meets. For the swimmers, it gave them a chance to experience what a meet feels like and for the parents it gave them a chance to learn how to time.

Mini Meets will be held during the Pups, Lions and Serpents practice on November 11 and December 10. Registration is not necessary, but we will need 6-12 parents to help time during these fun events. For more information on Mini Meets, please speak with Coach Myra.

Happy Birthday!

Jacqui Langer (10/2)
Claire Weyers (10/3)
Maggie Danzer (10/21)

Emily Antonneau (10/3)
Connor Jurena (10/4)
Alex Malec (10/25)

Jacob Chartrand (10/3)
Hanny Curty (10/13)
Alex Trusky (10/27)

Get To Know Alex Trusky

Age: 16

Training group: *Senior 2*

Year started with SEAY: 1999

Role model: *My dad*

Favorite stroke: *Backstroke*

Favorite event: *400 IM*

Favorite swimmer: *Michael Phelps*

Favorite training set: *LTS (lactate tolerance set)
10x100 on 6:00 off the block
for time*

Future goal: *Swim in college*

Favorite book: *I don't read*

Favorite movie: *Remember the Titans*

When I grow up I want to be: *A construction worker*

If I could change one thing in the world: *Lower gas prices*



SEAY Schedule

October 15	SEAY Board meeting at Park High School, 6:00 PM – all welcome
October 20	Annual Fall Family Meeting, Case High School, 6:00 PM
October 20	Deadline to enter SEAY Open, contact Coach Neil
October 21	WI LSC House of Delegates meeting @ UW-Waukesha at 7:15 PM – all welcome
October 22	Deadline to order personalized swim caps, contact Coach Neil
October 24-26	OZ Swim Your Own Age @ Homestead High School
October 27	Deadline to enter OCON Invite, contact Coach Neil
October 27	New Swimmer Tryouts @ Case High School beginning at 5:30 PM
November 2	SEAY Open @ Waukesha South High School
November 3	Deadline to enter SSTY Invite, contact Coach Neil
November 3	New & Returning Registration
November 5	Deadline to enter BST Dual, contact Coach Neil
November 6	New Parent meeting with the Head Coach, 6:00 PM in the pool balcony at Case High School
November 7	BST Dual @ Park High School
November 8	OCON Invite @ Pabst Farms YMCA in Oconomowoc
November 10	Deadline to enter BST Open
November 11	Mini Meet Two
November 15	WIAA Girls' State Meet
November 16	SSTY Invite@ WSAC in Brown Deer
November 18	Deadline to enter SWAT Open, contact Coach Neil
November 21-23	BST Open @ Carthage College in Kenosha
November 27-28	No Practice, Happy Thanksgiving

** Caring * Honesty * Respect * Responsibility **

** Build * Promote * Achieve **