



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



October 29, 2008

Coaches Corner

Can you believe it's already the sixth week of swim team? Time flies.

The votes are in and by a total of 39 to 28 the new team suit will be RADIANCE. Pictures of the new team suit is linked on the homepage of the website. Watch for ordering information soon.

Please confirm the spelling of the personalized caps in this newsletter as the cap order will be submitted this Friday.

We have a big meet this weekend at Waukesha South High School. Please drive carefully and watch the homepage of the website for the timeline. Driving directions are on the website. Good luck!

Don't forget to sign up for the meets listed below. It's the best way to see improvement from the practices swimmers attend or what needs to be improved and polished at practice to gain better meet performances.

Hotel information for our January travel meet is posted on the website (click Meet Information and then click Meet Information again).

Remember, during practice parents are not permitted on the pool deck.

If you are reading this newsletter and did not receive it via email, but would like to receive email updates and the newsletter via email, please send a request to s_e_a_y@yahoo.com and your email address will be added 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. All swimmers currently on the team are ready for meets. Driving directions and meet information for all SEAY attended meets can be found on the website.

- 1) **SEAY Open** will be held at Waukesha South High School on Sun., Nov. 2
 - a. The timeline will be posted on the homepage of the website soon
 - b. GO SEAY!
- 2) **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)
- 3) **OCON Invite** will be held at Pabst Farms of YMCA in Oconomowoc on Saturday, Nov. 8
 - a. AM warm-ups have changed from 7 a.m. to 8 a.m.
 - b. YMCA National hopeful swimmers must attend this meet if they expect to swim at YMCA Nationals in '09
- 4) **SSTY Invite** will be held at WSAC in Brown Deer on Sunday, November 16
 - a. This is a single session meet (all swimmers regardless of age swim in the same session)
 - b. Warm-ups begin at 9:00 a.m., meet begins at 10:00 a.m.
 - c. Entry deadline is Nov. 3
- 5) **BST Open** will be held at Carthage College in Kenosha on Friday-Sunday, November 21-23
 - a. A great meet close to home
 - b. Entry deadline is Nov. 10

Meet Recap

We attended the 3-day OZ Open last week and did a fantastic job. All together, SEAY swimmers posted 54% best times and not a single DQ. Very impressive. Major drops in time were recorded across the board. For example, Emily Bollendorf improved her 100 Breast time by 16.59 and was also awarded a 3rd place high point award; John Freidheim dropped 10.76 in the 100 Breast and broke the minute barrier for the first time in the 100 Free (58.79); Taylor Herman shaved 13.92 off her 200 Back; Madelyn Pennings cut 22.07 off her 1000 Free; Tessa Pham amazed herself by slashing 13.48 off her 100 IM

time (going under 2:00 for the first time in the process); Marlee Reischl trimmed 12.96 in the 50 Free; Rachel Zenisek sliced 14.31 off the 100 Back; and Bailey Bleser was awarded the 2nd place high point award. Wow!

For improvement from this meet, our 11 and over swimmers really need to stay focused on breakouts (tight streamlining and kicking off the walls) in the back-half of their races while our 10 & under swimmers should continue to work on their streamlined positions from the starting blocks. Great job swimmers!

Practice location for the upcoming week

Thursday, Oct. 30	Combined @ Park
Friday, Oct. 31	Combined @ Park
Saturday, Nov. 1	GR/BL/S1/S2 @ YMCA
Monday, Nov. 3	Normal practice (Case @ Case, Park @ Park)
Tuesday, Nov. 4	Normal practice (Case @ Case, Park @ Park)
Wednesday, Nov. 5	Normal practice (Case @ Case, Park @ Park)

SCRIP Fundraising

Our SCRIP fundraising program is off to a great start and has been very simple to use. SCRIP allows us to support SEAY while shopping, which is great year-round, but will also be a great option for holiday gift giving. Please consider using SCRIP for your everyday personal shopping and as you purchase gifts for teachers, sitters, friends, relatives, college students, etc. Great Lakes Scrip Center offers our organization a huge variety of gift cards for retailers, restaurants, discount stores, grocery stores, fast food, gas, etc., and every purchase gives you a credit toward your SEAY fundraising commitment! Go to www.shopwithscrip.com and you will be amazed by the variety available! Remember to register with "prestopay" prior to your first order. Please check the fundraising page of our SEAY website for more detailed information and the delivery schedule; we will place orders twice monthly. Contact Beth Polzin at polzin4@yahoo.com or Deb Weyers at weyers@ameritech.net with any questions. Happy shopping!

Our next order deadline is Thursday, October 30th and the SCRIP will be available for pick-up from 5:30-6:30 PM on Thursday, November 6th in the pool balcony.

Notes for the Meet Director

The November 2 meet arrival times will be posted on line as late as Thursday. Please visit the meet worker sign up page under current meets and click on the session you signed up for. You will see the arrival time for the second session listed as well. If you have any questions, please call me 262-752-0387. Thank you for all your help and let's have a great time!!! Jennifer Pennings - djpennings@wi.rr.com

USA Swimming Officials Class

SEAY parents interested in becoming USA Swimming Officials can attend a training class to be held on Saturday, November 15. Read more about it on the homepage of the SEAY website.

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 (2), 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), FLYNN (3), POLZIN (2), LEWIS (2), MOLITOR (2), PENNINGS (2), WILBERSHIDE (2), and RICHARDS (2). The order will be placed Friday.

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.

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).

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 Eilis Purath

Age: 11

Training group: *Green*

Year started with SEAY: 2006

Role model: *My mom*

Favorite stroke: *Breaststroke*

Favorite event: *100 Breaststroke*

Favorite swimmer: *Michael Phelps*

Favorite training set: *Pulling sets*

Future goal: *Go to Harvard*

Favorite book: *The Tale of Despereaux by Kate DiCamillo*

Favorite movie: *Not sure*

When I grow up I want to be: *A dermatologist*

If I could change one thing in the world: *For everyone to be equal*



SEAY Schedule

November 2	SEAY Open @ Waukesha South High School
November 3	Deadline to enter SSTY Invite, contact Coach Neil
November 3	New & Returning Registration at Case High School, 6:00-7:30 p.m.
November 5	Deadline to enter BST Dual, contact Coach Neil
November 6	New Parent meeting with the Head Coach, 6:00 p.m. 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 11	Board meeting at Park beginning at 6:00 p.m. – all parents welcome!
November 15	WIAA Girls' State Meet
November 16	SSTY Invite @ WSAC in Brown Deer
November 17	WIAA swimming begins for high school boys
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
December 1	Returning High School Girls Registration, Case High School, 6:00-7:30 p.m.
December 1	Deadline to sign-up for SEAY Open
December 6	SWAT Open @ Waukesha South High School
December 10	Mini Meet Three
December 13-14	SEAY Open @ Carthage College
December 15	Deadline to sign-up for BST Open
December 24-25	No Practice, Merry Christmas

* *Caring* * *Honesty* * *Respect* * *Responsibility* *

* *Build* * *Promote* * *Achieve* *