

Serpent Times

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



November 11, 2009

Are you receiving email updates?

Please forward an email to s_e_a_y@yahoo.com and request that your email be added to the distribution list – this way you will be “in the loop” when it comes to the latest news here at SEAY.

Neil's kickboard

During last week's combined practice at Case, I spoke with 3-4 families about signing up for upcoming meets – I wrote the names of the swimmers and meets on a piece of paper that made it to the washing machine and was obliterated. Please contact me as soon as possible if you spoke with me in the stands at Case during last week's practice – thanks a lot!

Please spend a moment and double-check the dual meet entries – I updated them today so if you don't see your name and you wanted to swim, email me tonight. Also, we'll need 14 parent volunteers to help out during the meet.

We are significantly over our reservations for this month's BST Open. If the host club requires that we trim our entry, some SEAY swimmers will be cut from the meet while others will have their events reduced. Because we were so far over the reservations, relays were not entered for this meet. Keep your fingers crossed.

The new name for the Serpents training group is ... Dragons.

Myra and I are still collecting McDonald receipts. Forward them along when you have a chance.

Don't forget to order your 25th anniversary hoodies and t-shirts!

Wellness Consultant to speak at SEAY tomorrow

Suzanne Williamson RN, BSN, CDE of Razor Sharp Fitness will speak with the entire team (parents welcome too) on Thursday, November 12 beginning at 5:30 p.m. at Case on the pool deck. This presentation will cover nutrition, the advantage it plays in top performances and should last about 30 minutes (Q&A to follow). Training groups with a starting time of 5:30 p.m. may have their practices cut short or no practices at all – depending on the presentation. Please make an effort to attend this informative talk as it will help all swimmers and parents understand the importance nutrition plays in competitive swimming.

Bowling party scheduled

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. More information to follow.

What's new in the blue?

We will be hosting a Mutual of Omaha BREAKout Swim Clinic on April 25 at Carthage College. The clinic will last four hours and includes 2.5 hours of in-water instruction (covering all four strokes), an inspirational talk, 30 minutes of Q & A and 30 minutes for pictures and autographs. Also, each swimmer will receive a t-shirt, poster and drawstring bag. Our athlete will be Olympian Josh Davis and we are trying to also bring in either Jason Lezak or Aaron Peirsol. Cost is yet to be determined. Save the date!

Upcoming Meets

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) **Dual w/BST** will be held at Park High School this Friday
 - a. 14 parent volunteers will be needed
 - b. The heat sheet will be available on the homepage of the website tomorrow – if you need one, please print one off as they will not be available at the meet
 - c. Warm-ups begin at 5:30 p.m., meet begins at 6:05 p.m. and is schedule to end at 8:45 p.m.
- 2) **SSTY Invite** will be held at Schroeder Aquatic Center (Brown Deer) this Sunday

- a. Warm-ups begin at 9:00 a.m., meet begins at 10:00 a.m. and is scheduled to finish at 2:15 p.m.
- b. Heat sheets will not be available at the meet and can be printed from the homepage of our website
- c. Look for Neil and Myra when you arrive
- 3) **BST Open** will be held at Carthage College on November 20-22
 - a. Entry deadline has passed
- 4) **SWAT Open** will be held at Waukesha South High School on December 5
 - a. Entry deadline is November 13
- 5) **Short Course Junior National Championships** will be held in Columbus, Ohio December 10-12
 - a. Qualifying standards
 - b. Entry deadline is November 24
- 6) **SSTY YMCA Finalist** will be held at Schroeder Aquatic Center (Brown Deer) December 11-13
 - a. Some light time standards associated with this meet
 - b. Entry deadline is November 17
- 7) **CPSC Timed Final Invite** will be held at Crown Point High School in Indiana January 8-10
 - a. Entry deadline is November 23
 - b. Hotel information coming soon
- 8) **SEAY Oddball Challenge** will be held at Waukesha South High School January 16-17
 - a. **ALL** swimmers should attend this meet
 - b. Entry deadline is December 31
- 9) **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
- 10) **Tri w/GYST +1** will be held at Lake Geneva YMCA January 24
 - a. Entry deadline is January 17

Practice location for the next week

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|---------------|---|
| Wed., Nov. 11 | Case @ Case, Park @ Park |
| Thu., Nov. 12 | Combined @ Case |
| Fri., Nov. 13 | No practice |
| Sat., Nov. 14 | Gr/B1/S1/S2 & diving practice for swimmers NOT currently certified to dive off the blocks @ YMCA |
| Mon., Nov. 16 | Case @ Case, Park @ Park |
| Tue., Nov. 17 | Case @ Case, Park @ Park |
| Wed., Nov. 18 | Case @ Case, Park @ Park |

25th anniversary hoodies and t-shirts

On the homepage of the website you can download an order form for 25th anniversary hoodies and t-shirts. Show your SEAY spirit and order yours today!



Personalized SEAY swim caps

Swimmers interested in acquiring personalized SEAY swim caps should forward their desired name (name you want on the cap) to Neil. A list of caps to be ordered will be maintained here and names will be accepted until November 23. A minimum of two caps must be ordered and the style of cap is similar to our green/black dome caps (estimated cost will be between \$17-\$20 per cap – depends on the number ordered).

| | | | |
|-----------|--------------|--------------|------------|
| CURTY – 2 | JONES – 2 | WESLASKI – 2 | POLZIN – 2 |
| BOYCE – 2 | J WERGIN – 2 | BLESER – 2 | ROSE – 2 |

Elegant Farmer

Beth Polzin, your Fundraising Chairwoman, wanted to pass along these important reminders: Elegant Farmer (great selection of pies and breads – their apple pie is out of this world) orders are were November 1 (checks made out to SEAY). The delivery date for Elegant farmer goods will be November 17 at Case, 5:30-6:30 p.m. Thanks to all families who participated in this year’s sale ... the most successful sale to date – almost 200 more pies than last year! Please call Beth at 598.9899 if you have questions or for more information.

Seroogy’s candy bars

A new order of Seroogy's candy bars will be placed on Nov 2. Some families have requested "special orders" of 1 flavor instead of the variety pack. If you would like to make a special order or have questions you must contact Jennifer Pennings (752-0387 or djennings@wi.rr.com) **by Friday Oct. 30** to have your order placed. Special orders will only be made during the regular ordering time. Each box is 74.35 (bars sell for \$1.50) with \$36 going toward your fundraising obligation. The variety pack of flavors include: Chocolate Melt, Peanut Butter Crisp, Chocolate Mint, Dark Chocolate

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 of 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. **Shannon will be coaching on November 7, 21 and December 5. Kim will coach all other dates. This diving practice will not be offered January 16.** Take advantage!

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.

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:

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|----------|----------------|
| 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.

SCRIP fundraising program

The schedule for SCRIP orders is now included in the fundraising portion of our website. All deliveries will be in the **pool balcony from 6:00 – 6:30 PM** on “combined practice” nights. Deliveries will typically be on Tuesdays.

*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.

Parents on the pool deck

It is SEAY’s policy 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 the bleachers at Horlick. Please do not be offended if a coach asks you to move to the balcony. Thank you for your cooperation.

Parking at Case

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 having your vehicle towed.

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 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).

Happy Birthday!

| | | |
|----------------------------|-----------------------|----------------------------|
| Corbin Coe (11/1) | Taylor Pham (11/1) | Alyssa Curty (11/5) |
| Jacqueline Johnson (11/11) | Quinn Shannon (11/11) | Sam Aiello (11/13) |
| Mikayla Stackman (11/16) | Sydney Aiello (11/17) | Jake Gustavson (11/17) |
| Savannah Pook (11/23) | Kim Richards (11/23) | Meredith Freidheim (11/28) |
| Emma Mortensen (11/28) | Eilis Purath (11/30) | |

SEAY Schedule

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|------------|---|
| Nov. 13 | No practice, Dual w/BST & entry deadline for SWAT Open |
| Nov. 15 | SSTY Invite |
| Nov. 17 | Entry deadline for SSTY YMCA Finalist & delivery date for Elegant Farmer (Case: 5:30-6:30 p.m.) |
| Nov. 20-22 | BST Open |
| Nov. 23 | Entry deadline for CPSC Invite |
| Nov. 24 | Entry deadline for Junior Nationals |
| Nov. 26-27 | No practice, Happy Thanksgiving |
| Nov. 30 | Returning family registration, Park High School, 6:00-7:30 p.m. |
| Dec. 5 | SWAT Open |
| Dec. 10-12 | Junior Nationals |
| Dec. 11-13 | SSTY YMCA Finalist |
| Dec. 24-25 | No practice, Happy Holidays |
| Dec. 31 | No practice, Happy New Year's Eve & entry deadline for SEAY Oddball Challenge |
| Jan. 1 | No practice, Happy New Year & entry deadline for SSTY A+ |
| Jan. 8-10 | CPSC Invite |
| Jan. 12 | Practice to be held at UW-Parkside (times are changed – see section in newsletter) |
| Jan. 16-17 | SEAY Oddball Challenge |
| Jan. 17 | Entry deadline for 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 | Dual w/GYST +1 |

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