

Serpent Times

weekly newsletter for
South Eastern Aquatics
Racine Family YMCA Swim Team
established September 1984
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Are you receiving email updates?

Please forward an email to s_e_a_y@yahoo.com and request 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 a combined practice at Case the week of November 2, 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!

All entries for the BST Open were accepted. There will be no cuts for this meet.

The last meet of 2009 will take place in Brown Deer the weekend of December 11. If you would like to attend this meet, please email me no later than tomorrow night!

We will be attending the CPSC Invite the weekend of January 8. This meet is our winter travel meet (remember last year ... we went to the University of Minnesota). Entries are due November 23rd. Hotel information will be posted soon. The pool is 125 miles from Racine. Take advantage of swimming against swimmers you don't know and visiting somewhere new.

So we are all on the same page, all high school girls should be back in the water by Monday, November 30. High school boys should return to SEAY when they finish their last high school meet. High school girls returning to SEAY can register on November 30 at Park from 6:00 p.m. to 7:30 p.m.

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!

Recaps for recent meets

We had a busy two weeks of meets and a lot of fast swimming has taken place. Here's a recap from the last three meets:

OCON Invite

Numerous swimmers posted some of the fastest times in club history during this meet – congratulations to Marlee Reischl, Sara Bollendorf, Emily Bollendorf, Bailey Bleser, Alec Smith and Ivar Iverson on their top ten all time postings. Huge time improvements were turned in from Emily Bollendorf (-5.90 in the 2IM), Sara Bollendorf (-5.31 in the 1Fr), Payton Boyce (-9.40 in the 50Fr), Mackenzie Reischl (-9.82 in the 50Fr), Marlee Reischl (-16.04 in the 1Fr) and Tom Smith (-11.71 in the 2Fr).

Dual w/BST

This was a great local meet and afforded our swimmers an opportunity to swim 3-4 events in a short period of time ... for free of course. Alex Smith, Benji Gordon, Jacob Chartrand and Ivar Iverson posted top ten times in the history of club. Thanks to Claire Weslaski for running the Colorado, Ivar Iverson for organizing timers and runner, Dave and Jennifer Pennings, Rich Bleser, and Ara Molitor for officiating, Pat Lewno for running the computer and to the volunteer timers. *I think next time we'll need to have a couple of parents step forward and run a small concessions stand.*

SSTY Invite

This was an excellent meet for SEAY. Swimmers posting top ten times in the history of the club included Emily Bollendorf, Paige Weslaski, Sara Bollendorf, Dana Iverson, James Weslaski, Benji Gordon, Ivar Iverson, Bailey Bleser and Jarred Glaser. Our senior girls qualified the 2Fr Relay for YMCA Nationals when Laura Barron, Dana Iverson, Alisa Danzer and Paige Weslaski posted a final time of 1:40.60. Emily Bollendorf (1Fr) and Jarred Glaser (2Fr and 4IM) qualified for the state meet. Huge time drops were turned in from Laura Barron (-5.32 in the 1Ba), Sara Bollendorf (-6.95 in the 50Bf), Payton Boyce (-5.95 in the 50Ba), Alisa Danzer (-4.48 in the 1Ba), Maggie Danzer (-7.51 in the 2Fr), Matthew Evans (-4.31 in the 50Fr), Jarred Glaser (-46.17 in the 4IM) and James Wesalski (-4.96 in the 500Fr). Ivar Iverson broke the team record in the 11-12 Boys 2Br with his swim of 2:41.29 (old mark was held by Connor Sanders from 2003, 2:49.10).

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. Cost will be \$14 and covers shoes and bowling for 2 hours. Forward your name to Neil if you plan on attending.

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) **BST Open** will be held at Carthage College Friday-Sunday
 - a. Friday warm-ups begin at 4:15 p.m., meet begins at 5:35 p.m. and is scheduled to end at 8:40 p.m.
 - i. Look for Neil
 - b. Saturday AM warm-ups (11-12, 13-14) begin at 7:00 a.m., meet begins at 8:05 a.m. and is scheduled to end at 12:40 p.m.
 - i. Look for Myra
 - c. Saturday PM warm-ups (8&U, 10&U, Senior) begin at 12:30 p.m., meet begins at 1:40 p.m. and is scheduled to end at 5:40 p.m.
 - i. Look for Myra and Shannon
 - d. Sunday AM warm-ups (11-12, 13-14) begin at 7:00 a.m., meet begins at 8:05 a.m. and is scheduled to end at 11:50 a.m.
 - i. Look for Neil
 - e. Sunday PM warm-ups (8&U, 10&U, Senior) begin at 11:40 a.m., meet begins at 12:50 p.m. and is scheduled to end at 4:50 p.m.
 - i. Look for Neil and Kim
- 2) **SWAT Open** will be held at Waukesha South High School on December 5
 - a. Entry deadline has passed
- 3) **Short Course Junior National Championships** will be held in Columbus, Ohio December 10-12
 - a. Qualifying standards
 - b. Entry deadline is November 24
- 4) **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 – extended to November 20
- 5) **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
 - c. This pool is 125 miles from Racine and will be our winter travel meet, which are a lot of fun!
- 6) **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
- 7) **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
- 8) **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

Wed., Nov. 18	Case @ Case, Park @ Park
Thu., Nov. 19	Combined @ Case
Fri., Nov. 20	Combined @ Case
Sat., Nov. 21	Diving practice for swimmers NOT currently certified to dive off the blocks @ YMCA
Mon., Nov. 23	Case @ Case, Park @ Park
Tue., Nov. 24	Combined @ Park
Wed., Nov. 25	Case @ Case, Park @ Park

Are you placing an order for SEAY clothing (from the link on the website)

If you are ordering SEAY items from the link on the homepage of the website and those items will be Christmas gifts, please indicate that when you place your order so the items arrive at practice in a sealed box.

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
REISCHL – 2	VISSERS – 2		

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 djpennings@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:

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

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 Tri Dual w/GYST +1

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