



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



November 19, 2008

Warm-up

The WAT Open has replaced the SEAY Open. Read more about it under Upcoming Meets – take advantage of this last meet of the year!

Thank you to Rich Bleser and Christina Carter for attending the officials training class last weekend – with these two parents on their way to becoming USA officials, we now have a pool of 5 SEAY parents who are available to officiate meets we host ... still not enough though. The board is looking for 6 more parents to step forward and attend an official class here in Racine in the near future. If you think you are interested, please contact Neil.

The form for our annual SEAY How Far I Swim fundraiser is now posted on the website – begin collecting those pledges to help meet the \$150 required fundraising amount. Remember, half of all fundraising past \$150 is deposited into your family fund accounts and can be used to offset swim fees.

We have a pretty big meet this weekend at Carthage College. All parents are reminded to outfit their swimmers with a cool SEAY swim cap. See Myra or Neil if you need one – \$5 or \$10 depending on the style.

The order form for new suits can be found on the homepage of the website – place your order by November 24. Contact Lydia Bollendorf for more information 553.1949. Lydia will have suits to try on at Case (or Park if we are combined) Monday-Thursdays (6:00-7:30 p.m.).

We have a team travel meet scheduled in January. If your swimmer has the cuts, think about attending the meet. The pool is one of the best pools in the Midwest and the hotel is right across the street from the pool. The drive is only 5 hours and the Mall of America is only 30 minutes away from the hotel. Lets send a bunch of SEAY swimmers to this meet!

Welcome back to the team to all our high school girls (you all had a great season and we are looking forward to seeing you in the pool right away). Good luck to our high school boys who began their high school season this past Monday – SEA YOU back in the water in February!

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

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) **BST Open** will be held at Carthage College in Kenosha this weekend
 - a. This meet will be a little long in the tooth, but it will offer great competition, a fast pool, lots of warm down space, and it's close to home!
 - b. Friday warm-ups begin at 4:30 p.m.
 - i. Scheduled to finish at 9:30 p.m.
 - c. 11-12 and 13-14 warm-ups
 - i. Saturday & Sunday
 1. Be on deck ready to swim at 7:00 a.m. – meet begins at 8:10 a.m.
 2. Scheduled to finish at 1:30 p.m. on Saturday
 3. Scheduled to finish at 12:30 p.m. on Sunday
 - d. 8 & Under, 10 & Under, Senior
 - i. Saturday
 1. Be on deck ready to swim at 1:15 p.m. – meet begins at 2:30 p.m.
 2. Scheduled to finish at 6:30 p.m.
 - ii. Sunday
 1. Be on deck ready to swim at 12:15 p.m. – meet begins at 1:30 p.m.
 2. Scheduled to finish at 5:30 p.m.
 - e. Positive check-in events
 - i. Events 11, 33, 34, 35, 36, 93

1. These events will be limited to 30 swimmers
 - a. 11, 35, 36, 93
 - b. Swimmers not making the top 30 will have their entry fee refunded
 - c. SEAY swimmers currently seeded 31 or below include
 - i. Event 35 (Madelyn Pennings - 39, Emily Gaitens - 51, Aja Molitor - 52)
 - ii. Event 93 (Mikayla Stackman - 31)
 - ii. All other swimmers in check-in events will be swimming
 - f. Depending on the session, Neil, Myra, Alyssa and Shannon will be working this meet
- 2) **SWAT Open** will be held at Waukesha South High School on Saturday, December 6
 - a. Scored/awarded against swimmers the same age (7 & U, 8, 9, 10, 11, 12, 13, and Senior)
 - b. Entries are closed for this meet
- 3) **WAT Open** will be held at Fort Atkinson High School on Sunday, December 14
 - a. Scored/awarded against swimmers the same age (7 & U, 8, 9, 10, 11, 12, 13, 14, and Senior)
 - b. Entry deadline is Nov. 30

Meet Recaps

SSTY Invite – This was a great meet for our swimmers. The WSAC has gone through a lot of changes since August and the new blocks, bulkheads and gutters added a lot of sparkle to the facility. Congratulations to Bailey Bleser and Graham Kilmer on their new state qualifying times! (Bailey achieved 3 cuts – 25 Fr, 25 Ba, 50 Fr and Graham notched 2 – 1 Ba and 2 Ba.) We have a handful of swimmers closing in on cuts too – Emily Bollendorf (1.71 away from the 50 Bf and 1.09 away from the 50 Br), Jacob Chartrand (1.42 away from the 100 Ba) and Taylor Herman (1.82 away from the 100 Br). Hottest List (all best times) – Bailey Bleser, Benji Gordon, Taylor Herman, Ivar Iverson and Graham Kilmer. Hotter List (2 best times) – Emily Bollendorf, Sara Bollendorf, Alisa Danzer, Kevin Pettit-Scantling and Hanna Wilbershide. Swimmers cracking into the top ten all time included – Bailey Bleser, Emily Bollendorf, Dana Iverson, Ivar Iverson, Graham Kilmer, James Weslaski and Paige Weslaski. Congratulations to Benji Gordon on breaking the 1:00 barrier in the 100 Free for the first time!

What to improve upon? We had a handful of missed walls during the freestyle events. Lets make sure we figure out the turns during warm-ups (this includes performing turns at race pace during the 8x50s) so we can judge the turns better during our events.

Practice location for the upcoming week

Thursday, Nov. 20	Combined @ Case
Friday, Nov. 21	Combined @ Case
Saturday, Nov. 22	No practice, BST Open
Monday, Nov. 24	Normal practice (Case @ Case, Park @ Park)
Tuesday, Nov. 25	Normal practice (Case @ Case, Park @ Park)
Wednesday, Nov. 26	Normal practice (Case @ Case, Park @ Park)

Quick Sheets begin today – a supplement to Competitive Training: Group Descriptions, Goals and Objectives

Over the past two months the coaching staff has been working on establishing a supplement to the [Competitive Training: Group Descriptions, Goals and Objectives](#) document currently found on the web site. The Competitive Training document was developed using USA Swimming guidelines for swimmers progression through their developmental years as an age-group swimmer and to a senior level swimmer. The drawback to parents and younger swimmers is it's written in coach speak and some confusion sets in about what it takes to move from group to group.

With the development and implementation of [Quick Sheets](#), that confusion should dissipate. Quick Sheets will be viewed as a work in process and will be updated periodically to reflect the overall development and direction of SEAY. If you have been wondering whether or not your swimmer is ready to move up a group, please take some time and familiarize yourself with both documents and speak with Myra or Neil if you have questions or concerns.

Attention Case SEAY Swimmers & Parents

Have you or your child recently had an increase in wardrobe? Over the last few weeks multiple swimmers, boys and girls, have had to leave practice without an article of clothing or two. Everything from t-shirts, sweat pants, slacks and even underwear have been reported missing. Please check your swim bags, closets, laundry etc. ... should you find something that doesn't belong return it to your coach.

Swimmers, please be sure to double-check the items in your swim bag BEFORE leaving the pool each evening to make sure you only have your stuff.

Fundraising Information

Thank you to all of the families that participated in the Elegant Farmer Fundraiser! It was quite a success. Reminder, \$5.00 of each order of pie or breads will be put towards the \$150.00 minimum family fundraising requirement.

Please mark your calendar for **Wednesday, November 19th from 5:30-7:00 p.m. for Elegant Farmer pick up at Case**. Every family's order must be picked up during the scheduled pick up time. Thank you and GO SEAY, Beth Polzin.

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!

Corbin Coe (11/1)

Alyssa Curty (11/5)

Mikayla Stackman (11/16)

Katarina Liddell (11/22)

Taylor Pham (11/1)

Jacqueline Johnson (11/11)

Sydney Aiello (11/17)

Kim Richards (11/23)

Quinn Shannon (11/4)

Sam Aiello (11/13)

Anicka Purath (11/20)

Eilis Purath (11/30)

Get To Know Becca Wilbershide

Age: 13

Training group: *Senior 1*

Year started with SEAY: 2001

Role model: *Amanda Beard*

Favorite stroke: *Breast & Back*

Favorite event: *200 Breast & 200 Back*

Favorite swimmer: *Michael Phelps*

Favorite training set: *LTS (10x100 on 6:00 for time)*

Future goal: *To go to state again*

Favorite book: *To many to choose*

Favorite movie: *Don't have one*

When I grow up I want to be: *Forensic Scientist*

If I could change one thing in the world: *No wars*



SEAY Schedule

November 19	Pie pick-up, 5:30-7:00 p.m. @ Case
November 21-23	BST Open @ Carthage College in Kenosha
November 24	Deadline to order new team suits – see order form on the home page of the website
November 27-28	No Practice, Happy Thanksgiving
November 30	Deadline to sign-up for WAT Open
December 1	Returning High School Girls Registration, Case High School, 6:00-7:30 p.m.
December 4	New parent meeting @ Case beginning at 6:00 p.m.
December 6	SWAT Open @ Waukesha South High School
December 10	Mini Meet Three
December 11	Combined @ Horlick
December 13-14	SEAY Open @ Carthage College – canceled
December 14	WAT Open @ Fort Atkinson High School
December 15	Deadline to sign-up for BST Open
December 17	Board meeting at Park, 6:00 p.m. – all welcome
December 24-25	No Practice, Merry Christmas

December 31-January 1

No Practice, Happy New Year

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