



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



November 26, 2008

Warm-up

Happy Thanksgiving!

This season is just flying by. We have made tremendous improvement from the start of the season. All swimmers should take pride in their accomplishments made to date. As we head into December, attendance becomes extra important. We have a lot of big meets in the second half of the season and it will be important to lay a strong base of training (returning high school girls) or continue to develop new skills and stroke mechanics that will lead to goal achievement by the end of the season. Stay focused and take good care of your health.

The meet information page of the website has been updated. The season will be over before you know it ... sign up for as many meets as your schedule allows.

We are still requesting parents to step forward and volunteer to become swimming officials. Our goal is to secure six interested parents who are willing to become officials and then schedule a class here in Racine. Good stuff! So far, the Kruse parents are willing to become certified. Keep in mind, you won't necessarily officiate at all SEAY meets, it's just important for the club's well being that we have a reserve of officials. Remember, no experience is necessary.

We have a team travel meet scheduled in January. If your swimmer has 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!

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 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) **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
- 2) **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
- 3) **FOXJET Open** will be held at the University of Minnesota on January 9-11
 - a. There are qualifying times for this meet
 - b. Entry deadline is Dec. 29
- 4) **SEAY Oddball Challenge** will be held at Waukesha South High School on January 17-18
 - a. We had a great turnout for our November meet – can we surpass our Nov. swimmer total of 68?
 - b. [ALL swimmers should attend this meet.](#)
 - c. Entry deadline is Jan. 5

Meet Recaps

BST Open – Chalk up another solid meet for the SEAY team! Combined, swimmers posted **67% best times** and only 5 DQs. Here are the **highlights**:

- 👉 Marissa Kruse, Sara Bollendorf, Alice Pennings, Maxanna Collen broke a 20-year team record in the 8 & Under Girls 2MR

- 👉 New state qualifying times achieved by Haille Bocek (2IM), Ivar Iverson (5Fr), Alice Pennings (50Fr, 25Bf), James Weslaski (2Bf)
- 👉 Ivar Iverson posted some of the fastest times in team history for 11-12 Boys (2Fr=8th, 1Ba=5th, 1Br=10th, 2Br=3rd, 1Bf=8th, 2IM=7th)
- 👉 These swimmers were on fire and achieved all best times: Solomyn Collen, Christian Halstead, Taylor Herman, Jason Lewis, Kararina Liddell, Aja Molitor, Jack Polzin, Marlee Reischl, Shannon Rose, Keegan Stratton, Evan Weiss, Lauren and Rachel Zenisek
- 👉 These swimmers were pretty hot too and notched 5 or more best times: Haille Bocek, Emily Bollendorf, Sara Bollendorf, Jarred Glaser, Ivar Iverson, Alexis McCullough, Alice Pennings, Abby Polzin, Kim Richards, Carly Weiss, James Weslaski
- 👉 Dropping crazy amounts of time included: Laura Barron (-66.26 in the 1000Fr), Haille Bocek (-11.48 in the 2IM), Emily Bollendorf (-35.73 in the 2IM), Jarred Glaser (-14.06 in the 5Fr), Taylor Herman (-21.98 in the 4IM), Ivar Iverson (-24.32 in the 5Fr), Alexis McCullough (-10.83 in the 2Fr), Madelyn Pennings (-11.22 in the 4IM), Tessa Pham (-10.16 in the 50Ba), Kim Richards (-24.76 in the 5Fr), Stephanie Schwartz (-16.96 in the 5Fr), Mikayla Stackman (-12.72 in the 4IM)
- 👉 Closing in on state qualifying times include: Laura Barron (-2.49 in the 4IM), Haille Bocek (-.08 in the 50Ba), Maxanna Collen (-2.01 in the 50Ba), Taylor Herman (-1.57 in the 1Br), Alice Pennings (-.46 in the 50Ba), Carly Weiss (-1.34 in the 25Bf)
- 👉 Friday night was one of the best sessions ever: 18 of 20 best times with 277 seconds total of time improvements!
- 👉 Unsung hero's of the meet were Myra and Alyssa for covering for Neil who was out sick with pneumonia

What to improve upon? – The coaching staff noticed immense improvement from the Nov. 2nd SEAY meet to the BST Open this past weekend. Now we have a challenge for our swimmers. One of the difficult concepts to grasp for our young team is the concept of racing. Many times we watch races in which our swimmers spend a lot of mental energy on making sure everything is performed correctly (which is good by the way). However, at the January SEAY meet we'll be looking for **racers** ... taking races out fast and controlled and really attacking the 3rd 25 of 100s and 3rd 50s of 200s. Beast mode ... engaged! **RUARACER?**

Practice location for the upcoming week

Thursday, Nov. 27	No practice, Happy Thanksgiving
Friday, Nov. 28	No practice, Happy Thanksgiving
Saturday, Nov. 29	Gr/B1/S1/S2 @ YMCA
Monday, Nov. 30	Normal practice (Case @ Case, Park @ Park)
Tuesday, Dec. 1	Normal practice (Case @ Case, Park @ Park)
Wednesday, Dec. 2	Normal practice (Case @ Case, Park @ Park)

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)	Taylor Pham (11/1)	Quinn Shannon (11/4)
Alyssa Curty (11/5)	Jacqueline Johnson (11/11)	Sam Aiello (11/13)
Mikayla Stackman (11/16)	Sydney Aiello (11/17)	Anicka Purath (11/20)
Katarina Liddell (11/22)	Kim Richards (11/23)	Eilis Purath (11/30)

See any familiar Guitar Hero players here?



Get To Know **Hannah Molitor**

Age: 10

Training group: *Serpents*

Year started with SEAY: 2006

Role model: *My Mom*

Favorite stroke: *Back*

Favorite event: *100 Back*

Favorite swimmer: *Michael Phelps*

Favorite training set: *Dolphin dives*

Future goal: *Go to the Olympics & be a professional swimmer*

Favorite book: *The Spiderwick Chronicles*

Favorite movie: *The Spiderwick Chronicles*

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

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



SEAY Schedule

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 13	Practice at YMCA for Gr/BI/S1/S2
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
January 3-4	BST Open @ Carthage College
January 5	Deadline to up for SEAY Oddball Challenge
January 9-11	FOXJET Open @ University of Minnesota
January 15	Combined @ Horlick
January 16	Deadline to sign-up for GYST Dual
January 17-18	SEAY Oddball Challenge @ Waukesha South High School
January 20	WI LSC Meeting @ UW-Waukesha, 7:15 p.m. – all welcome
January 21	Deadline to sign-up for Distance Time Trials
January 23	Distance Time Trials @ Park
January 23	No practice
January 25	GYST Dual @ Lake Geneva YMCA
January 26	Deadline to sign-up for SEAY Open
January 26	Deadline to sign-up for SSTY A+ Open
January 27	SEAY How Far I Swim @ Case
January 27	No practice

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