

Serpent Times

weekly newsletter for
South Eastern Aquatics
Racine Family YMCA Swim Team
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November 4, 2009

Neil's kickboard

Excellent meet last Sunday! Very few DQ's (only 8 individuals and 2 relays), 58% best times, a massive amount of time improvements and three new YMCA State qualifying times were posted. Congratulations to new-comer Ben Gabbey who punched his ticket for next year's YMCA State meet in the 25 Breast and to Emily Bollendorf (100 Back) and Jarred Glaser (200 Free) on their new cut times too. Bollendorf also posted the 6th fastest time in team history in the 9-10 50 Fly as did Ivar Iverson for 11-12 Boys. Let's keep our nose to the grind stone and continually focus on improving our races. I'm so proud of all of you!

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

Voting is under way

The top two names from the voting of the list of possible new name for Serpents were Seals and Dragons. Swimmers can pick up their ballots from Myra; voting will take place this week only. Myra will announce the new name of Serpents on Monday!

Wellness Consultant to speak at SEAY

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) **OCON Invite** will be held at Pabst Farms YMCA (Oconomowoc) this Saturday
 - a. **AM warm-ups (11-12 and 10&U) begin at 8:00 a.m. (this is a change)**
 - i. AM meet begins at 8:45 a.m. and is scheduled to finish at 11:00 a.m.
 - ii. AM session will run in 8 lanes
 - b. PM warm-ups (8&U, 13-14, Open) begin at 11:00 a.m.
 - i. PM meet begins at 11:45 a.m. and is scheduled to finish at 2:00 p.m.
 - ii. PM session will run in 6 lanes
 - c. Several heats will be combined throughout the meet
 - d. Look for Neil when you arrive

- 2) **Dual w/BST** will be held at Park High School on November 13
 - a. **ALL** swimmers should attend this team hosted meet
 - b. Parent volunteers will be needed
 - c. Entry deadline is November 9
 - d. Warm-ups begin at 5:30 p.m., meet begins at 6:05 p.m. and usually ends around 8:00 p.m.
- 3) **SSTY Invite** will be held at Schroeder Aquatic Center (Brown Deer) on November 15
 - a. Entry Deadline is November 3
- 4) **BST Open** will be held at Carthage College on November 20-22
 - a. **ALL** swimmers should attend this meet that is close to home
 - b. Entry deadline is November 4
- 5) **SWAT Open** will be held at Waukesha South High School on December 5
 - a. Entry deadline is November 13
- 6) **Short Course Junior National Championships** will be held in Columbus, Ohio December 10-12
 - a. Qualifying standards
 - b. Entry deadline is November 24
- 7) **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

Practice location for the next week

Wed., Nov. 4	Case @ Case, Park @ Park
Thu., Nov. 5	Combined @ Case
Fri., Nov. 6	Combined @ Park
Sat., Nov. 7	Diving practice for swimmers NOT currently certified to dive off the blocks @ YMCA
Mon., Nov. 9	Case @ Case, Park @ Park
Tue., Nov. 10	Combined @ Park
Wed., Nov. 11	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
BOYCE – 2	J WERGIN – 2	BLESER – 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!

New stopwatches

SEAY is always in need of new stopwatches and we have found an easy way to keep replacing the old worn out ones with (drum roll please...)

McDonald's receipts

Please remember to save your McDonald's receipts and give them to either Neil or Myra at practice.

We will be collecting the receipts all season and with a little help from all of you we will be able to replace all of our old and worn out stopwatches!

Don't forget to ask family and friends as well. It does not matter what is on your receipt. One receipt counts as one point. So just run through for that 49 cent ice cream cone and turn in your receipt!

Thanks for all your support!!!!

Go SEAY!

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.

Level 1 officials training will be offered at the OCON Invite

Cindy Raatz will be conducting a Level 1 officials training class during the meet. If you are interested in becoming a Level 1 USA official, please contact her at 262-242-0707 or via email at raatzharp@hotmail.com.

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)	Elis Purath (11/30)	

SEAY Schedule

Nov. 4	Entry deadline for BST Open
Nov. 7	OCN Invite
Nov. 9	Entry deadline for dual w/BST
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* *