

Serpent Times

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



December 16, 2009

Neil's kickboard

This will be the last newsletter of the year. The next newsletter will be published January 6. On behalf of myself and the rest of the SEAY coaching staff, Merry Christmas and Happy New Years.

Our meet performance continues to impress as the efforts turned in last weekend at the YMCA Finalist meet and the Junior National meet were pretty solid. During the YMCA Finalist meet Bailey Bleser (1Br) and Emily Bollendorf (2Fr) notched state cuts while Bollendorf, Caitlin Mertins, Maxanna Collen, Alec Smith, Bleser and Ivar Iverson posted top ten times in the history of SEAY. These swimmers cut over two seconds off their previous best times: Laura Barron (-2.48 in the 2Ba), Bleser (-3.87 in the 1Fr), Bollendorf (-2.71 in the 1IM), Sara Bollendorf (-6.10 in the 1IM), Caitlin Mertins (-2.48 in the 1IM), Mackenzie Reischl (-2.21 in the 25Fr), Marlee Reischl (-3.71 in the 1IM) and Tom Smith (-10.31 in the 500Fr). As a team we finished 11th of 15 teams with 123 points (which is pretty good considering we were the 12th smallest team in attendance) and posted 44% best times. Stay focused and attend ALL the practices offered during the upcoming break for the most benefit when meets start up again in January.

Dana Iverson attended Junior Nationals last week on the campus of Ohio State University in Columbus. Junior Nationals is the fastest 18&U meet offered by USA Swimming and is the stepping stone to Nationals and then Olympic Trials ... let's just say Dana was in some very fast company. She posted a PR in the 1Ba (58.28), was a little off in the 2Ba (2:06.37, best time is 2:05.95 – but did establish a new 15-16 team record – old mark was held by Carina Tennessen from 1998, 2:06.79) and during the time trial of the meet, she achieved a YMCA National cut in the 1Bf (1:00.07) dropping over 2 seconds in the process.

If you attended the new parent meeting last night at Park ... thanks. Although you weren't the most talkative bunch ☺, hopefully you walked away with a with a better understanding of SEAY. If you did not make it, remember, you can call or email me anytime (phone and email address are in the header above).

At the halfway point, I've been impressed with the development of the team this season. From Pups to Senior 2, swimmers have taken their efforts and attendance to the proverbial "next level." With the holiday season right around the corner, many families will be traveling and spending time with family and friends – please do your best to attend as many practices as you can. The Christmas practice schedule is finished and located at the end of this newsletter. Please read through it carefully as times and locations are a lot different compared to our regular practice schedule. The reason for this you ask? RUSD pools are not available. Swimmers should take advantage of all the practices offered!

Don't forget to sign-up for the bowling party and the gymnastics party if you are 8&U.

Just a reminder that if RUSD cancels school or after-school activities, our practices are canceled as well.

Don't forgot to sign-up for our Oddball Challenge meet. The goal is to enter over 100 SEAY swimmers in the meet. During the dual with BST we entered 92 SEAY swimmers!

Need a team suit? This year's team suit is Speedo Endurance Pacific Rhythm. Any swim outlet should have this in stock. There are a couple of links (Speedo, All-American and Kiefer) on the links page of the SEAY website.

8&U gymnastics outing scheduled

All 31 8&U swimmers are encouraged to attend the gymnastic outing scheduled on Saturday, January 23 from 5:00 p.m. to 6:30 p.m. In an effort to build team unity and offer an experience where the kids can develop their friendships outside the pool, Coach Shannon thought it would be a good idea to schedule this 8&U only event. This event will take place at the Racine Gymnastic Center (2501 Golf Ave. – just off of Rapids drive and a little east of Infusions) and will involve one hour of organized instruction from gymnastic coaches and 30 minutes of free time. If you have never have taken your children to the Racine Gymnastic Center, they are in for a treat because it's a lot of fun. There are ropes to climb and swing from, foam pits to jump in, balance beams to walk on, trampolines to jump and run on and other fun contraptions to challenge their skills with. The cost is only \$8 per swimmer and the registration deadline is January 13. Contact Neil with your intentions to attend!

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.

Caitlin Mertins Alyssa and Hannah Curty Ria Hernandez Steph Schwartz

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) **CPSC Timed Final Invite** will be held at Crown Point High School in Indiana January 8-10
 - a. Entry deadline has passed
- 2) **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
- 3) **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
- 4) **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., Dec. 16	Case @ Case, Park @ Park
Thu., Dec. 17	Combined @ Case
Fri., Dec. 18	Combined @ Park
Sat., Dec. 19	Gr/BI/S1/S2 and diving practice for swimmers NOT currently certified to dive off the blocks @ YMCA
Mon., Dec. 21	Case @ Case, Park @ Park
Tue., Dec. 22	Combined @ Park
Wed., Dec. 23	Combined @ UW-Parkside (see schedule at end of this newsletter)

SCRIP fundraising program

Questions?? Deb Weyers at Weyers@ameritech.net. *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.

Meet volunteer sign-ups

Meet volunteer sign ups are available on line for the **Jan 16-17** (2 sessions required) and **Feb 7** (1 session required). Please check your name if you have already signed up to confirm the session and job you entered. If you need assistance in making changes or signing up please contact: Mark Purath (909-8602) ~ mpurath@sbcglobal.net or Jennifer Pennings (752-0387) ~ djennings@wi.rr.com

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.

12 & Under State hotel

Families attending this season's 12 & Under USA State can now reserve their hotel room. \$89 per night (includes hot breakfast buffet, pool & hot tub, 2 blocks from West Towne Mall). Release date is Friday, February 5. Call 608.662.1990, ext. 7603 and ask for the SEAY rate to book a room.

Americinn Madison West
516 Grand Canyon Rd.
Madison, WI

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). **Please double-check the spelling, contact Neil if you see an error.**

CURTY – 2	JONES – 2	WESLASKI – 2	POLZIN – 2
BOYCE – 2	J WERGIN – 2	BLESER – 2	ROSE – 2
REISCHL – 2	VISSERS – 2	SMITH – 2	JULIUS – 2
RESKE – 2	BADILLO – 2	IVERSON – 4	

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).

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.

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! Please double-check your order below. **Deadline to order was December 14.**

T-shirts ordered to date:

Smith – youth (medium & large), adult (medium)
Bollendorf – youth (large), adult (small)
Hernandez – adult (x-large), youth (medium)
Lewis – youth (large), adult (x-large, 3x-large)
Bleser – youth (large), adult (2 large)
Rose – adult (large, 2x-large)
Badillo – youth (small, medium), adult (large, 2 x-large)

Hoodies ordered to date:

Hernandez – adult (x-large), youth (medium)
Julius – adult (medium and large)
Lewis – adult (small)
Bleser – youth (large), adult (large)
Rose – adult (small, 2 medium)
Colston – youth (large)
Reske – youth (large)
Badillo – youth (small, medium)



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.

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. **Kim will coach. This diving practice will NOT be offered January 16.** Take advantage!

Happy Birthday!

Annie Munro (12/8)	Jacob Wergin (12/9)	Kevin Leslie (12/13)
Queile Griffin (12/22)	Kayla Bote (12/23)	Sara Bollendorf (12/24)
Jacob Genal (12/24)	Katie George (12/24)	Solomyn Collen (12/25)
Emma Champion (12/27)	Haley Jones (12/27)	Breona Rydholm (12/29)
Sinclair Richards (12/30)		

SEAY Schedule

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
Feb. 5-7	SSTY A+ Open
Feb. 7	SEAY Open
Feb. 8	Entry deadline for the dual w/OZ
Feb. 12	Dual w/OZ
Feb. 19-21	Regionals
Feb. 26-28	12 & Under WI USA State

Christmas break practice schedule

December 23 @ UW-Parkside

Pups	10-10:45 a.m.
Lions	10-10:45 a.m.
Dragons	10-11 a.m.
Green	10:45 a.m. - Noon
Blue	10:45 a.m. - 12:30 p.m.
Senior 1	10 a.m. - Noon
Senior 2	10 a.m. - 12:30 p.m.

December 24-25

No practice, Merry Christmas

December 26 @ YMCA

Dragons, Green, Blue, Senior 1, Senior 2 8-9:30 a.m.

Diving practice is offered this day for swimmers NOT certified to dive off the blocks

December 27

No practice, Sunday

December 28 @ YMCA

Pups, Lions, Dragons 6:15-7:00 p.m.

Green 7-8 p.m.

Blue 7-8:45 p.m.
Senior 1, Senior 2 7-8:45 p.m.

December 29-30 @ UW-Parkside

Pups 10-10:45 a.m.
Lions 10-10:45 a.m.
Dragons 10-11 a.m.
Green 10:45 a.m. - Noon
Blue 10:45 a.m. - 12:30 p.m.
Senior 1 10 a.m. - Noon
Senior 2 10 a.m. - 12:30 p.m.

December 31-January 1

No practice, Happy New Year

January 2 @ YMCA

Dragons, Green, Blue, Senior 1, Senior 2 8-9:30 a.m.
Diving practice is offered this day for swimmers NOT certified to dive off the blocks

January 3

No practice, Sunday

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