



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



Dec. 17, 2008

Warm-up

This will be the last newsletter for 2008. The next newsletter will be posted on Jan. 7, 2009.

If you attended the WAT meet last Sunday, awards are expected in Friday at the earliest – when they arrive, they will promptly be handed out.

The BST IMX Extreme Challenge has been canceled. In its place, we will be attending the J-HAWK Winter Thaw, which will be held at UW-Whitewater the same weekend. Entries are due Dec. 24. We attended this meet last year ... a well run meet and this year it's swim your own age – take advantage!

Personalized caps have arrived and they look sharp! Neil and Myra (depending on the pool you practice at) will have them available for pick-up – you must submit payment before receiving your caps - \$14 per cap (cash or check made payable to SEAY).

The Christmas Break Practice Schedule has been set and is at the end of the newsletter. Swimmers should plan on attending ALL practices – with school out and lots of time for recovery between workouts – it's time to get down to the business of training and learning – take advantage ... especially if you are on the cusp of achieving state/zone/national cuts.

There are many important meet entry deadlines around the corner. Clear your calendars for the SEAY Oddball Challenge (Jan. 17-18) and if you have the cuts, plan on attending the FOXJET Open the weekend of Jan. 9.

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 can be found on the website.

- 1) **J-HAWK Winter Thaw** will be held at UW-Whitewater on Saturday-Sunday, Jan. 3-4
 - a. Swim your own age
 - b. Entry deadline is Dec. 24
- 2) **FOXJET Open** will be held at the University of Minnesota on Jan. 9-11
 - a. There are qualifying times for this meet
 - b. This is one of the Midwest's best venues in terms of pools
 - c. If you have the cuts, attend this meet
 - d. Entry deadline is Dec. 29
- 3) **SEAY Oddball Challenge** will be held at Waukesha South High School on Jan. 17-18
 - a. [ALL swimmers should attend this meet](#)
 - b. Entry deadline is Jan. 5
- 4) **GYST Dual** will be held at Lake Geneva YMCA on Jan. 25
 - a. No fees associated with this meet
 - b. Good meet for first year swimmers
 - c. Entry deadline is Jan. 16
- 5) **Distance Time Trials** will be held at Park on Jan. 23
 - a. Warm-ups begin at 5:30 p.m.
 - b. Meet begins at 6:05 p.m.
 - c. This meet is an excellent opportunity for our swimmers to gain experience in longer races
 - d. Entry deadline is Jan. 21

Meet Recap

WAT – Although the host team struggled a bit in running a smooth meet, our swimmers were on a tear. Final results have not been received, but here are the unofficial results: John Freidheim (1Fr, 1Bf), Bailey Bleser (25Bf, 1IM) and Alice Pennings (1IM) achieved new state qualifying times; William Buhler is closing in on a state cut in the 50Br, Sinclair Richards dropped 5 seconds in the 1IM, Victoria Westman had amazing time drops in her events (-8 in the 1Fr, -4 in the 50Ba), Madison Richards is looking like a pro in the fly, Becca Wilbershede cruised to three best times (dropping 13 seconds in the 2IM), Madelyn Pennings tied her best time in the 1Br, Taylor Herman demonstrated improved take out speed in the 1Br and is working toward that state cut, John Freidheim impressed in the 1Fr dropping 3 seconds, Hanna Wilbershede brought her A

game and dropped 3 seconds in the 1Ba, Natalia Badillo dropped a total of 18 seconds in three 25 yard races, Alex Duncan really attacked his races and posted best times in all of his events in the process, Alice Pennings is .4 away from posting the 10th fastest time in team history in the 11M for 8&u girls, Jason Lewis dropped a second in the 25Ba, and Bailey Bleser slashed 10 seconds off his 11M time. Overall, SEAY looked pretty sharp last Sunday – starts off the blocks were especially crisp.

What to improve upon? – All swimmers really stepped it up and raced! Keep it up – now lets focus on the small things that make for fast swims ... turns, breakouts and finishes. When it comes down to a close race, it's the turns, breakouts and finishes that make the difference between touching first and getting touched out. Focus during practice ... daily – perfect practice leads to your best opportunity for a perfect race. Go SEAY!

Practice location for the upcoming week

Thursday, Dec. 18	Combined @ Case
Friday, Dec. 19	Combined @ Park
Saturday, Dec. 20	Gr/BI/S1/S2 @ YMCA
Monday, Dec. 22	View Christmas break practice schedule at end of this newsletter
Tuesday, Dec. 23	View Christmas break practice schedule at end of this newsletter
Wednesday, Dec. 24	View Christmas break practice schedule at end of this newsletter

Donations will be accepted and are needed

We will be training at UW-Parkside over the Christmas break. Families and swimmers willing to help SEAY offset the pool rent for UWP can donate cash or check made payable to SEAY to either Myra or Neil – thank you in advance for any donations you submit.

Officials Training

Parents are beginning to creep out of the woodwork and volunteer their time and energy in becoming USA officials. Thanks a lot! To date, the Kruse parents, Kris Siudak and the Coe parents are willing to become certified. Over the next month or so, a date will be selected in which a current WI LSC USA Official will come to Racine and train all interested parents – if you are willing become an official, please speak with Neil.

Notes from the Meet Director

Merry Christmas to everyone. As the New Year approaches don't forget about the Jan 17-18 meet we will be hosting. Volunteer sign up still has many available spots. If you have any questions on how to do online sign up just call me 262-752-0387. I also have calendar raffle tickets available as well as Seroogy candy bars at the Case pool. If you would like any let me know and I will see that they get to you. The calendar raffle is a great "cheap" idea for a gift. Plus it adds to your fundraising obligations. If you are not sure how it works send me an email to djpenning@wi.rr.com or call 752-0387. It is really awesome!! Again, Merry Christmas and Happy New Year!! Jennifer Pennings. Stay tuned for an announcement on a NEW Co-Meet Director!!!!

Seroogy fundraiser continues

The Seroogy candy bars are a great addition to Holiday gifts. To purchase a box and contribute to your fundraising obligation, contact Jennifer Pennings at (262) 752-0387 or via email at djpenning@wi.rr.com. One box purchase of 48 bars (\$74.35) = \$36 toward fundraising.

SEAY Calendar Raffle

SEAY is selling calendar raffle tickets to make up some of the revenue that was lost by canceling the December meet. Tickets are \$2.00 a piece or 6 for \$10.00. This is a fundraiser and will count toward your fundraising obligation. Instead of writing a check for \$150.00 why not purchase raffle tickets and have a chance to win.

How the calendar raffle works - there will be a winner everyday in February 2009. Sundays are worth \$50.00, all other days are worth \$25.00 except Valentine's Day which is worth \$100.00. If your name is pulled you are the winner for that day. You may win multiple times. Drawings will be done for the week and checks sent to the winners. Winners will also be posted on the SEAY website.

Tickets for this raffle will be available at all combined PM practices until the end of January, or until all tickets are sold. Jennifer Pennings will also have tickets available.

Sell tickets to family and friends to help the SEAY Swim Team. Winners receive the prize in the mail, so they may live out of state. Makes a great stocking stuffer!

Severe Weather – it's here

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 Neil if you are not currently receiving email updates from s_e_a_y@yahoo.com).

Happy Birthday!

Kati Carmody (12/14)
 Solomyn Collen (12/25)
 Sinclair Richards (12/30)

Kayla Bote (12/23)
 Emma Campion (12/27)

Sara Bollendorf (12/24)
 Breona Rydholm (12/29)

Get To Know Ashley Kautzmann

Age: 13

Training group: *Blue*

Year started with SEAY: 2005

Role model: *My sisters*

Favorite stroke: *Back*

Favorite event: *I don't have one*

Favorite swimmer: *Michael Phelps*

Favorite training set: *Kick sets*

Future goal: *1:00 in the 100 Free*

Favorite book: *Twilight*

Favorite movie: *Titanic*



When I grow up I want to: *attend business school and open my own salon*

If I could change one thing in the world: *Stop global warming*

SEAY Schedule

December 17	Board meeting at Park, 6:00 p.m. – all welcome
December 24	Deadline to sign-up for J-HAWK Winter Thaw
December 24-25	No Practice, Merry Christmas
December 31-January 1	No Practice, Happy New Year
January 3-4	BST Open @ Carthage College – canceled
January 3-4	J-HAWK Winter Thaw @ UW-Whitewater
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	No practice, Distance Time Trials @ Park
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	No practice, SEAY How Far I Swim @ Case

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

Christmas Break Practice Schedule

Dec. 22 @ Park	Pups Lions Serpents Senior 1 Senior 2 Green Blue	Noon – 12:45 p.m. Noon – 12:45 p.m. Noon – 1:00 p.m. Noon – 2:00 p.m. Noon – 2:30 p.m. 12:45 p.m. – 2:00 p.m. 12:45 p.m. – 2:30 p.m.
Dec. 23 @ Park	Pups Lions Serpents Senior 1 Senior 2 Green Blue	Noon – 12:45 p.m. Noon – 12:45 p.m. Noon – 1:00 p.m. Noon – 2:00 p.m. Noon – 2:30 p.m. 12:45 p.m. – 2:00 p.m. 12:45 p.m. – 2:30 p.m.
Dec. 24 @ Park	Senior 2 Senior 1 Blue Green	7:00 a.m. – 9:00 a.m. 7:00 a.m. – 9:00 a.m. 7:30 a.m. – 9:00 a.m. 7:30 a.m. – 9:00 a.m.
Dec. 25	No practice, Merry Christmas	
Dec. 26 @ UW-Parkside	Pups Lions Serpents Senior 1 Senior 2 Green Blue	Noon – 12:45 p.m. Noon – 12:45 p.m. Noon – 1:00 p.m. Noon – 2:00 p.m. Noon – 2:30 p.m. 12:45 p.m. – 2:00 p.m. 12:45 p.m. – 2:30 p.m.
Dec. 27 @ YMCA	Green Blue Senior 1 Senior 2	8:00 a.m. – 9:30 a.m. 8:00 a.m. – 9:30 a.m. 8:00 a.m. – 9:30 a.m. 8:00 a.m. – 9:30 a.m.
Dec. 28	No practice, Sunday	
Dec. 29 @ Park	Pups Lions Serpents Senior 1 Senior 2 Green Blue	Noon – 12:45 p.m. Noon – 12:45 p.m. Noon – 1:00 p.m. Noon – 2:00 p.m. Noon – 2:30 p.m. 12:45 p.m. – 2:00 p.m. 12:45 p.m. – 2:30 p.m.
Dec. 30 @ Park	Pups Lions Serpents Senior 1 Senior 2 Green Blue	Noon – 12:45 p.m. Noon – 12:45 p.m. Noon – 1:00 p.m. Noon – 2:00 p.m. Noon – 2:30 p.m. 12:45 p.m. – 2:00 p.m. 12:45 p.m. – 2:30 p.m.
Dec. 31 @ Park	Senior 1 Senior 2 Blue Green Serpents Lions Pups	7:00 a.m. – 9:00 a.m. 7:00 a.m. – 9:00 a.m. 7:00 a.m. – 8:15 a.m. 7:00 a.m. – 8:15 a.m. 8:15 a.m. – 9:00 a.m. 8:15 a.m. – 9:00 a.m. 8:15 a.m. – 9:00 a.m.
Jan. 1	No practice, Happy New Year	
Jan. 2 @ UW-Parkside	Pups Lions Serpents Senior 1 Senior 2 Green Blue	Noon – 12:45 p.m. Noon – 12:45 p.m. Noon – 1:00 p.m. Noon – 2:00 p.m. Noon – 2:30 p.m. 12:45 p.m. – 2:00 p.m. 12:45 p.m. – 2:30 p.m.
Jan. 3	No practice, J-HAWK Winter Thaw	
Jan. 4	No practice, J-HAWK Winter Thaw	