

Serpent Times

weekly newsletter for
South Eastern Aquatics
Racine Family YMCA Swim Team
established September 1984
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February 10, 2010

Neil's kickboard

Great swimming last weekend! Team records, new state cuts, amazing drops in time, a ton of top ten all time swims and the list goes on-and-on – let's continue the excellence this Friday night at Case during the dual meet!

25th Anniversary clothes are now in and will be available for pick-up at Case tomorrow night. Contact me for other opportunities to pick up your items if you will not be at practice tomorrow (here's the breakdown of cost – Juilius \$74, Lewis \$112, Rose \$163, Smith \$72, Bollendorf \$48, Hernandez \$122, Bleser \$146, Badillo \$170, Colston \$37, Reske \$37). Please drop off payment when picking up your clothes. Thanks.

Parking will be an issue for the 12 & Under State meet on Friday night. There is a form (available from the host website – linked from the homepage of our website) that needs to be submitted by February 12 in order to secure a parking pass - \$6.00.

All swimmers should be entered in the YMCA Sectional meet that will be held in Oconomowoc March 13-14. We are trying to have a huge team presence at this meet and it would be totally awesome if we fielded a team of 100+ swimmers at this meet. This meet is open to ALL swimmers – take advantage!

Good luck to our high school boys during their WIAA Sectional meets – go get 'em! High school boys are reminded to return to SEAY after their last high school. Sign-up for all meets you are qualified for!

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 too.

Upcoming Meets & Events

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) **Dual w/OZ** will be held Case Friday
 - a. Volunteer parents will be needed to help time and officiate this meet
 - b. Warm-ups begin at 4:30 p.m.
 - i. Meet will begin at 5:15 p.m.
 - c. Heat sheets will be posted on the homepage of the website a few days prior to the meet
 - d. If you did not sign-up for this meet and still wish to swim, please see Neil on the night of the event
- 2) **Regionals** will be held in Mequon February 19-21
 - a. Entry deadline has passed
- 3) **12 & Under State** will be held in Madison February 26-28
 - a. There is a link on the homepage of the website for the meet host page for 12&U State
 - i. Important information on parking Friday night at the meet
 - b. Entry deadline is February 21
- 4) **13 & Over State** will be held in Brown Deer March 4-7
 - a. There is a link on the homepage of the website for the meet host page for 13&O State
 - b. Entry deadline is February 20
- 5) **YMCA Sectionals** will be held at YMCA at Pabst Farms in Oconomowoc March 13-14
 - a. ALL swimmers are encouraged to swim this season-ending event
 - i. Last chance to qualify for YCMA State
 - b. Entry deadline is February 28
- 6) **YMCA State** will be held in Brown Deer March 19-21
 - a. Entry deadline is March 14
- 7) **YMCA Nationals** will be held in Ft. Lauderdale, Florida April 7-10
 - a. Entry deadline is March 22

SEAY hosted swim clinic picks up another Olympic swimmer

We will be sponsoring a Breakout Swim Clinic at Carthage College on April 25. The two Olympic presenters will be Josh Davis and Mark Gangloff. Mark is a two-time Olympic gold medalist and current American world holder in the 50 Breaststroke. Josh is a three-time Olympic gold medalist and previous world record holder in numerous events. Save the date and look for an informational flyer to be posted in the near future.

Annual team picture scheduled

This year's team picture will be held at Case on March 11. The event begins with individual and buddy pictures starting at 5:30 p.m. and the group shot following shortly after. Order forms will be handed out a week prior to the event.

13&O training trip information

Tentatively the trip is planned for June 13-20 (dates may change depending on snow days). Traveling by bus to Seagrove Beach, FL. (between Panama City and Destin in the panhandle). Staying in condos across the street from the Gulf of Mexico. Training in an outdoor 50-meter pool. Possibility of a swim meet. More information will be made available in the next couple of months. Planning on attending? Let Neil know. To date, Paige and James Weslaski and Maggie and Alisa Danzer are attending and Mr. Weslaski has signed on to chaperone. Depending on the number of swimmers attending, 1-3 chaperones may be needed.

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

SCRIP fundraising program

DATE CHANGES:

Our next SCRIP delivery will be Thursday, February 25th at Case High School and orders can be placed through February 18th at 10:00 PM.

Our last SCRIP delivery for the Fall/Winter Season will be earlier on Thursday, March 18th at Case and orders can be placed through March 13th at 10:00 PM. Please plan for Easter! Watch for spring dates and check the fundraising page an updated schedule!

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.

Happy Birthday!

Aysia Payne (2/2)	Alyssa Polasky (2/2)	Sam Vissers (2/8)
Emily Gaitens (2/9)	Matthew Evans (2/14)	Sydney Bryant (2/17)
Kaylee Leslie (2/16)	Jason Lewis (2/17)	Carly Weiss (2/17)
Kate Smith (2/19)	Hannah Molitor (2/20)	Lauren Zenisek (2/26)
Evan Weiss (2/28)		

SEAY Schedule

Feb. 12	Dual w/OZ
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Feb. 18	Board Meeting at Case, 6:00 p.m. – all welcome
Feb. 19-21	Regionals
Feb. 20	Entry deadline for 13 & Over WI USA State
Feb. 26-28	12 & Under WI State Championships
Mar. 4-7	13 & Over WI State Championships
Mar. 6	Last day for diving practices
Mar. 11	Team Picture at Case, 5:30 p.m.
Mar. 13-14	YMCA Sectionals
Mar. 19-21	YMCA State
Mar. 22	Entry deadline for YMCA Nationals

Mar. 22-24	Back & Free Stroke Clinic w/Neil – more information to follow
Mar. 29-31	Breast & Fly Stroke Clinic w/Neil – more information to follow
Apr. 7-10	YMCA Nationals
Apr. 12	New swimmer tryouts – time and location tba
Apr. 12-15	FAST Clinic w/Myra – more information to follow
Apr. 19	First day of practice
Apr. 23	Entry deadline for Sprint Time Trials
Apr. 24	WI LSC Swimposium
Apr. 25	Breakout Swim Clinic at Carthage College w/Josh Davis and Mark Gangloff
Apr. 27	Sprint Time Trials
May 1-2	2 nd Annual SEAY Early Bird Special
May 13	Annual Team Banquet

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