

## Serpent Times

weekly newsletter for  
South Eastern Aquatics  
Racine Family YMCA Swim Team  
established September 1984  
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Feb. 11, 2009

### Warm-up

Raffle winners have been posted on the homepage of the website. See if you won!

A new t-shirt is now available on the website. Click the link titled *SEAY Apparel Store* and scroll down to the bottom of the page (look for the black tie-dye).

Thank you to the parents who attended the officials class last weekend. We are looking forward to seeing you on deck completing your shadows soon.

Thank you also to all the volunteers who helped out with the meet last Sunday; you'll never know how appreciative the board is for all your hard work and dedication. Thanks also to Jennifer Pennings and Mark Purath for directing the event.

The final BIG meet of the season will be YMCA Sectionals. Please mark your calendars and plan on attending this meet! It will be held in Oconomowoc on Mar. 14-15. The coaching staff would love to see ALL 121 swimmers racing this weekend! Go for it!

The annual team picture date has changed from Mar. 10<sup>th</sup> to Mar. 9<sup>th</sup>. The team picture will be held at Case with individual and sibling pictures beginning at 5:30 p.m. and the team picture taking place around 6:00 p.m. A start, turn and finish practice will be held for Pups-Serpents until 7:00 p.m. while a fun training practice will be held for Green-Senior 2 until 8:00 p.m. Don't miss this fun annual event!

### Upcoming Meets

*All 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) **OZ Dual** will be held at Case this Friday
  - a. Warm-ups begin at 4:30 p.m.
  - b. Parent volunteers are needed (timers, officials, Colorado computer)
- 2) **WIAA HS Boys' Sectional** meet will be held at Park this Saturday
  - a. Good luck to our high school swimmers as they try to qualify for WIAA State
- 3) **J-HAWK 8&U ALL-STAR Open** will be held at UW-Whitewater this Sunday
  - a. Swimmers should be ready to warm-up at 9:00 a.m.
  - b. There are assigned warm-ups – we will be in lane 2 from 9:20-9:45 a.m.
  - c. Myra and Shannon will be at the meet
  - d. Parents are reminded to stay off the pool deck during the meet
- 4) **Regionals** will be held at Homestead High School in Mequon Feb. 20-22
  - a. Entries are closed
- 5) **12&U USA State** will be held at UW-Madison Feb. 27-Mar. 1
  - a. Qualifying times for this meet
  - b. Entries are due Feb. 22
- 6) **13&O USA State** will be held at WSHS Mar. 5-8
  - a. Qualifying times for this meet
  - b. Entries are due Feb. 20
- 7) **Speedo Sectional** will be held at WSHS Mar. 12-15
  - a. Qualifying times for this meet
  - b. Entries due Mar. 8
- 8) **YMCA Sectionals** will be held at YMCA at Pabst Farms in Oconomowoc Mar. 14-15
  - a. Entries due Mar. 2
  - b. All swimmers should attend this meet!

### Meet Recap

**STTY A+ Open** – This meet was used to gauge where the senior swimmers were in terms of conditioning and ability to race with a 2 day rest and was an opportunity for our 12&U swimmers to race the Midwest's best swimmers. Results were

favorable. As a team we posted 81% season best times and overall notched 50% best times. No DQs were recorded over the 3 day meet. Bailey Bleser collected 4 best times of 6 races and cracked the top ten all time for SEAY in 3 events; Alisa Danzer posted a season best time in the 1Fr; John Freidheim dropped 1.10 in the 1Ba and posted the 8<sup>th</sup> fastest time in team history for 13-14 boys; Dana Iverson posted best times in both IM races and was 6/7 for season best times; Ivar Iverson posted 6/7 best times and notched 6 top ten times; and Paige Weslaski went 3 for 3 for season best times.

**SEAY Open** – It’s a little sad knowing this is the last hosted SEAY meet for the season. It’s been a lot fun watching all our swimmers develop their skills over the past 4.5 months. This meet was the best of all 3 hosted SEAY meets. As a team, swimmers posted 167 best times of 299 swims (56%). No relays DQed (there were 20 in the meet) and individually only 11 DQs were posted. If you remember, we had 21 for our 1 day meet in Nov. We strive for zero DQs, but with how young our team is, it will take some time. Here are some highlights – new state cuts turned in from Emily Bollendorf, John Freidheim, Cole Lazzeroni and Alice Pennings; swimmers posting best times in all of their events included Emily Antonneau, Corbin Coe, Maggie Danzer, Collin Flynn, Christian Halstead, Breeanne and Kaylin Heusdens, Mana Ibarra, Jacqueline Johnson, Connor Jurena, Aliana Kruse, Emily Mertins, Ika Miller, Katie Navin, Marlee Reischl and Shannon Rose; Hannah Kilmer posted the 10<sup>th</sup> fastest time in team history for 17-18 Girls in the 1Ba; huge time drops were recorded by Sydney Aiello (-6.25 in the 50Bf), Cassie Bote (-7.72 in the 50Ba), Josh Bote (-5.56 in the 50Ba), Collin Flynn (-33.41 in the 2IM), Christian Halstead (-18.77 in the 50Fr), Abby Heried (-10.13 in the 50Fr), Breeanne Heusdens (-12.30 in the 50Ba), Kaylin Heusdens (-13.28 in the 25Ba), Jacqueline Johnson (-12.39 in the 1Fr), Connor Jurena (-15.89 in the 50Fr), Ashley Kautzmann (-8.65 in the 5Fr), Alaina Kruse (-6.31 in the 50Bf), Cole Lazzeroni (-7.42 in the 1Ba), Will Mattison (-5.76 in the 50Br), Alexis McCullough (-5.18 in the 1IM), Emily Mertins (-10.12 in the 50Bf), Ika Miller (-8.76 in the 50Ba), Katie Navin (-8.87 in the 25Ba), Emma nix (-18.91 in the 1IM), Eilis Purath (-7.78 in the 50Bf), Sinclair Richards (-18.41 in the 1Ba), Shannon Rose (-5.26 in the 50Bf), Breona Rydholm (-7.47 in the 1IM), Alex Stuebe (-12.91 in the 50Ba), Claire Weyers (-8.13 in the 2Fr), Hanna Wilbershede (-5.63 in the 1Br) and Lauren Zenisek (-15.00 in the 25Ba). Good job swimmers!

**What to work on** – as the season begins to wind into the homestretch, all swimmers should reflect on where they were as a competitive swimmer on Sept. 22 and where they are now. All swimmers have gained in experience and understanding of the sport. Next, ask yourself where you want to go next? There are many “levels” to this sport. Do you want to be a seasonal swimmer (only swim in the fall & winter or only swim the spring & summer season)? Do you want to be a year-round swimmer? Do you have aspirations of dropping more time in your races? Learning to fine tune your stroke mechanics? Achieving state cuts? Zone cuts? National cuts? Whatever goals you are working on, it will take a committed effort (both in and out of the pool) to achieve them. But you know what? You can do it! You can do anything you put your mind to. Did you know many of SEAY’s greatest swimmers started out as green age-group swimmers who could barley make it across the pool? Just because you may be a green swimmer today does not mean that you will be a green swimmer next year, in two years, or in three years. If you can attend 85% of practices and swim year-round, amazing things can happen. It’s up to you ... the Spring & Summer Season begins April 20<sup>th</sup>!

***Practice location for the upcoming week***

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Wed., Feb. 11	Case @ Case, Park @ Park
Thur., Feb 12	Combined @ Case
Fri., Feb. 13	No practice, OZ Dual
Sat., Feb. 14	Gr/B1/S1/S2 @ YMCA
Mon., Feb. 16	Case @ Case, Park @ Park
Tue., Feb. 17	Case @ Case, Park @ Park
Wed., Feb. 18	Case @ Case, Park @ Park

***Parking at Case HS***

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Reminder – Do not park next to Case (by the pool door or in the vicinity of the pool door). All SEAY participants are required to park in the south lot next to the tennis courts. This is not a SEAY rule, this comes directly from the Activities Director at Case – he thanks you in advance for your cooperation.

***FAST Clinic and other opportunities during the upcoming off-season – take advantage!***

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April 6-9 SEAY will be hosting the FAST Clinic. This clinic reviews starts, turn and finishes (all the little things that make for faster swims). There are two clinics, 5:30-6:30 p.m. session and 6:30-7:30 p.m. session and each session is limited to ten swimmers. The cost is \$40 for members and \$50 for non-members payable on the first night of the clinic.

Also, look for two other clinics to be offered in the off-season – one will take place the week of Mar. 23<sup>rd</sup> and the other will take place on the week of the 30<sup>th</sup>.

***Happy Birthday!***

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Emily Gaitens (2/9)	Jason Lewis (2/17)	Carly Weiss (2/17)
Hannah Molitor (2/20)	Lauren Zenisek (2/26)	Evan Weiss (2/28)

## Get To Know **Shannon Rose**

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Age: 12

Training group: Green

Year started with SEAY: 2008

Role model: Michael Phelps

Favorite stroke: Free

Favorite event: Relays

Favorite swimmer: Michael Phelps

Favorite training set: IM kicking

Future goal: To go to the Olympics

Favorite book: Twilight series

Favorite movie: Transformers

When I grow up I want to: be a swimmer or a veterinarian

Advice for younger swimmers: Come to practice as much as you can and work hard

If I could change one thing in the world: No more wars



### **SEAY Schedule**

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Feb. 11	Deadline to sign-up for OZ Dual
Feb. 13	OZ Dual @ Case HS
Feb. 15	J-HAWK 8 & Under Open @ UW-Whitewater
Feb. 20	Deadline to sign-up for 13 & Over USA State
Feb. 20-22	Regionals @ Homestead HS
Feb. 22	Deadline to sign-up for 12 & Under USA State
Feb. 27-Mar. 1	12 & Under USA State @ UW-Madison
Mar. 5-8	13 & Over USA State @ WSAC
Mar. 8	Deadline to sign-up for Speedo Sectional
Mar. 9	Annual Team Picture
Mar. 12-15	Speedo Sectionals @ WSAC
Mar. 14	Deadline to sign-up for YMCA State
Mar. 14-15	YMCA Sectionals @ Pabst Farms YMCA
Mar. 20	Last day of practice ☺
Mar. 20-22	YMCA State @ WSAC
Mar. 24	Deadline to sign-up for YMCA Nationals
Mar. 30	New swimmer tryouts at Park beginning at 5:30 p.m. – tell your friends!
Apr. 6-9	YMCA Nationals
Apr. 6-9	FAST Clinic, 5:30-6:30 p.m. and 6:30-7:30 p.m.
Apr. 20	Spring & Summer Season begins

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