

## 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



February 17, 2010

### Neil's kickboard

What a great dual meet last Friday night – and thanks to all the parents who helped out with timing, officiating, running concessions and the Colorado. Congratulations to these swimmers on achieving new State qualifying times: Emily Bollendorf (500Fr), William Buhler (1IM, 50Fr), Maxanna Collen (1Br), and Caitlin Mertins (50Br, 1Br). Emily Bollendorf also cracked in the top ten all time in the 500Fr (6<sup>th</sup>), 2Ba (4<sup>th</sup>), and 2Bf (2<sup>nd</sup>). 100% best times posted by Emily Antonneau, Emily Bollendorf, Brooke Bower, William Buhler, Avery Daniels, Meredith Freidheim, Ben Gabbey, Jack Gaitens, Queila Griffin, Taylor Herman, Kate Jacobson, Charlie Julius, Alaina Kruse, Kaylee Leslie, Jason Lewis, Will Mattison, Caitlin Mertins, Tessa Pham, Alyssa Polasky, Savannah Pook, Lizzy Skantz, Kelsey Vaughn, and Rachel Zenisek. Crazy amounts of time improvement were posted by Emily Bollendorf (-32.90 in the 2Ba), Hannah Curty (-14.57 in the 1Ba), Meredith Freidheim (-17.73 in the 1IM), Queila Griffin (-17.53 in the 50Ba), Alaina Kruse (-16.79 in the 1IM), Sara LaMothe (-19.55 in the 1fr), Kaylee Leslie (-12.52 in the 50Bf), Mikayla Stackman (-10.83 in the 500Fr), Claire Weyers (-18.66 in the 2Fr), and Rachel Zenisek (-76.53 in the 2IM). Wow ... great swimming everyone! Pictures are posted from this event ... including the limo ride winners!

This weekend we officially enter the championship portion of the season. The Regional meet represents the last opportunity to qualify for 12&U or 13&O WI State Championships – good luck swimmers!

25<sup>th</sup> Anniversary clothes are now in and available for pick-up (please make arrangements – I will be 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, Bollendorf \$48, Colston \$37, Reske \$37). Please drop off payment when picking up your clothes. Thanks.

Personalized swim caps are in production and will be shipped soon!

Information for off-season swimming opportunities (in the form of stroke clinics and our bi-annual FAST clinic) is now posted – end of this newsletter – take advantage! **In addition, if you previously requested to attend a clinic, and do not see you swimmers name listed at the end of this newsletter – please contact me. Thanks.**

All swimmers should sign-up to compete 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 for this season ending event. This meet is open to ALL swimmers – take advantage!

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) **Regionals** will be held in Mequon Friday-Sunday
  - a. Friday warm-ups begin at 4:30 p.m., meet begins at 5:35 p.m. and is scheduled to end at 8:24 p.m.
  - b. Saturday and Sunday AM warm-ups (10&U, 11-12) begin at 7:30 a.m., meet begins at 8:35 a.m. and is scheduled to end at 11:35 a.m. on Saturday and is scheduled to end at 11:11 a.m. on Sunday
  - c. Saturday PM warm-ups (8&U, 13-14, Senior) begin at 11:45 a.m., meet begins at 12:45 p.m. and is scheduled to end at 5:20 p.m.
  - d. Sunday PM warm-ups (8&U, 13-14, Senior) begin at 11:30 a.m., meet begins at 12:30 p.m. and is scheduled to end at 5:14 p.m.
  - e. Time trials will be offered after the PM session on Sunday for those swimmers needing one more crack at achieving USA State qualifying times
  - f. Look for Neil on Friday and Sunday, look for Myra on Saturday
  - g. *“Races are won or lost before you step up on the block.” – Sports Psychologist Alan Goldberg*
- 2) **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
- 3) **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
- 4) **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
- 5) **YMCA State** will be held in Brown Deer March 19-21
  - a. Entry deadline is March 14
- 6) **YMCA Nationals** will be held in Ft. Lauderdale, Florida April 7-10
  - a. Entry deadline is March 22

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### ***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 medallist and current American world holder in the 50 Breaststroke. Josh is a three-time Olympic gold medallist and pervious world record holder in numerous events. Save the date and look for an informational flyer to be posted in the near future.

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### ***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.

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### ***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, Dana Iverson, 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. A minimum of 12 swimmers must attend this event for it to happen.

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### ***12 & Under State hotel***

Update – the hotel below is booked solid – please visit the meet host website (linked on the homepage or our website) for other locations for rooms.

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

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### ***SCRIP fundraising program***

#### **DATE CHANGES:**

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

Our last SCRIP delivery for the Fall/Winter Season will be earlier on Thursday, March 18<sup>th</sup> at Case and orders can be placed through March 13<sup>th</sup> 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](mailto:Weyers@ameritech.net). \*REMINDER-You must go to [www.shopwithscrip.com](http://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.

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### ***Happy Birthday!***

Aysia Payne (2/2)  
Emily Gaitens (2/9)  
Kaylee Leslie (2/16)  
Kate Smith (2/19)  
Evan Weiss (2/28)

Alyssa Polasky (2/2)  
Matthew Evans (2/14)  
Jason Lewis (2/17)  
Hannah Molitor (2/20)

Sam Vissers (2/8)  
Sydney Bryant (2/17)  
Carly Weiss (2/17)  
Lauren Zenisek (2/26)

## ***SEAY Schedule***

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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
Mar. 29-31	Breast & Fly Stroke Clinic w/Neil
Apr. 7-10	YMCA Nationals
Apr. 12	New swimmer tryouts – time and location tba
Apr. 12-15	FAST Clinic w/Myra
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 <sup>nd</sup> Annual SEAY Early Bird Special
May 13	Annual Team Banquet

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

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### ***Swim Clinics Available During the Upcoming Off-season***

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#### **Back & Free Stroke Clinic w/Neil**

March 22-24

6:00-7:30 p.m. (*time subject to change, but if it does, it will change 15-30 minutes earlier*)

Location TBA (*watch home page of website*)

This clinic will breakdown the long axis strokes into parts with the implementation of drills and feedback through the use of video taping. Swimmers providing Neil with a flash drill will be able to take video (of them performing free and back) home with them. This clinic is limited to five (9-12-year-olds) and five (13-and-older). The 9-12-year-olds will swim 6:00-6:45 p.m. and the 13-and-older will swim 6:45-7:30 p.m. Cost is \$50 payable on the first night with cash or check made payable to “SEAY.”

Attending (9-12): Aysia Payne

Attending (13&O):

#### **Breast & Fly Stroke Clinic w/Neil**

March 29-31

6:00-7:30 p.m. (*time subject to change, but if it does, it will change 15-30 minutes earlier*)

Location TBA (*watch home page of website*)

This clinic will breakdown the short axis strokes into parts with the implementation of drills and feedback through the use of video taping. Swimmers providing Neil with a flash drill will be able to take video (of them performing breast and fly) home with them. This clinic is limited to five (9-12-year-olds) and five (13-and-older). The 9-12-year-olds will swim 6:00-6:45 p.m. and the 13-and-older will swim 6:45-7:30 p.m. Cost is \$50 payable on the first night with cash or checks made payable to “SEAY.”

Attending (9-12): Aysia Payne

Attending (13&O):

**FAST Clinic w/Myra**

April 12-15

5:30-7:30 p.m.

Location TBA (*watch home page of website*)

Swimmers may only sign up for one clinic, but if so chooses, can be placed on a waiting list for the second clinic. If the second clinic does not fill, then that swimmer will be granted a spot in both clinics. Cost is \$50 payable on the first night with cash or check made payable to "SEAY." The clinics are open to swimmers who can swim 500 yards without stopping and are set-up and designed to help our swimmers improve their starts, turns, breakouts and finishes (the small things that make for great swims during competitions).

Session 1: 5:30-6:30 p.m.

Attending: Queila Griffin, Aysia Payne

Session 2: 6:30-7:30 p.m.

Attending: