

Serpent Times

weekly newsletter for
South Eastern Aquatics
Racine Family YMCA Swim Team
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Feb. 18, 2009

Warm-up

Thank you to all the parents who stepped forward to help out with the OZ Dual meet last Friday ... it's much appreciated.

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!

Don't forget; the last day of practice for swimmers not competing in YMCA Nationals will be March 20th. Swimmers are encouraged to take advantage of the FAST Clinic during the upcoming off season (look for a couple of other clinics to be offered too).

Early registration is now available and advised for Pups, Lions, and Serpents. Visit the Registration page of the website for forms and read more about it in this newsletter (page 2). Returning registration for the Spring & Summer season will take place on April 6-7 at Case from 6:00-7:30 p.m.

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) **Regionals** will be held at Homestead High School in Mequon Friday-Sunday
 - a. Friday warm-ups begin at 4:30 p.m., meet begins at 5:35 p.m.
 - b. Saturday and Sunday AM warm-ups (10 & Under, 11-12) begin at 7:30 a.m., meet begins at 8:35 a.m.
 - c. Saturday & Sunday PM warm-ups (8 & Under, 13-14, Senior) will be posted on the website when released be the host team
 - d. Time Trials are available Sunday after the PM session
 - e. Neil will be at the meet on Friday and Sunday
 - f. Myra will be at the meet on Saturday
- 2) **WIAA State** will be held at UW-Madison Saturday
 - a. Good luck to the following SEAY swimmers who qualified for the meet and congratulations to all the high school boys on another successful high school season:
 - i. Andrew Griffey (Tremper) – 2MR, 50Fr, 1Ba, 4FR
 - ii. Kevin Pettit-Scantling (Park) – 2Fr, 2FR
 - iii. David Zickus (Park) – 2FR
 - iv. Jacob Chartrand (Park) – 2FR
- 3) **12&U USA State** will be held at UW-Madison Feb. 27-Mar. 1
 - a. Qualifying times for this meet
 - b. Please visit the Meet Information page of the SEAY website for up-to-date information
 - c. Entries are due Feb. 22
- 4) **13&O USA State** will be held at WSHS Mar. 5-8
 - a. Qualifying times for this meet
 - b. Please visit the Meet Information page of the SEAY website for up-to-date information
 - c. Entries are due Feb. 20
- 5) **Speedo Sectional** will be held at WSHS Mar. 12-15
 - a. Qualifying times for this meet
 - b. Entries due Mar. 8
- 6) **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

OZ Dual – Wow, what a lot of swimmers on the pool deck last Friday night. As a team, SEAY finished with 124 best times out of 212 swims (or 58% best times) and three team records fell during the course of the meet! Alice Pennings broke the 8 & Under Girls 1Bf record, Bailey Bleser broke the 8 & Under Boys 2Ba record, and Ivar Iverson broke the 11-12 Boys 2Ba record. New state qualifying times were achieved by Emily Bollendorf in the 1Br and John Freidheim in the 2Ba. John and Ivar also posted top ten times in the history of the club (2Ba and 2Br respectively). Swimmers posting best times in all of their events included Emily Bollendorf, Emma Campion, Alyssa Curty, Collin Flynn, Katelyn Flynn, John Friedheim, Breeanne Heusdans, Will Mattison, Emily Mertins, Shannon Rose, Quinn Shannon, Olivia Siudak, Katalin Vance, and Jodi Vanderford. Awesome drops in time were posted by Emily Bollendorf (-5.36 in the 2Fr), Hannah Curty (-5.59 in the 25Ba), Alisa Danzer (-7.72 in the 11M), Maggie Danzer (-7.71 in the 11M), Lindsey Flynn (-8.01 in the 11M), Kaylin Heusdens (-12.33 in the 25Bf), Katarina Liddell (-9.62 in the 11M), Will Mattison (-22.54 in the 2Fr), Emily Mertins (-8.90 in the 1Ba), Kim Richards (-6.67 in the 50Br), Shannon Rose (-16.10 in the 1Ba), Breona Rydholm (-5.25 in the 11M), Olivia Siudak (-12.96 in the 50Ba), and Rachel Zenisek (-8.21 in the 1Br). Swimmers posting at least two best times included Sydney Aiello, Natalia Badillo, Sam Bahr, Tommy Benish, William Buhler, Sally Carmody, Corbin Coe, Hannah Curty, Alisa Danzer, Jack Gaitens, Abby Heried, Taylor Herman, Kaylin Heusdens, Dana Iverson, Kate Jacobson, Jacqueline Johnson, Katarina Liddell, Megan Mills, Emma Mortensen, Alice Pennings, Taylor Pham, Kadin Purath, Sinclair Richards, Breona Rydholm, Mikayla Stackman, Paige Weslaski, and Rachel Zenisek. Way to go swimmers!

J-HAWK 8 & Under Open – Although a little crowded for the parents, SEAY's ten 8 & Under swimmers entered in the meet did a nice job in the pool. They finished with 51% best times, scored 308 points (finishing 9th of 14 teams) and posted not a single DQ! Congratulations to Kadin Purath on his 3 meet records and to Bailey Bleser on his new state cut in the 25Br. Sam Aiello cut 1.81 on her 50Fr, Sara Bollendorf cut 1.61 on her 50Fr, Alex Duncan cut 1.93 off his 50Fr, Christian Halstead cut 2.75 in his 25Ba, Ella Lazzeroni swam the 25Bf for the first time, Jason Lewis cut 1.09 off his 25Bf, Katie Navin trimmed 4.41 off her 50Fr, and Marlee Reischl scored points in the 11M! The host team ran out of ribbons and said they would send them as soon as they receive more (said it could take a couple weeks).

Practice location for the upcoming week

Wed., Feb. 18	Case @ Case, Park @ Park
Thur., Feb 19	Combined @ Case
Fri., Feb. 20	Combined @ Case
Sat., Feb. 21	No practice
Mon., Feb. 23	Case @ Case, Park @ Park
Tue., Feb. 24	Case @ Case, Park @ Park
Wed., Feb. 25	Case @ Case, Park @ Park

Early registration for Spring & Summer

SEAY currently has a waiting list for Pups, Lions, and Serpents. In an effort to gauge the number of open slots available in those groups for the upcoming season, SEAY will be conducting early registration on the follow dates:

Feb. 20 @ Case, 6:00-7:30 p.m

Feb. 26 @ Case, 6:00-7:30 p.m.

Mar. 3. @ Park, 6:00-7:30 p.m.

Although early registration has been set up for Pups, Lions and Serpents, it is open for all groups. Kathy Schwartz (Registration Chairwomen) will be collecting a \$50 deposit to secure your spot on the team for the upcoming Spring & Summer season (the season begins April 20 and ends July 28).

Since there is a waiting list for Pups, Lions and Serpents, swimmers currently in those groups are encouraged to take advantage of this early registration period. Pups will fill once it reaches 10 swimmers and Lions and Serpents will fill once they reach 20 swimmers each. Once the groups are full, remaining swimmers interested in joining will be regulated to a waiting list.

Group assignments for the upcoming season will not be available until late March/early April. Returning registration will take place April 6-7 at Case, 6:00-7:30 p.m. Forms are now posted on the Registration page of website.

Please contact Kathy at 262.554.7040 if you have any questions.

Team picture

The annual team picture has changed from Mar. 10th to Mar. 9th. 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. Wear your team suit or a royal blue suit (if you don't have either, try to wear a shade of blue suit). Don't miss this fun annual event!

13 & over training trip

This year's trip will be held in Savannah, Georgia. Tentative dates are June 14-22. We will be traveling by coach bus and attending the trip with local swim clubs from the Milwaukee area (SHOR and NBSC) and a team from North Carolina (MAC). More information to follow as it comes available; interested swimmers should contact Neil (there needs to be a minimum of 12 swimmers to show interest in this trip for us to attend).

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

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. 23rd and the other will take place on the week of the 30th.

Happy Birthday!

Emily Gaitens (2/9)

Hannah Molitor (2/20)

Jason Lewis (2/17)

Lauren Zenisek (2/26)

Carly Weiss (2/17)

Evan Weiss (2/28)

Get To Know Josh Bote

Age: 9

Training group: Serpents

Year started with SEAY: 2007

Role model: Michael Phelps

Favorite stroke: Back

Favorite event: 100 Back

Favorite swimmer: Michael Phelps

Favorite training set: Starts

Future goal: To get good at swimming

Favorite book: Room One by Andres Clements

Favorite movie: Ink Heart

When I grow up I want to: A professional swimmer

Advice for younger swimmers: Keep trying your best

If I could change one thing in the world: Peace



SEAY Schedule

Feb. 20	Early registration for Spring & Summer @ Case, 6:00-7:30 p.m.
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. 26	Early registration for Spring & Summer @ Case, 6:00-7:30 p.m.
Feb. 27-Mar. 1	12 & Under USA State @ UW-Madison
Mar. 3	Early registration for Spring & Summer @ Park, 6:00-7:30 p.m.
Mar. 5-8	13 & Over USA State @ WSAC
Mar. 8	Deadline to sign-up for Speedo Sectional
Mar. 9	Annual Team Picture @ Case beginning at 5:30 p.m.

Mar. 11	Board meeting @ Park, 6:15 p.m. – all welcome
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
Apr. 20-24	Free week of swimming for new swimmers
Apr. 27	New family registration and orientation @ Case beginning at 6:00 p.m.

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