

## Serpent Times

weekly newsletter for  
South Eastern Aquatics  
Racine Family YMCA Swim Team  
established September 1984  
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(262) 635-3843



February 24, 2010

### Neil's kickboard

Good luck to our 12 & U WI State Championship swimmers as they head to Madison this Friday – we sent 4 swimmers to this meet last year ... this year we are sending 12! GO SEAY!

Results from the Regional meet were very positive. Congratulations on achieving new state qualifying times: Nolan Blair (50Ba), Bailey Bleser (2IM, 1Fr, 50Fr, 50Br), Jarred Glaser (1Bf, 1000Fr, 1Ba, Mile), Benji Gordon (2Br), Taylor Herman (2Br), Cole Lazzeroni (1Ba), and James Weslaski (4IM, Mile). Top Ten times in the history of our club were posted by: Sara Bollendorf (4<sup>th</sup> 2IM), Emily Bollendorf (3<sup>rd</sup> 2Br, 2<sup>nd</sup> 2Br, 3<sup>rd</sup> 1Bf), Ben Gabbey (9<sup>th</sup> 1IM), Jarred Glaser (5<sup>th</sup> 1000Fr, 7<sup>th</sup> Mile), James Weslaski (2<sup>nd</sup> Mile, 8<sup>th</sup> 1000Fr), 8<sup>th</sup> 4IM), and Benji Gordon (10<sup>th</sup> 2Br). Great job swimmers!

**Don't forget to sign-up for YMCA Sectionals! If you can only make one of the two days, please attend March 14<sup>th</sup> – Sunday. Can we field a team of over 100 swimmers for this meet? We currently have 46 entered :( Last chance for YMCA State cuts and BEST TIMES!**

Our annual team picture is right around the corner. Save the date – March 11<sup>th</sup> at Case, 5:30 p.m.

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, Colston \$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) are posted at the 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.*

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) **12 & Under State** will be held in Madison Friday-Sunday
  - a. We have assigned warm-ups
    - i. Friday – 2:55-3:20 p.m. – please be on deck by 2:45 p.m., meet begins at 4:10 p.m.
    - ii. Saturday – 7:30-7:57 a.m. – please be on deck by 7:20 a.m., meet begins at 8:50 a.m.
    - iii. Saturday PM session – be on deck ready to get in and warm-up at 1:15 p.m.
    - iv. Sunday – 7:25-7:50 a.m. – please be on deck by 7:15 a.m., meet begins at 8:50 a.m.
    - v. Sunday PM session
      1. Alec be ready to warm-up at 2:15 p.m.
      2. Emily be ready to warm-up at 3:00 p.m.
      3. Ivar be ready to warm-up at 4:00 p.m.
  - b. Neil will work this meet
    - i. Questions during the meet?

1. Neil's # - 262.994.3157
- 2) **13 & Over State** will be held in Brown Deer March 4-7
  - a. Entry deadline has passed
- 3) **YMCA Sectionals** will be held at the 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
- 4) **YMCA State** will be held in Brown Deer March 19-21
  - a. Entry deadline is March 14
- 5) **YMCA Nationals** will be held in Ft. Lauderdale, Florida April 7-10
  - a. Entry deadline is March 22

### ***Returning registration***

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Okay, you've all done a great job this season and your times are faster and you've made a boat load of new friends and your strokes look better than they did back in September. Now what? Take a break? NOOOOooooooooooooo. ☺ Sign-up for the Spring & Summer season and sharpen your skills even more. Things to remember about Spring & Summer swimming if you participated in the previous season:

- No update on USA or YMCA membership
  - Saves you some greenbacks
- If you continue to fundraise
  - 50/50 split with your family fund account and SEAY
    - Pad your account and swim for free!
- If you fundraised in the Fall & Winter season
  - No required fundraising for the Spring & Summer season
- No school = no homework = more time for swim practice

Returning registration will take place on Monday and Tuesday, April 12 and 13 from 6:00 p.m. to 7:30 p.m. @ TBD. Also, don't forget to persuade your friends to tryout for SEAY on Monday, April 12 from 5:30 p.m. to 6:30 p.m. @ TBD. Twenty-five dollars will be added to your family fund account for every swimmer who joins the team that you recommend.

### ***Board positions***

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Next year (end of 2011 Fall & Winter Season) the following board positions will be open: Registration, Meet Director (two positions) and Treasurer. If you are interested in filling one of this positions and can train for it over the next year, please speak directly with our current President, Pat Lewno @ 637.2913 or [lewno@wi.rr.com](mailto:lewno@wi.rr.com). Deadline to contact Mrs. Lewno is March 19.

### ***SEAY hosted swim clinic picks up another Olympic swimmer***

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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 previous world record holder in numerous events. Save the date and look for an informational flyer to be posted in the near future – cost is \$65.

### ***Annual team picture scheduled***

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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***

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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.

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

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#### **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.

***Happy Birthday!***

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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)		

***Board members***

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- President - Pat Lewno @ 637.2913 or [lewno@wi.rr.com](mailto:lewno@wi.rr.com)
  - Financial VP & Registration – Kathy Schwatz @ 554.7040 or [ks@adtechmedical.com](mailto:ks@adtechmedical.com)
  - Secretary – Vickie Bleser @ 514.2554 or [vickie.bleser@aurora](mailto:vickie.bleser@aurora)
  - Treasurer – Shona Barron @ 752.1175 or [sbarron@wi.rr.com](mailto:sbarron@wi.rr.com)
  - Meet Director – Jennifer Pennings @ 752.0387 or [djpenning@wi.rr.com](mailto:djpenning@wi.rr.com)
  - Meet Director – Mark Purath @ 553.9019 or [mpurath@sbcglobal.net](mailto:mpurath@sbcglobal.net)
  - Fundraising – Beth Polzin @ 598.9899 or [polzin@yahoo.com](mailto:polzin@yahoo.com)
  - Fundraising – Heather Smith @ 939.5581 or [heather.smith50@gmail.com](mailto:heather.smith50@gmail.com)
  - Parent Liaison – Iver Iverson @ 308.2921 or [iiverson@wi.rr.com](mailto:iiverson@wi.rr.com)
  - Parent Liaison – Lydia Bollendorf @ 553.1949 or [yanni37@yahoo.com](mailto:yanni37@yahoo.com)
  - Head Coach – Neil Wright @ 635.3843 or [s\\_e\\_a\\_y@yahoo.com](mailto:s_e_a_y@yahoo.com)

***SEAY Schedule***

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Feb. 26-28	12 & Under WI State Championships
Feb. 28	Entry deadline for YMCA Sectionals
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. 14	Entry deadline for YMCA State
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, Queila Griffin, Megan Mills

Attending (13&O): Will Mattison

### **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, Queila Griffin

Attending (13&O): Will Mattison

### **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, Ben Gabbey, Kallia Reske

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

Attending: