

Serpent Times

weekly newsletter for
South Eastern Aquatics
Racine Family YMCA Swim Team
established September 1984
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February 3, 2010

Neil's kickboard

We are entering the championship portion of the season. If your swimmers are within striking range of USA or YMCA State qualifying times, please be sure to sign-up for the Regional meet. Take advantage of this last chance to qualify for USA State – our season ending meet for swimmers without state qualifying times will be held in Oconomowoc the weekend of March 13-14 – YMCA Sectionals. All swimmers are encouraged to attend this meet!

The bowling party was a great success. With a handful of spectators looking on, 30 swimmers, coaches and parents took to the lanes at Castle Lanes last Saturday and did their best at knocking down as many pins as they could. SEAY has a lot of great bowlers on the team! Pictures from this event are posted in the Photo Gallery.

25th Anniversary clothing should be arriving any day and I finally spoke with someone about personalized swim caps and those should be arriving in a week or two.

Most of the team will be in action this weekend. The 30th Annual A+ meet kicks off this Friday and runs through Sunday and we are hosting our final meet of the fall/winter season in Waukesha on Sunday. Rest up and get ready to rock the blocks!

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) **SSTY A+** will be held in Brown Deer Friday-Sunday
 - a. Friday warm-ups begin at 4:30 p.m.
 - i. Please arrive at 4:15 p.m.
 - b. Saturday Prelim warm-ups (13 & Over) begin at 7:00 a.m.
 - c. Saturday Prelim warm-ups (12 & Under) begin at Noon
 - d. Saturday Final warm-ups – check with Neil
 - e. Sunday AM warm-ups (12 & Under) begin at 8:00 a.m.
 - f. Sunday PM warm-ups (13 & Over) begin at Noon
 - g. Printable heat sheets and a live result link can found on the homepage of our website
 - h. Neil will work this meet
- 2) **SEAY Open** will be held in Waukesha Sunday
 - a. AM warm-ups (10&U, 11-12) begin at 7:30 a.m.
 - i. Meet begins at 8:35 a.m. and is scheduled to end at 12:35 p.m.
 - b. PM warm-ups (8&U, 13-14, Senior) begin at 12:35 p.m.
 - i. Meet begins at 1:40 p.m. and is scheduled to end at 5:25 p.m.
 - c. Myra, Kim, Jill and Mike will work this meet
- 3) **Dual w/OZ** will be held Case February 12
 - a. **ALL** swimmers should attend this meet
 - b. Volunteer parents will be needed to help time and officiate this meet
 - c. Warm-ups begin at 4:30 p.m.
 - i. Meet will begin at 5:15 p.m.
 - d. Heat sheets will be posted on the homepage of the website a few days prior to the meet
 - e. Entry deadline is February 8
- 4) **Regionals** will be held in Mequon February 19-21
 - a. *If you are close to USA State qualifying times, you want to swim this meet as it's the last chance to qualify for USA State*
 - b. Entry deadline is February 7
- 5) **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
- 6) **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
- 7) **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
- 8) **YMCA State** will be held in Brown Deer March 19-21
 - a. Entry deadline is March 14
- 9) **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 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.

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 Seagrave 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 Ddanzer 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

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. 5-7	SSTY A+ Open
Feb. 7	SEAY Open
Feb. 7	Entry deadline for Regional meet
Feb. 8	Entry deadline for the dual w/OZ
Feb. 12	Dual w/OZ
Feb. 12	No practice, dual w/OZ

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 **