

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



Feb. 5, 2009

Warm-up

Over 100 SEAY swimmers will be in action this weekend. The vast majority will be competing Sunday at our meet in Waukesha. A handful will be facing the Midwest's best swimmers during the 29th Annual A+ Open in Brown Deer while SEAY's high school boys are at Tremper HS for the conference meet. Good luck swimmers!

Speaking of meets, 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. 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. Don't miss this fun annual event!

In the blue

SEAY has had a couple of NCAA Division 1 qualifiers over the years. Most recently, Mitch Buenger competed at the big dance last year with the Badgers and a couple of years ago butterfly standout Jenny Gelden represented the Badgers in the 1Bf/2Bf and the medley relays.

Last weekend SEAY alumni Chuck Allison posted a blistering 47.21 in the 1Bf and achieved the B qualifying time standard for the NCAA meet. Chuck's time was also the Ohio State University school record. Congratulations to Chuck and all of SEAY's current college swimmers!

You can follow all SEAY alumni's via the *SEAY Alumni* link on the website. For those who aren't aware, the NCAA Division 1 meet is considered by some to be the fastest yard meet in the world.

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) **SSTY A+** will be held at WSAC in Brown Deer tomorrow-Sunday
 - a. Fri. warm-ups begin at 4:30 p.m.
 - b. Sat. AM (13-14, Sen.) warm-ups begin at 7:00 a.m.
 - c. Sat. PM (8&U, 9-10, 11-12) warm-ups begin at Noon
 - d. Sat. Final warm-ups begin – speak with Neil
 - e. Sun. AM (8&U, 9-10, 11-12) warm-ups begin at 8:00 a.m.
 - f. Sun. PM (13-14, Sen.) warm-ups begin at Noon
 - g. Download heat sheets and watch the meet “live” here - http://wsactd.org/index.php?option=com_content&view=article&id=266:29th-annual-schroeder-a-swim-meet-february-6-8-2009&catid=43:majorhostedmeetinfo&Itemid=87
- 2) **SEAY Open** will be held at Waukesha South High School this Sunday
 - a. AM (10&U, 11-12) warm-ups begin at 7:30 a.m. – please be on time
 - b. PM (8&U, 13-14, Sen.) warm-ups will be posted on the homepage of the website soon
 - c. GO SEAY!
- 3) **J-HAWK 8&U ALL-STAR Open** will be held at UW-Whitewater Feb. 15
 - a. Entries are closed
- 4) **Regionals** will be held at Homestead High School in Mequon Feb. 20-22
 - a. This is the last chance to achieve USA State cuts
 - b. Entry deadline is today
- 5) **OZ Dual** will be held at Case on Feb. 13
 - a. Fun, fast and free – take advantage of this local swim meet
 - b. Warm-ups begin at 4:30 p.m.

- c. Parent volunteers are needed (timers, officials, Colorado computer)
- d. Entry deadline is Feb. 11

Practice location for the upcoming week

Thur., Feb. 5	Combined @ Case
Fri., Feb. 6	Combined @ Case
Sat., Feb. 7	No practice
Mon., Feb. 9	Case @ Case, Park @ Park
Tue., Feb. 10	Case @ Case, Park @ Park
Wed., Feb. 11	Case @ Case, Park @ Park
Thur., Feb. 12	Combined @ Case

Officials Training Information

Wisconsin Swimming will be conducting a Stroke and Turn Certification Training Class on February 8th at Waukesha South High School starting at 9:30 a.m. Six swim parents from SEAY have agreed to take this training: Daryl Kruse, Kristine Evans-Kruse, Kristin Suidak, Ian Moore, Jason Coe and Holly Coe. Please join me in thanking them for agreeing to become USA Officials.

If you are interested in joining them in becoming a USA Swimming Stroke and Turn Official, please let me know. Make sure you check with the Volunteer Coordinator (Mark Purath) if taking the class conflicts with your volunteer session for our meet. We still need to host a quality meet, so we need to make sure all the worker spots are covered!

Dave Pennings, djpennings@wi.rr.com or (262) 752-0387

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) and to date, the Molitor swimmers will be attending the 5:30-6:30 p.m. session. There will also be a 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)	Jason Lewis (2/17)	Carly Weiss (2/17)
Hannah Molitor (2/20)	Lauren Zenisek (2/26)	Evan Weiss (2/28)

Get To Know Haille Bocek

Age: 10

Training group: Blue

Year started with SEAY: 2007

Role model: Michael Phelps

Favorite stroke: Back

Favorite event: 100 Back

Favorite swimmer: I don't know

Favorite training set: Stretching

Future goal: To go to state

Favorite book: Matilda by Roald Dahl

Favorite movie: I don't know

When I grow up I want to: be a veterinarian



If I could change one thing in the world: To have swimming whenever I want

SEAY Schedule

Feb. 5	Deadline to sign-up for Regionals
Feb. 6-8	SSTY A+ Open @ WSAC
Feb. 8	SEAY Open @ Waukesha South HS
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	New season begins

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