

# Serpent Times

weekly newsletter for

## South Eastern Aquatics

Racine Family YMCA Swim Team

established September 1984

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March 10, 2010

### Neil's Kickboard

Pretty solid results last weekend in Brown Deer during the 13&O WI State Championships. We finished 13<sup>th</sup> as a team with 94 points, posted 56% best times with no DQ's. Just about every swimmer cracked the top ten all time – here's the list with their highest finish (for top ten all time): Laura Barron (5<sup>th</sup> 2IM), Jacob Chartrand (6<sup>th</sup> 2Br), Alisa Danzer (4<sup>th</sup> mile), John Freidheim (7<sup>th</sup> 1Ba), Jarred Glaser (6<sup>th</sup> 1000), Taylor Herman (4<sup>th</sup> 1Br), Dana Iverson (1<sup>st</sup> 50Fr and 2Ba), James Weslaski (1<sup>st</sup> mile), Paige Weslaski (2<sup>nd</sup> 2Fr and 500). Three team records fell during the meet: Dana Iverson broke her own mark in the 2Ba and broke Robyn Zastrow's 1999 50Fr record of 24.76 with her finals swim of 24.47. James Weslaski crushed the 13-14 Boys 1650 mark of 18:19.67 set by Brian Michalowski in 1990 with his swim of 17:53.75. Great swimming guys!

This weekend we head to Oconomowoc for YMCA Sectionals. Read more about this meet under the *Upcoming Meets & Events* section below ... good luck!

If you order personalized swim caps you can now pick them up from me during practice (\$20 per cap) – Weslaski, Wergin, Bleser, Jones, Curty, Reske, Smith, Badillo, Reischl, Boyce, Rose, Polzin, and Julius. Also, please submit payment (\$12 per shirt) if you ordered a state shirt for 12&U or 13&O meet.

Our annual team picture will be held Thursday, March 11<sup>th</sup> (tomorrow at Case). At the conclusion of the team picture, practice will be open to all swimmers (stay as long as you like). We will focus on starts, turns, finishes and fun.

Remember, there are no Saturday morning diving practices scheduled for the remainder of the year.

Don't forget to sign-up for clinics listed at the end of this newsletter. Please double-check that your name is listed in the correct clinic and time – contact me if you see a mistake. To date, both 9-12 Stroke Clinics are full, two spots remain for both Stroke Clinics for 13&O, two spots remain in the 5:30 p.m. FAST Clinic and nine for the 6:30 p.m. Take advantage!

### Upcoming Meets & Events

- 1) YMCA Sectionals will be held at YMCA at Pabst Farms Saturday-Sunday
  - a. Saturday AM warm-ups begin at 11:00 a.m., meet begins at Noon is scheduled to end at 1:30 p.m.
  - b. Saturday PM warm-ups begin at 1:30 p.m., meet begins at 2:30 p.m. and is scheduled to end at 3:45 p.m.

- c. Sunday AM (12&U, Open) warm-ups begin at 8:00 a.m., meet begins at 9:00 a.m. and is scheduled to end at 1:15 p.m.
  - d. Sunday PM (8&U, 10&U) warm-ups begin at 1:15 p.m., meet begins at 2:15 p.m. and is scheduled to end at 5:00 p.m.
  - e. Driving directions are available on the website (bottom of Driving Direction page)
- 2) YMCA State will be held at WSAC in Brown Deer March 19-21
    - a. Entry deadline is March 14
  - 3) YMCA Nationals will be held in Fort Lauderdale 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 (think Luke Skywalker no from *Empire Strikes Back*). Sign-up for the Spring & Summer season and sharpen your skills even more. Things to remember about Spring & Summer swimming if you participated this 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 – will you be there?***

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The flyer is now posted on our homepage and registration is underway! 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.

### ***13&O training trip information – only need 4 more swimmers***

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I've been working on the preliminary cost for this trip and at this point (depending on the number of swimmers attending) the range is \$450-\$550 (this includes transportation by van, condo and pool rent). Swimmers will need additional funds for food and spending money. Because this trip is "on the beach" I doubt we'll do a lot of eating out or excursions. Instead, we'll train twice a day and hang out on the beach the remaining hours of day – guess what I'm getting at is the kids should not need a lot of spending money. We will spend some time in Seaside and this little community has a lot of cool shops similar to Door County. In order to firm up numbers, the deadline to sign-up for this trip will be April 5<sup>th</sup>.

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, Maggie and Alisa Danzer, Becca Wilbershede, Evan Koch, and Sam Vissers 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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Our last SCRIP delivery for the Fall/Winter Season will be earlier on Thursday, March 18th at Case and orders can be placed through March 13th 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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Tom Smith 3/7	Julio Arceo 3/13	Aja Molitor 3/19
Paige Weslaski 3/19	Alice Pennings 3/20	Jacob Trask 3/25
Breeanne Heusdens 3/28	Nolan Blair 3/29	Laura Barron 3/30
Alex Stuebe 3/31		

### ***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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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 \**

## Swim Clinics Available During the Upcoming Off-season

### **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-olders). The 9-12-year-olds will swim 6:00-6:45 p.m. and the 13-and-olders 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, Ella Lazzeroni, Cole Lazzeroni (alternate: Kayla Rose)

Attending (13&O): Will Mattison, Shannon Rose, Claire Weyers

### **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-olders). The 9-12-year-olds will swim 6:00-6:45 p.m. and the 13-and-olders 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, Cole Lazzeroni, Ella Lazzeroni, Kayla Rose

Attending (13&O): Will Mattison, Shannon Rose, Claire Weyers

### **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, Shannon Rose, Kayla Rose, Erin Cain, Emily Cain

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

Attending: William Buhler