

## Serpent Times

weekly newsletter for  
South Eastern Aquatics  
Racine Family YMCA Swim Team  
established September 1984  
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Mar. 12, 2009

### Warm-up

We are down to the final days of practice for the fall and winter season. Don't forget, returning registration will be held at Case on April 6-7, from 6:00-7:30 p.m. If you can't make it, please contact Kathy Schwartz at 262.554.7040.

The team picture is posted in the *Photo Gallery*.

Good luck to all the swimmers competing this weekend at Speedo Sectionals and YMCA Sectionals!

### 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) **Speedo Sectional** will be held at WSAC Thursday-Sunday
  - a. Friday warm-ups begin at 7:30 a.m., meet begins at 9:00 a.m.
  - b. Sunday warm-ups begin at 7:30 a.m., meet begins at 9:00 a.m.
  - c. Friday and Sunday final warm-ups – speak with Neil at the meet
  - d. For more information, click the “Meet host website” link found under *Meet Information* on the SEAY website
- 2) **YMCA Sectionals** will be held at YMCA at Pabst Farms in Oconomowoc Saturday-Sunday
  - a. Saturday PM #1 warm-ups begin at Noon, meet begins at 1:00 p.m.
  - b. Saturday PM #2 warm-ups begin at 2:00 p.m., meet begins at 3:15 p.m., scheduled to finish at 4:30 p.m.
  - c. Sunday AM warm-ups begin at 8:00 a.m., meet begins at 9:00 a.m.
  - d. Sunday PM warm-ups begin at 1:00 p.m., meet begins at 2:15 p.m., scheduled to finish at 4:55 p.m.
  - e. Look for Neil and Shannon on Saturday
  - f. Look for Myra, Alyssa, and Shannon on Sunday AM
  - g. Look for Myra, Shannon, and Kim on Sunday PM
- 3) **YMCA State** will be held at WSAC Mar. 20-22
  - a. Entries are due Mar. 14
- 4) **YMCA Nationals** will be held in Fort Lauderdale Apr. 6-9
  - a. Entries are due Mar. 24

### Meet Recap

**13&O State** – What a solid meet for our senior team last weekend at WSHS. Paige Weslaski paced the team with a 4<sup>th</sup> place finish in the 1650 Free (just missing the team record by .01) and a 7<sup>th</sup> place finish in the 1000 Free (crushing the record of 10:45 with her time of 10:36). Dana Iverson also posted a top 8 finish in the 100 Back (8<sup>th</sup> at 59.58). Other highlights included YMCA National qualifying times from Andrew Griffey (200 Free and 100 Fly), Paige Weslaski (1000 Free, 200 back), and the girls 200 Free Relay (Paige, Dana, Alisa Danzer, Jodi Vanderford); Laura Barron achieved a YMCA State qualifying time on the lead-off of the 200 Free Relay which also achieved a YMCA State cut time (Laura, Jodi, Taylor Herman, Madelyn Pennings); these swimmers cracked the top ten all time for SEAY (Dana Iverson, Paige Weslaski, John Freidheim, Max Mazurek, Andrew Griffey, and Kevin Pettit-Scantling); Jacob Chartrand had an incredible split in the 100 Breast on the 400 Medley Relay (1:05), John Freidheim posted his first ever final swim (100 Back), Max Mazurek posted solid splits in the senior relays and had a life time best in the 200 Back, and Kevin Pettit-Scantling (nursing a bit of tendentious in both elbows) had a life time best split anchoring the 400 Medley Relay (49.91). We finished 35<sup>th</sup> as a team with 56 points and posted 57% best times ... not bad for one day of rest. Results and pictures are posted. Congratulations swimmers!

### ***Practice location for the remainder of the season***

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Thur., Mar. 12	Combined @ Case
Fri., Mar. 13	Combined @ Park
Sat., Mar. 14	No practice
Mon., Mar. 16	Case @ Case, Park @ Park
Tue., Mar. 17	Case @ Case, Park @ Park
Wed., Mar. 18	Case @ Case, Park @ Park
Thur., Mar. 19	Combined @ Case
Fri., Mar. 20	Combined @ Case

### ***SCRIP fundraising***

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Our next deadline to order SCRIP is this Thursday, February 26<sup>th</sup>. It's been a simple way for families to meet their fundraising commitment. You can buy gifts, purchase gas cards, grocery store cards ... so many options at [www.shopwithscrip.com](http://www.shopwithscrip.com)! Thank you for supporting SEAY by participating in our SCRIP fundraising program. Questions? Contact Deb Weyers at [weyers@ameritech.net](mailto:weyers@ameritech.net) or check out the fundraising section of the SEAY website.

Order By: Thursday, March 12      Delivery: Thursday, March 19 Case  
Order By: Thursday, March 26      Delivery: Thursday, April 2 Park

All deliveries will be in the pool balcony from 5:30 – 6:30 PM.

Please contact Deb Weyers if alternate delivery arrangements are necessary.

\* 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. Thank you.

### ***13 & over training trip***

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This year's trip will be held in Savannah, Georgia. Tentative dates are June 14-22. Tentative cost is \$600-\$700 (excludes spending money). 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!***

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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, there is a flyer with information about a free & back and fly & breast clinic on the home page of the website. Space is limited. These are three day clinics for 12&U and 13&O swimmers to be held the week of Mar. 23 and Mar. 30.

A quote to ponder with the upcoming off-season right around the corner – “There have been many studies of elite performers – concert violinists, chess grand masters, professional ice-skaters, mathematicians, and so forth – and the biggest difference researchers find between them and lesser performers is the amount of deliberate practice they've accumulated. Indeed, *the most important talent may be the talent for practice itself.* [emphasis added] K. Anders Ericsson, a cognitive psychologist and an expert on performance, notes that the most important role that innate factors play may be in a person's *willingness* to engage in sustained training. He has found, for example, that top performers dislike practicing just as much as others do. (That's why, for example, athletes and musicians usually quit practicing when they retire.) But, more than others, they have the will to keep at it anyway.” – from "The Learning Curve" by Atul Gawande, an article on the training of surgeons appearing on pages 52-61 of *The New Yorker*, January 28, 2002.

### ***Happy Birthday!***

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Liam Moore (3/15)	Alex Duncan (3/19)	Aja Molitor (3/19)
Paige Weslaski (3/19)	Alice Pennings (3/20)	Ashley Kautzmann (3/24)
Breeanne Heusdens (3/28)	Laura Barron (3/30)	Alex Stuebe (3/31)

## **Get To Know Paige Weslaski**

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Age: 16

Training group: Senior 2

Year started with SEAY: 2003

Role model: Lance Armstrong

Favorite stroke: Free

Favorite event: 200 Fly

Favorite swimmer: Brendan Hansen

Favorite training set: 100s pull

Future goal: NCAA cut

Favorite book: *Catcher in the Rye*

Favorite movie: *Legally Blond*

When I grow up I want to: *Climb Mt. Everest*

Advice for younger swimmers: *Go to every practice and never quit*

Favorite post workout meal: *Chocolate milk, steak, pasta*

If I could change one thing in the world: *I would be a sprinter*



### **SEAY Schedule**

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Mar. 12-15	Speedo Sectionals @ WSAC
Mar. 14	Deadline to sign-up for YMCA State
Mar. 14-15	YMCA Sectionals @ YMCA at Pabst Farms
Mar. 20	Last day of practice ☺
Mar. 20-22	YMCA State @ WSAC
Mar. 23-25	Free & Back Clinic for 12&U swimmers
Mar. 23-25	Free & Back Clinic for 13&O swimmers
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!
Mar. 30-Apr. 1	Fly & Breast Clinic for 12&U swimmers
Mar. 30-Apr. 1	Fly & Breast Clinic for 13&O swimmers
Apr. 6-7	Returning family registration @ Case HS, 6:00-7:30 p.m.
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 \***