

Serpent Times

weekly newsletter for

South Eastern Aquatics

Racine Family YMCA Swim Team

established September 1984

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March 17, 2010

Neil's Kickboard

It's hard to believe, but this Friday will be the last day of practice for the 2009-2010 Fall & Winter Season. Where did the time go? This has been a strong re-building effort for the SEAY team this year. Our numbers are up (140 swimmers this season), we fielded competitive relays at 12&U State in the 10&U age-group, we qualified 12 swimmers for 12&U State (last year we sent four), our young senior team continues to develop their skills and attendance across the board has been stellar. So where do we go from here? Well, I've been coaching here at SEAY since 1990 and I have seen some very strong teams come and go, but the one common factor streaming through all the successful teams I have had the opportunity to coach for is all parties involved "get it" when it comes to the main focus of every member of the team ... the kids. If we continue to focus on our swimmers and give them every opportunity to attend practice regularly, eat well, sleep right and attend meets habitually while staying focused on the process of becoming competitive swimmers and not the outcome, nothing can stop team SEAY. I hope all of you reflect upon this years growth and ask yourself where you want this team to be in two years, four years, six years ... the sky is the limit if our heart is in it!

YMCA Sectionals was a pretty strong season ending meet for many swimmers on the team. We finished with 64% best times and placed 3rd as a team with 2219 points (which makes sense since we were the third largest team in the meet – both OCON and SHEB had 91 swimmers and we attended the meet with 59). Swimmers posting new state qualifying times included Bailey Bleser (2Fr, 1Br), Sara Bollendorf (25Br), William Buhler (50Ba), Alisa Danzer (4IM), Jarred Glaser (2Ba, 2Bf), Jake Gustavson (2Br), Evan Koch (Mile, 1000Fr, 2Bf), and Cole Lazzeroni (1Fr). A handful of team records fell as well – Emily Bollendorf set the 9-10 1Bf (1:19.34) breaking Robyn Zastrow's 1994 mark of 1:21.16, Paige Weslaski set the 17-18 4IM (4:46.42) breaking Tracy Petri's 1994 mark of 5:00.26, Ivar Iverson set the 11-12 2Fr (2:05.58) breaking Jacob Chartrand's 2006 mark of 2:11.07 and went on to break Micah Eberle's 1993 1000Fr record of 11:41.41 with his 11:39.09 split in the Mile and he broke J.J. Lipor's 2000 2Bf record of 2:25.12 with his swim of 2:21.76. Many swimmers posted some of the fastest times in team history – posting a top ten time included – Kate Smith, Sara Bollendorf, Natalia Badillo, Emily Bollendorf, Caitlin Mertins, Maxanna Collen, Alice Pennings, Laura Barron, Jodi Vanderford, Dana Iverson, Alisa Danzer, Nolan Blair, Jacob Trask, Matthew Evans, Ben Gabbey, Bailey Bleser, Alec Smith, William Buhler, Ivar Iverson, Cole Lazzeroni, James Weslaski, Evan Koch, Jacob Chartrand, Benji Gordon, Jake Gustavson, Sam Vissers, and Jarred Glaser. Posting all best times (a difficult feat to say the least) – Nolan Blair, William Buhler, Maggie Danzer, Meredith Freidheim, Benji Gordon, Jake Gustavson, Ivar Iverson, Evan Koch, Cole Lazzeroni, Ella Lazzeroni, Will Mattison, Megan Mills, Mackenzie Reischl, Madison

Richards, Ali Verway, and Sam Vissers. Dropping ten seconds or more in a single race – Alyssa Curty (-22.75 1Fr), Maggie Danzer (-24.17 4IM), Benji Gordon (-13.76 1Bf), Jake Gustavson (-16.28 2Br), Evan Koch (-21.48 4IM), Cole Lazzeroni (-28.67 500Fr), Ella Lazzeroni (-41.74 2Fr), Will Mattison (-76.59 500Fr), Alice Pennings (-12.67 2Fr), Madison Richards (-38.56 500Fr), Emelia Selky (-12.90 1Fr), Ali Verway (-10.53 1Ba), Sam Vissers (-26.43 4IM), Evan Weiss (-13.58 1IM), Jacob Wergin (-13.04 2Fr), and Becca Wilbershide (-19.71 4IM). GREAT SWIMMING!

If you ordered personalized swim caps you can pick them up from me during practice (\$20 per cap) – Smith, Boyce, Rose, Polzin, and Julius. Also, please submit payment (\$12 per shirt) if you ordered a state shirt for 13&O and/or the upcoming YMCA meet (if my list is correct, the following people still owe from 13&O – Chartrand, Glaser, Smith, Danzer, Schwartz) and for those who ordered a YMCA State shirt, please submit exact change or check made payable to SEAY when you see me at the state meet this weekend. Thanks.

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

Don't forget to sign-up for the 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 and 13-O Stroke Clinics are full (time and locations are now set and can be viewed at the end of this newsletter), one spot remains in the 5:30 p.m. FAST Clinic and nine for the 6:30 p.m. Take advantage!

Upcoming Meets & Events

Meet information, entries, directions are on our website.

- 1) YMCA State will be held at WSAC in Brown Deer March Friday-Sunday
 - a. There is a link on the homepage of our website with important information regarding the meet this weekend
 - i. There will be some construction issues
 - ii. **Print your heat sheets before leaving for the meet**
 - b. If you ordered a state shirt, Neil will have them with him at the meet
 - c. Friday night warm-ups begin at 4:00 p.m., meet begins at 5:00 p.m. and will end by 7:00 p.m. (800 Free Relay swimmers will be done by 5:45 p.m.)
 - d. Saturday AM warm-ups (8&U, 9-10) begin at 7:30 a.m., meet begins at 8:20 a.m. and is scheduled to finish at 10:12 a.m.
 - e. Saturday early PM warm-ups (11-12, 13-14, Open) begin at 10:15 a.m., meet begins at 11:20 a.m. and is scheduled to finish at 1:11 p.m.
 - i. Saturday late PM warm-ups
 1. If your events are in this session and not in the early PM session, please arrive at 12:30 p.m.
 2. This session is scheduled to begin at 1:30 p.m. and finish at 4:43 p.m.
 - f. Sunday AM warm-ups (8&U, 9-10) begin at 7:30 a.m., meet begins at 8:20 a.m. and is scheduled to finish at 10:22 a.m.
 - g. Saturday early PM warm-ups (11-12, 13-14, Open) begin at 10:15 a.m., meet begins at 11:20 am and is scheduled to finish at 1:21 p.m.
 - i. Sunday late PM warm-ups

1. If your events are in this session and not in the early PM session, please arrive at 12:30 p.m.
2. This session is scheduled to begin at 1:40 p.m. and finish at 3:58 p.m.

h. HAVE FUN and GOOD LUCK!

- 2) YMCA Nationals will be held in Fort Lauderdale April 7-10
 - a. Entry deadline is March 22
- 3) Sprint Time Trials will be held at Park, April 27
 - a. Entry deadline is April 23
- 4) 2nd Annual SEAY Early Bird Open will be held in Brown Deer May 1-2
 - a. Entry deadline is April 19
- 5) SSTY Distance/Sprint Open will be held in Brown Deer May 15-16
 - a. Entry deadline is April 19
- 6) WEST 12&U Open will be held in Waukesha May 15-16
 - a. Entry deadline is April 26
- 7) Dual w/BST will be held in Kenosha May 21
 - a. Entry deadline is May 17
 - b. There is no practice May 21

Returning registration

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. @ Park.

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. @ Park. Twenty-five dollars will be added to your family fund account for every swimmer who joins the team that you recommend.

Board positions

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. Deadline to contact Mrs. Lewno is March 19.

SEAY hosted swim clinic picks up another Olympic swimmer – will you be there?

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 2 more swimmers

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 5th.

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 Wilbershide, Jacob Wergin, Evan Koch, Hanna Wilbershide and Sam Vissers (and maybe Jodi Vanderford) are attending and Mr. Weslaski has signed on to chaperone (Mrs. Koch and Mrs. Wergin have also volunteered as chaperones if needed). 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

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. *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!

| | | |
|------------------------|---------------------|-------------------|
| 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

President – Pat Lewno @ 637.2913 or lewno@wi.rr.com

Financial VP & Registration – Kathy Schwatz @ 554.7040 or ks@adtechmedical.com
 Secretary – Vickie Bleser @ 514.2554 or vickie.bleser@aurora
 Treasurer – Shona Barron @ 752.1175 or sbarron@wi.rr.com
 Meet Director – Jennifer Pennings @ 752.0387 or djpennings@wi.rr.com
 Meet Director – Mark Purath @ 553.9019 or mpurath@sbcglobal.net
 Fundraising – Beth Polzin @ 598.9899 or polzin@yahoo.com
 Fundraising – Heather Smith @ 939.5581 or heather.smith50@gmail.com
 Parent Liaison – Iver Iverson @ 308.2921 or iiverson@wi.rr.com
 Parent Liaison – Lydia Bollendorf @ 553.1949 or yanni37@yahoo.com
 Head Coach – Neil Wright @ 635.3843 or s_e_a_y@yahoo.com

SEAY Schedule

| | |
|------------|---|
| Mar. 19 | Last day of practice for Fall & Winter Season :(|
| 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 @ Park, 5:30-6:30 p.m. |
| Apr. 12-15 | FAST Clinic w/Myra |
| Apr. 19 | First day of practice |
| Apr. 19 | Entry deadline for our 2 nd Annual Early Bird Open |
| Apr. 19 | Entry deadline for SSTY Distance/Sprint Open |
| 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. 26 | Entry deadline for WEST 12&U Open |
| Apr. 27 | Sprint Time Trials |
| May 1-2 | 2 nd Annual SEAY Early Bird Special |
| May 13 | Annual Team Banquet |
| May 17 | Entry deadline for the dual w/BST |
| May 21 | No practice – sign-up for the dual w/BST |

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

Swim Clinics Available During the Upcoming Off-season

Back & Free Stroke Clinic w/Neil

March 22-24
 5:45-7:15 p.m.
 Location: @ Park

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, Ella Lazzeroni, Cole Lazzeroni (alternate: Kayla Rose) – 5:45-6:30 PM

Attending (13&O): Will Mattison, Shannon Rose, Claire Weyers, Jacob Wergin, Charlie Julius – 6:30-7:15 PM

Breast & Fly Stroke Clinic w/Neil

March 29-31

5:45-7:15 p.m.

Location: Park

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, Cole Lazzeroni, Ella Lazzeroni, Kayla Rose – 5:45-6:30 PM

Attending (13&O): Will Mattison, Shannon Rose, Claire Weyers, Charlie Julius, Erin Cain – 6:30-7:15 PM

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