

## Serpent Times

weekly newsletter for  
South Eastern Aquatics  
Racine Family YMCA Swim Team  
established September 1984  
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Mar. 18, 2009

### Warm-up

The last practice of the season will take place this Friday.

We will be hosting the following meets next season (please mark your calendars):

- 1) May 2-3 @ WSAC, 1<sup>st</sup> Annual SEAY Early Bird Special
- 2) July 11-12 @ WSHS, SEAY State & Non-State Open
- 3) July 30-August 2 @ WSAC, 13 & Over USA State

We will be running the following meets as well:

- 1) Sprint Time Trials, April 28
- 2) BST Sprint Dual, May 15
- 3) GYST Dual, June 23

Numerous meets for the Spring & Summer season are already posted on the *Meet Information* page of the website. Pay close attention to the page in the coming months as many meets in May will have entry deadlines prior to the first day of practice. For example, we will be traveling to St. Louis again this summer for a meet in late June – the entry deadline is May 1.

Update on upcoming clinics: the 5:30-6:30 p.m. FAST is full, the Free & Back Clinic for 12&U is full, and the Fly & Breast Clinic for 12&U has one spot remaining.

Don't forget, SEAY will be conducting new swimmer tryouts on Monday, March 30 at Park beginning at 5:30 p.m. – tell your friends! Remember, current families are credited \$25 towards their fundraising for bringing a new swimmer to the team who joins.

Returning registration will be held April 6-7 at Case, 6:00-7:30 p.m. First day of practice will be April 20.

There are open board positions that will be up for vote at the annual banquet to be held May 14<sup>th</sup>. If you are interested in running for a position, or to learn more about one, please contact one of the current board members:

- 1) Mark Kilmer, 681-2703
- 2) Kathy Schwartz, 554-7040
- 3) Shona Barron, 752-1175
- 4) Jennifer Pennings, 752-0387
- 5) Mark Purath, 553-9019
- 6) Beth Polzin, 598-9899
- 7) Iver Iverson, 308-2921
- 8) Lydia Bollendorf, 553-1949
- 9) Neil Wright, 636-8250

Beginning from this point forward all SCRIP orders will go towards your Spring & Summer fundraising or the 50/50 split between SEAY and your family account.

Spring & Summer fundraising opportunities will include SCRIP, candy bars, advertisements, and volunteering at the Spirit of Racine Triathlon.

Thank you to Deb Weyers who had the idea of using the Shop with SCRIP program and started it up with me (Beth Polzin, Fundraising Chairwoman) this year. She has taken over the Shop with SCRIP program and it was quite a success its first year! Thank you Deb!

This will be the last newsletter until the week of April 20.

### 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) **YMCA State** will be held at WSAC Friday-Sunday
  - a. Friday warm-ups begin at 3:45 p.m., meet begins at 5:00 p.m., scheduled to finish at 7:45 p.m.
    - i. **1650 swimmers must provide their own counter and timer!**

- b. Saturday AM (8&U, 9-10) warm-ups begin at 7:30 a.m., meet begins at 8:20 a.m., scheduled to finish at 10:42 a.m.
  - c. Saturday PM (11-12, 13-14, Open) warm-ups begin at 10:45 a.m., meet begins at Noon, scheduled to finish at 5:41 p.m.
  - d. Sunday AM (8&U, 9-10) warm-ups begin at 7:30 a.m., meet begins at 8:20 a.m., scheduled to finish at 10:42 a.m.
  - e. Sunday AM (11-12, 13-14, Open) warm-ups begin at 10:30 a.m., meet begins at 11:45 a.m., scheduled to finish at 5:04 a.m.
  - f. Printable heat sheets are linked on the home page of the website, click on *Meet Host Website*
    - i. ***Print them off prior to leaving for the meet – limited availability at the meet***
  - g. Look for Neil and Myra when you arrive
- 2) **YMCA Nationals** will be held in Ft. Lauderdale Apr. 6-9
- a. Entries due Mar. 24

### **Meet Recap**

**YMCA Sectionals** – SEAY finished 3<sup>rd</sup> of the 5 teams in attendance with 1871 points and as a team, posted 60% best times (131/218). New state cuts achieved by Taylor Herman (1Br), Cole Lazzeroni (2Fr and 1IM), Jodi Vanderford (2Ba, 1Ba, 2Bf), and James Weslaski (mile). New team records established by Bailey Bleser (2Fr and 2IM), James Weslaski (1000Fr), and Ivar Iverson (2Bf, 1000Fr, mile). Swimmers cracking into the top ten all time for SEAY included Alice Pennings, Sara Bollendorf, Maxanna Collen, Sinclair Richards, Abby Polzin, Emily Bollendorf, Hanna Wilbershide, Jodi Vanderford, Hannah Kilmer, Paige Weslaski, Dana Iverson, Bailey Bleser, Jason Lewis, Cole Lazzeroni, William Buhler, Ivar Iverson, Max Mazurek, James Weslaski, Jacob Chartrand, and Graham Kilmer. Swimmers dropping an amazing amount of time (5 seconds or more) were Natalia Badillo (-13.26, 25Bf), Sam Bahr (-6.96, 2Fr), Bailey Bleser (-11.27, 2Fr), Maxanna Collen (-9.03, 1Ba), Solomyn Collen (-10.21, 50Ba), Alisa Danzer (-23.71, 4IM), Maggie Danzer (-15.63, 2Fr), Collin Flynn (-19.98, 1IM), Katelyn Flynn (-10.38, 1Bf), Jarred Glaser (-5.00, 2Fr), Taylor Herman (-5.87, 2IM), Breeanne Heusdens (-21.70, 1Fr), Ivar Iverson (-70.62, mile), Connor Jurena (-22.35, 2Fr), Graham Kilmer (-7.48, 4IM), Cole Lazzeroni (-47.47, 2Fr), Will Mattison (-31.79, 2IM), Emma Mortensen (-5.58, 1Ba), Alice Pennings (-31.79, 2IM), Eilis Purath (-9.43, 2IM), Marlee Reischl (-10.47, 1IM), Jodi Vanderford (-6.50, 2Ba), James Weslaski (-34.17, mile), and Becca Wilbershide (-8.49, 2Ba). Emma Campion, Alisa Danzer, Katelyn Flynn, Breeanne Heusdens, Ella Lazzeroni, Abby Polzin, Marlee Reischl, and Paige Weslaski posted best times in all of their events. Congratulations swimmers!

**Speedo Sectionals** – After 13 & Over USA State last weekend, you’d think swimmers would show signs of fatigue during the Speedo Sectional meet ... far from it. The three athletes entered in this meet posted a combined 50% personal best times and 86% season best times. Here are the highlights: Alisa Danzer (YMCA State cut in the 2Fr), Dana Iverson (2<sup>nd</sup> fastest times in team history in both back events), and Paige Weslaski (4 of 6 personal best times and 3<sup>rd</sup> fastest times in team history in 2Ba and 2Bf).

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

Wed., Mar. 18	Case @ Case, Park @ Park
Thur., Mar. 19	Combined @ Case
Fri., Mar. 20	Combined @ Case

### **SCRIP fundraising**

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 at Case
Order By: Thursday, March 26	Delivery: Thursday, April 2 at 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**

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. (full) 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 (12&U is full) 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)  
Paige Weslaski (3/19)  
Breeanne Heusdens (3/28)

Alex Duncan (3/19)  
Alice Pennings (3/20)  
Laura Barron (3/30)

Aja Molitor (3/19)  
Ashley Kautzmann (3/24)  
Alex Stuebe (3/31)

***Get To Know Emily Gaitens***

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*Age: 15*

*Training group: Senior 1*

*Year started with SEAY: 2005*

*Role model: Not sure*

*Favorite stroke: Free*

*Favorite event: Not sure*

*Favorite swimmer: Not sure*

*Favorite training set: Anything that involves a drill*

*Future goal: 5:00 in the 500 Free*

*Favorite book: Twilight Series*

*Favorite movie: Dickie Roberts: Former Child Star*

*When I grow up I want to: Be a veterinarian*

*Advice for younger swimmers: Practice hard*

*Favorite post workout meal: Spaghetti*

*If I could change one thing in the world: Not sure*



***SEAY Schedule***

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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	FAST Clinic
Apr. 6-9	YMCA Nationals
Apr. 8	Board meeting, 6:00 p.m., location to be announced – all welcome
Apr. 17	Deadline to sign-up for SEAY Early Bird Special
Apr. 18	Swimposium – read more about this on the homepage of the website
Apr. 20	First day of practice
April 21	LSC meeting at Waukesha, 7:15 p.m. – all welcome
Apr. 20-24	Free week of swimming for new swimmers
Apr. 24	Deadline to sign-up for LAKE Open
Apr. 27	New family registration and orientation @ Case beginning at 6:00 p.m.
Apr. 28	Sprint Time Trials
May 1	Deadline to sign-up for CSP Invite
May 2-3	1 <sup>st</sup> Annual SEAY Early Bird Special @ WSAC
May 9	LAKE Swim Your Own Age Open
May 14	Annual Banquet
May 14	No practice – Annual Banquet
May 15	BST Sprint Dual
May 16-17	SSTY Distance/Sprint Open
May 16-17	WEST 12 & Under Open
May 22	Deadline to sign-up for NSSC Open
May 29-31	BST Invite
Jun. 24	Deadline to sign-up for SEAY State & Non-state Open

\* *Caring* \* *Honesty* \* *Respect* \* *Responsibility* \*

\* *Build* \* *Promote* \* *Achieve* \*