

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



March 3, 2010

Neil's kickboard

61 swimmers are currently entered in the YMCA Sectional meet. I will take additional entries through tonight's practice. Please look over the entry list and contact me if you see a mistake ... thanks.

We posted our highest finish in club history last weekend during the 12 & U WI State Championships. Throughout the meet, we bounced from 9th to 14th place and when the waves settled Sunday night, SEAY had scored 195 points and finished 10th overall (previous best finish was 11th in 2006). Congratulations swimmers and parents! Here are the highlights: Ivar Iverson broke three team records (1Ba and 4IM – his own marks) and the 2Br (Connor Sanders mark from 2004 of 2:39.50 – Ivar went 2:38.75), Emily Bollendorf posted numerous top ten times in the history of the club (2nd in the 50Bf and 1Bf, 4th in the 1IM, 5th in the 2IM), Alec Smith posted the 7th fastest time in club history in the 500Fr, and William Buhler qualified for YMCA State in the 1Fr. Maxanna Collen dropped 11.25 in the 2IM while Jason Lewis and Tessa Pham posted lifetime best times leading off the 200 Medley Relays respectively. Good job to Bailey Bleser, Cole Lazzeroni, Caitlin Mertins and Alice Pennings on their fine efforts too! Way to go kids! Pictures are posted.

Can you and a friend take some time during practice and organize/count the McDonald's receipts? Let me know if you can and I'll bring them in ... there's a lot.

Personalized swim caps are in and available for pick-up – please submit payment when picking up caps (\$20 per cap). So sorry for the mix-up for practice last week Friday ... I was not notified that schools would be closed.

Our annual team picture is Thursday next week. Save the date – March 11th at Case, 5:30 p.m.

Information for off-season swimming opportunities (in the form of stroke clinics and our bi-annual FAST clinic) are posted at the end of this newsletter – take advantage as some of them are already full.

Upcoming Meets & Events

Most 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) **13 & Over State** will be held in Brown Deer Thursday-Sunday
 - a. Thursday (1650 Free) warm-ups begin at 2:50 p.m., meet begins at 4:00 p.m.
 - b. Thursday (800 Free Relay) warm-ups begin at 5:45 p.m.
 - c. Warm-ups for Friday-Sunday are assigned – PLEASE BE TIMELY
 - i. Friday Prelims – lane 1 north pool, 8:00-8:30 a.m. – arrive at 7:45 a.m.
 - ii. Saturday Prelims – lane 3 north pool, 7:30-8:00 a.m. – arrive at 7:15 a.m.
 - iii. Sunday Prelims – lane 1 north pool, 8:00-8:30 a.m. – arrive at 7:45 a.m.
 - iv. Relay only swimmers in the 400 Free and 400 Medley Relays
 1. Contact me later in the meet (thinking Friday) to receive approximate arrival times as the host team has not posted session reports yet
 - d. Final warm-ups
 - i. Check with Neil prior to leaving the pool after Prelims
 - e. Traffic information
 - i. The Brown Deer Road bridge over I-43 is under construction - the two westbound lanes along with the eastbound north and westbound south exit ramps have been demolished. All traffic has been rerouted to the two eastbound lanes - one lane in each direction, and all exits on/off I-43 have been consolidated to the two southern exit ramps. Frankly, those headed from the north on I-43 might be better off exiting west on Mequon Rd, then turning south on Green Bay Rd. For those on I-43 from the south, the exit before Brown Deer (Good Hope) is also under construction, but not as far along as the work at Brown Deer. Regardless, it's probably a good idea for folks accessing Schroeder via I-43 to allocate additional time to compensate for the potential traffic snarls/confusion.
 - f. Questions during the meet?
 - i. Call Neil at 262.994.3157

- 2) **YMCA Sectionals** will be held at the YMCA at Pabst Farms in Oconomowoc March 13-14
 - a. Extended entry deadline is tonight at 8:00 p.m. – join the fun!
- 3) **YMCA State** will be held in Brown Deer March 19-21
 - a. Entry deadline is March 14
- 4) **YMCA Nationals** will be held in Ft. Lauderdale, Florida April 7-10
 - a. Entry deadline is March 22

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. ☺ Sign-up for the Spring & Summer season and sharpen your skills even more. Things to remember about Spring & Summer swimming if you participated in this previous 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

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 these 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

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. Save the date and look for an informational flyer to be posted in the near future – cost is \$65.

Annual team picture scheduled

This year's team picture will be held at Case on March 11. The event begins with individual and buddy pictures starting at 5:30 p.m. with the group shot following shortly after. Order forms will be handed out a week prior to the event.

13&O training trip information

UPDATE:

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. **Remember, 12 swimmers minimum must sign-up to attend before this trip gets a thumbs-up.**

Tentatively the trip is planned for June 13-20 (dates may change depending on snow days). Traveling by bus to Seagrave 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, and Becca Wilbershide 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

DATE CHANGES:

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 djpenning@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. 3	Entry deadline for YMCA Sectionals
Mar. 4-7	13 & Over WI State Championships
Mar. 6	Last day for diving practices
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 nd 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

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: