

Serpent Times

weekly newsletter for
South Eastern Aquatics
Racine Family YMCA Swim Team
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Mar. 4, 2009

Warm-up

If you have not heard, our contingent of 12 & Under swimmers at last weekend's USA State meet did a fantastic job. Read about their success below and look for results on the website.

This weekend our 13 & over swimmers will be racing in Waukesha during the 13 & Over USA State meet. There is a lot of information in relationship to this meet, please take time to read through the links found on the *Meet Information* page of the SEAY website – especially the information about parking during Friday prelims. Good luck swimmers!

The meet schedule for the spring and summer season is posted on the website. Also posted on the website is the reservation planning sheet. Swimmers planning on swimming meets found on the reservation sheet should submit the form to Neil or Myra by Mar. 6 – read more about this on page two.

Don't forget, the team picture will be held this Monday (Case HS beginning at 5:30 p.m.) – read more about it in this on page two. Also, since the team picture date has changed (Mar. 10 to Mar. 9), **practice on Mar. 10 will be Case @ Case and Park @ Park.** Please make a note of this change.

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) **13&O USA State** will be held at WSHS Thursday-Sunday
 - a. We have assigned warm-up times and lanes for Friday, Saturday, and Sunday
 - b. Friday prelim parking will be an issue. Please take the time to read this information from the meet host (carpooling is probably not a bad idea) - <http://www.wisconsinswimming.org/WI2009SC13-OverParkingInfo.pdf>
 - c. Thursday 1000 Free warm-ups begin at 2:45 p.m., meet begins at 4:00 p.m.
 - d. Thursday 800 Free Relay swimmers arrive by 6:00 p.m.
 - e. Friday prelim warm-ups begin at 7:45 a.m., meet begins at 8:40 a.m.
 - f. Friday 200 Free Relay swimmers should arrive by 4:15 p.m.
 - g. Saturday prelim warm-ups begin at 6:55 a.m., meet begins at 8:40 a.m.
 - h. Sunday prelim warm-ups begin at 7:20 a.m., meet begins at 8:40 a.m.
 - i. Final warm-ups for Friday, Saturday, and Sunday – speak with Neil during the meet
 - j. Please visit the *Meet Information* page of the SEAY website for up-to-date information
 - k. If you have questions during the meet, please contact Neil at 262.994.3157
 - l. Good luck swimmers!
- 2) **Speedo Sectional** will be held at WSAC Mar. 12-15
 - a. Qualifying times for this meet
 - b. Entries due Mar. 8
- 3) **YMCA Sectionals** will be held at YMCA at Pabst Farms in Oconomowoc Mar. 14-15
 - a. Entries are closed
- 4) **YMCA State** will be held at WSAC Mar. 20-22
 - a. Entries are due Mar. 14
- 5) **YMCA Nationals** will be held in Fort Lauderdale Apr. 6-9
 - a. Entries are due Mar. 24

Meet Recap

12&U State – This was a great meet for our swimmers! 14 of 17 best times for 82%. Ivar Iverson paced all swimmers posting numerous top 8 finishes and a team best 3rd place finish in the 100 IM. He set team records in the 200 Back and 400 IM – not bad for swimming in the bottom of his age-group. Our 10 & Under girls did a nice job as well. Emily Bollendorf achieved 2 new YMCA State cut times in the 50 and 100 Breast, while Haille Bocek posted 100% best times in her events. William Buhler dropped 2.05 in the 100 Free swimming in his first USA State meet of this short career (this is his first

year on the team). We finished 12th as a team with 82 points. Results are posted on the website along with some pictures from the meet. Congratulations swimmers!

Practice location for the upcoming week

Wed., Mar. 4	Case @ Case, Park @ Park
Thur., Mar. 5	Combined @ Case
Fri., Mar. 6	Combined @ Case
Sat., Mar. 7	No practice
Mon., Mar. 9	Team picture @ Case
Tue., Mar. 10	Case @ Case, Park @ Park – this is a change
Wed., Mar. 11	Case @ Case, Park @ Park

Meet registration planning sheet is due Mar. 6

The 2009 Spring & Summer meet scheduled is posted on the website. Also, posted on the homepage you can download a copy of the meet registration planning sheet. All families training with SEAY this Spring & Summer will want to complete this sheet and turn it in prior to Mar. 6. Filling out the sheet ensures your sons and daughters will have swims at the meets listed on the sheet. Families neglecting to submit the sheet will not be guaranteed swims for the meets listed on the sheet. Here is the PDF link (there is a WORD link on the homepage of the website) - <http://www.seay.org/files/09%20spring%20&%20summer%20meet%20reservation%20planning%20sheet.pdf>

SCRIP fundraising

Our next deadline to order SCRIP is this Thursday, February 26th. 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! Thank you for supporting SEAY by participating in our SCRIP fundraising program. Questions? Contact Deb Weyers at weyers@ameritech.net or check out the fundraising section of the SEAY website.

Order By: Thursday, February 26	Delivery: Thursday, March 5 Case
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 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.

Team picture

The annual team picture has changed from Mar. 10th to Mar. 9th. The team picture will be held at Case with individual and sibling pictures beginning at 5:30 p.m. and the team picture taking place around 6:00 p.m. A start, turn and finish practice will be held for Pups-Serpents until 7:00 p.m. while a fun training practice will be held for Green-Senior 2 until 8:00 p.m. Wear your team suit or a royal blue suit (if you don't have either, try to wear a shade of blue suit). Don't miss this fun annual event!

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!

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, look for information on a Freestyle/Backstroke clinic and a Breaststroke/Butterfly clinic to be offered in the off-season – one will take place the week of Mar. 23rd and the other will take place on the week of the 30th.

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!

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 Natalia Badillo

Age: 5

Training group: Pups

Year started with SEAY: 2008

Role model: Coach Neil

Favorite stroke: Free

Favorite event: 100 Free

Favorite swimmer: Coach Shannon and Coach Jenny

Favorite training set: Free-time

Future goal: To be a swimmer

Favorite book: Ginger Bread

Favorite movie: Kung Fu Panda

When I grow up I want to: A swimmer

Advice for younger swimmers: Learn all the strokes

If I could change one thing in the world: No wars



SEAY Schedule

Mar. 5-8	13 & Over USA State @ WSAC
Mar.8	Deadline to sign-up for Speedo Sectional
Mar. 9	Annual Team Picture @ Case beginning at 5:30 p.m.
Mar. 10	Case @ Case, Park @ Park – this is a change
Mar. 11	Board meeting @ Park, 6:15 p.m. – all welcome
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. 24	Deadline to sign-up for YMCA Nationals
Mar. 30	New swimmer tryouts at Park beginning at 5:30 p.m. – tell your friends!
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* *