

Serpent Times

weekly newsletter for
South Eastern Aquatics
Racine Family YMCA Swim Team
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Apr. 23, 2009

Warm-up

Parents – if you have not done so, please take a minute of your time and view the *Meet Entries* page of the SEAY website to confirm you have your swimmers in the correct meets. Contact Neil if you have questions. Thanks!

Welcome back and welcome to the team! It's great to see so many familiar faces back in the water and in the stands and it's also cool to see so many new swimmers testing the waters here at SEAY.

Please, if you have not had an opportunity to visit the SEAY website ... please, please, please take some time and become familiar with its contents. SEAY is a "green" team we rarely copy information for mass distribution. Here are some links you will need to visit frequently during the course of the season:

Homepage - <http://www.sea-y.org/index.php?page=2>

Meet Information - <http://www.sea-y.org/index.php?page=22&subpage=4>

Meet Entries - <http://www.sea-y.org/index.php?page=22&subpage=5>

Practice Calendar - <http://www.sea-y.org/files/2009%20spring%20%20summer%20practice%20calendar.pdf>

Newsletter - <http://www.sea-y.org/index.php?page=11>

Meet Worker Sign-up - <http://www.sea-y.org/index.php?page=22&subpage=2>

There are many meets due and past due (with extended deadlines). Read the *Upcoming Meets* section of the newsletter (below) to stay on top of the current meet schedule.

We will be hosting the following meets this season (please mark your calendars as we need your help):

- 1) May 2-3 @ WSAC, 1st 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

It is so important that ALL families help host the meets listed above (especially the first three). We will be short volunteers for our May meet next weekend and the board is requesting families who have the time to volunteer extra shifts. The meet is small and should run quick (3 hour sessions or so). Please help if you can!

As the season progresses and you have questions that pop into you mind or are unsure of anything related to SEAY, please contact Neil (his contact information is always located in the header of this newsletter). New parents are encouraged to attend a meeting with Neil on May 7th beginning at 6:00 p.m. – please meet in the balcony.

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) **Sprint Time Trials** will be held at Park on Apr. 28
 - a. Warm-ups begin at 5:30 p.m.
 - b. Meet begins at 6:05 p.m.
 - c. All swimmers are encouraged to attend
 - d. 13 parent volunteers are needed to help time during the meet
 - e. Entry deadline is Apr. 27
- 2) **SEAY Early Bird Special** will be held at WSAC in Brown Deer May 2-3
 - a. All swimmers are encouraged to attend
 - b. Entry deadline has been extended to Apr. 24 ... tomorrow
- 3) **LAKE Open** will be held at AHS in Hartland May 9
 - a. Entry deadline is Apr. 24
- 4) **SSTY Open** will be held at WSAC in Brown Deer May 16-17
 - a. Entry deadline was Apr. 20 – contact Neil immediately if you would like to attend

- 5) **WEST 12&U Open** will be held at WSHS in Waukesha May 16-17
 a. Entry deadline is Apr. 27

Practice location for the next week

Thur., Apr. 23	Combined @ Case
Fri., Apr. 24	Combined @ Park
Sat., Apr. 25	Gr/B1/S1/S2 @ YMCA
Mon., Apr. 27	Case @ Case, Park @ Park
Tue., Apr. 28	No practice
Wed., Apr. 29	Case @ Case, Park @ Park
Thur., Apr. 30	Combined @ Case

Fundraising Opportunities

Here is a new fundraising opportunity for SEAY families. All of the money raised will go towards either the fundraising requirement for Spring/Summer 2009 session for those families that did not swim Fall/Winter 2008-2009 or it will go towards the 50/50 split between your family account and SEAY.

The Spirit of Racine Triathlon is a weekend in July with three amazing events including a women's only triathlon, a sprint triathlon and a half triathlon. It is a great event for Racine that travels along our wonderful Lake Michigan and throughout Racine bringing in athletes from around the world. We have an opportunity to volunteer at the event and SEAY will be paid \$15 for each swimmer, family member or friend who is 10 years or older who fills a volunteer spot. For example, a family of 4 could volunteer together and make \$60 in fundraising. Or if a SEAY coach would like to volunteer, they would make \$15 towards SEAY for each volunteer spot they do. It is that simple and what a great way to get your families involved in helping out in the community that supports swimming!

Here is how it works. You sign up by picking from one of the available time slots by replying to this email with the date, time, name, and age of the volunteer(s). A parent or adult needs to volunteer with any child who needs supervision and the parent or adult is responsible for their child. You have until **May 15, 2009** to let me know if you will be volunteering. **After May 15th, if you have signed up to volunteer you are responsible to show up and work for your assigned volunteer spot.** We would like to represent SEAY positively so that they would allow us again this opportunity to fundraise for our team. Thank you for supporting SEAY! Beth Polzin

Here are the time slots available:

- Wednesday, July 15 9am-2pm
- Wednesday, July 15 2pm-8pm
- Thursday, July 16 9am-2pm
- Thursday, July 16 2pm-8pm
- Friday, July 17 9am-2pm
- Friday, July 17 2pm-8pm
- Saturday, July 18 6am-1pm
- Saturday, July 18 1pm-8pm
- Sunday, July 19 5am-12pm
- Sunday, July 19 12pm-7pm

13 & over training trip

This year's trip will be held in Savannah, Georgia. Listed below is the tentative information. Interested swimmers should contact Neil (there needs to be a minimum of 12 swimmers to show interest in this trip for us to attend). We are waiting to see if we can use the dorms instead of holding up in hotel rooms. If dorms are available, the cost for lodging will be about \$100 per swimmer for the week.

SCAD Tentative Training Trip Itinerary (attending teams include NBSC, SEAY, SHOR)

- Wednesday, June 17th
6:30 p.m. Bus leaves SHS parking lot
- Thursday, June 18th
 - 1:30 Bus arrives in Savannah
 - 2:00 Check in at hotel
 - 4:00-6:00 Practice
 - 6:30 Dinner
 - 10:00 Lights out
- Friday, June 19th through Monday, June 22nd
 - 6:15 Breakfast
 - 7:00-9:00 Practice

12:00 Lunch
 4:00-6:00 Practice
 6:30 Dinner
 10:00 Lights out
 We will take time for trips and fun between practices

Tuesday, June 23rd

6:15 Breakfast and check out
 7:00-10:00 Practice
 10:30-8:30 Travel

Wednesday, June 24th

7:30 Breakfast
 8:00 Travel
 4:00 Arrive at SHS
 4:00-6:00 Practice

Cost (does not include meals and spending money):	<u>20 kids</u>	<u>30 kids</u>	<u>40 kids</u>	
Bus	\$8000-9000	425	283	212
Hotel	\$540 w/ 3-4 per room	155	155	155
Pool	\$5-10/day per swimmer	50	50	50
Coach/Chap	\$1500 (lodging + per diem)	75	50	37.5
Total		705	538	454

Happy Birthday!

Evan Koch (4/7)	Katelyn Vaughn (4/9)	Kelsey Vaughn (4/9)
Bailey Bleser (4/12)	Graham Kilmer (4/14)	Madison Richards (4/20)
Jarred Glaser (4/23)	Kate Jacobson (4/23)	Emily Bollendorf (4/24)
Mana Ibarra (4/25)	Christian Halstead (4/27)	

Get To Know Deejae Kober

Age: 12

Training group: Blue

Year started with SEAY: 2007

Role model: My mom

Favorite stroke: Fly

Favorite event: 50 Fly

Favorite swimmer: Michael Phelps

Favorite training set: Working on dives

Future goal: Faster 500 Free time

Favorite book: Twilight series

Favorite movie: Twilight

When I grow up I want to: Be a Lifeguard

Advice for younger swimmers: Stay with your dreams

Favorite post workout meal: Anything

If I could change one thing in the world: Better grades



SEAY Schedule

Apr. 24 Deadline to sign-up for SEAY Open
 Apr. 24 Deadline to sign-up for SSTY Open

Apr. 24	Deadline to sign-up for LAKE Open
Apr. 27	Deadline to sign-up for Sprint Time Trials
Apr. 27	New family registration and orientation @ Case beginning at 6:00 p.m.
Apr. 27	Deadline to sign-up for WEST 12&U Open
Apr. 28	No practice, Sprint Time Trials
May 1	Deadline to sign-up for CSP Invite
May 2-3	1 st Annual SEAY Early Bird Special @ WSAC
May 7	New parent meeting with Neil, 6:00 p.m. – meet in the balcony
May 9	LAKE Swim Your Own Age Open
May 11	Deadline to sign-up for TOPS Open
May 13	Deadline to sign-up for BST Invite
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
Jul. 29	Last day of practice for the Spring/Summer Season

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

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