

Serpent Times

weekly newsletter for

South Eastern Aquatics

Racine Family YMCA Swim Team

established September 1984

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May 18, 2010

Neil's Kickboard

We will be attending a great meet in Brown Deer the weekend of June 4-6. If you need 50-meter experience, this is a great opportunity. I only have 27 swims remaining ... first come, first served.

Solid swimming last weekend in Brown Deer and Waukesha. Ivar Iverson established two new 11-12 team records during the Brown Deer meet – he was clocked at 2:51.09 in the 2Bf and 11:00.23 in the 8Fr breaking Andrew Griffey's 2003 mark of 2:58.02 and Graham Kilmer's 2006 mark of 11:27.42 respectively. Many swimmers cracked into the Top Ten all time for SEAY – Ivar (2nd 2Ba, 3rd 50Ba), Evan Koch (6th 2Ba, 8th 2Bf, 4th 8Fr), James Weslaski (9th 4IM, 9th 8Fr), Jarred Glaser (10th 4IM, 10th 8Fr), Sam Vissers (7th 4Fr, 5th 8Fr) and Jacob Trask (8th 50Ba). Laura Barron knocked off 16.38 seconds in her 4Fr, Ivar cut 9.44 in the 2Bf, Graham Kilmer sliced 5.53 off his 50Ba, and Sam Vissers dropped 8.87 in the 4Fr.

Meanwhile, in Waukesha ... Emily Bollendorf notched a new state cut in the 50Bf; Natalia Badillo and Emelia Selky achieved all best times; Sara Bollendorf posted the 8th fastest time in team history for the 8&U 50Br; Ria Hernandez performed her first legal 1IM; Austin Lentz dropped 6.43 in the 50Fr; Jason Lewis went 3 of 4 for best times; Caitlin Mertins slashed 3.60 off her 2Fr; Abby Polzin improved her 2IM by an amazing 14.63; Marlee Reischl was 3 of 4 for best times; and Kallia Reske continues to put her best effort forward and cut 1.89 off her 1Ba. Way to go swimmers!

Remember, PM practices will shift to Carthage College beginning June 9 ("same Bat time, different Bat channel"). Also, AM practices will begin June 14 weather permitting. Remember, AM practices are offered for Senior 2 (M-F), Senior 1 (MWF) and Green/Blue (Tu/Th).

13&O Training Trip meeting (at least one parent and the swimmer must attend) will be held at Park beginning at 5:45 p.m. on Thursday, June 3. Please let me know if you are unable to make it. The meeting should last no longer than a hour.

I will host a new parent meeting at Case on May 27 beginning at 6:00 p.m. If this is your first season with SEAY, please plan on attending. This is a general meeting to assist you with the day-to-day operations of a competitive swim team and to answer any questions you may have up to this point. Hope to SEA-YOU there!

If you are missing a pair of running shoes and socks ... I picked up a pair at Park a week or two ago.

Upcoming Meets & Events

Meet information, entries, meet fees, directions and results are on our website.

- 1) **Dual w/BST will** be held in Kenosha May 21
 - a. Warm-ups begin at 4:45 p.m., meet begins at 5:35 p.m.
 - b. Meet will be held at Bradford HS – this is on the north side of Kenosha
 - c. There is no practice May 21
 - d. ALL swimmers are encouraged to attend this fun, local meet
 - i. If you did not sign-up, but would like to attend, see Neil Friday night on the pool deck
- 2) **EBSC 8&U Open** will be held in Brookfield June 4
 - a. Entry deadline is May 21
- 3) **BST Open** will be held in Brown Deer June 4-6
 - a. Entry deadline is May 17 – extended to this Friday
 - i. 27 swims remain
- 4) **Tri-dual w/BST and LFSC** will be held in Pleasant Prairie June 11
 - a. Entry deadline is June 4
 - i. No practice offered June 11
 1. ALL swimmers encouraged to attend this meet!
 2. No fees associated with this event
- 5) **Dual w/GYST** will be held at Carthage College on June 22
 - a. Entry deadline is June 16
 - b. ALL swimmers are encouraged to attend this fun meet
 - c. There is no practice June 22
 - d. No fees associated with this event
- 6) **OCON Prelim/Final** will be held in Brown Deer June 19
 - a. Entry deadline is June 1
- 7) **SEAY Open** will be held in Pleasant Prairie June 25-26
 - a. Entry deadline is June 11
 - b. ALL swimmers should attend this team hosted event
- 8) **Dual w/OZ** will be held in Mequon on July 1
 - a. Entry deadline is June 25
 - b. ALL swimmers should attend this event
 - c. No practice offered July 1

Neil's banquet address

Moving Forward

We are coming off a great rebuilding year. In our three developmental training groups, the number of participants were unprecedented. 17 Pups, 33 Lions and 32 Dragons. Those are **huge** numbers and well over what we normally like to work with in those groups ... but additional coaching resources were secured and our coach to swimmer ratios remained productive – these three groups represent a sound future for our club.

Our age-groupers in Green and Blue; in relationship to Pups, Lions and Dragons were small, but took their development to the proverbial “next level.” In 2009 we sent four swimmers to the 12&U WI State Championship meet ... and this year? We sent 12 ... **which is great!** Sending eight additional swimmers to this meet is a testament of the quality of coaching happening at our age-group pool – keep up the good work.

At the Senior level, we are **young**. This season, we will graduate only three seniors. As best we can, we have been attempting to fast track every senior level swimmers development,

while at the same time, keeping them from burning out and developing chronic swimmers shoulder or any other physical ailment that would require them to miss practice and pool time. It's a fine line to walk.

All-and-all, we are moving in the right direction. We are improving. But we have to ask ourselves, with all the improvement, where are we headed?

Historically, SEAY has placed as high as 8th at 12&U State, 5th at 13&O State, 2nd at YMCA State and 19th at YMCA Nationals. Can we match and better those finishes as a team once again? Sure we can ... but it will take time and consistency. To quote one of the great coaches of USA Swimming, "The magic wand of learning is how many times you get in the water, how hard you work while you are there, and how carefully you follow the instructions." – Doc Counsilman (For those of you that don't know who he was, he coached the USA Olympic Team twice, most notably in 1972, the year Mark Spitz won 7 gold's at the Munich games.)

In addition to attending practice, working hard (both in and out of the pool) and following instructions, we have to instill in our swimmers the belief that they can do anything they put their minds too. In the past I have told my senior level swimmers that it doesn't matter what I think as a coach, it matters what they believe they can accomplish as a swimmer. Reflecting upon that statement as a 41-year-old Dad, I feel it's more important than ever to plant seeds and cultivate – in our swimmers minds – that where coaches set the bar, is where every swimmer can go. But it's important to conduct one-on-one chats with every swimmer ... daily (or at the very least weekly) ... and set the bars within reach, but high enough that they have to work for it and after achieving the goal (celebrate the accomplishment, but continue to look forward and) ... set another bar ... and another ... and another. It's that easy ... well, not really, but you get my drift. And parents, you play a huge role in your swimmers development. If you believe in the philosophy of swim parenting of LOVE, SUPPORT, TRANSPORT .. and get them to practice everyday ... the sky is the limit.

A. You have to LOVE them no matter what

- a. Poor swim, love them
- b. Fast swim, love them
- c. Best time, love them
- d. Worst time, love them
- e. Whatever, just love them
- f. The more love the better

B. You have to SUPPORT

- a. Volunteer
- b. Cheer them on
- c. Work behind the scenes
- d. Have dinner ready for them when they get home
 - i. Parenting is a tough job because sometimes, our children don't seem appreciative and because parents usually don't see the payoff of our efforts until our children are out of the house or college – regardless we need to support these kids with a hope and understanding that 5, 10, 15, 20 years removed from SEAY, these kids will look back and say, "You know, my parents really gave something special to me while I was with SEAY. They gave me an opportunity to chase my dream"
- e. So you are going to love them, support and

C. TRANSPORT them

- a. To and from practices and meets ... regularly
 - i. And this gets tough sometimes
 - ii. If you're struggling getting your kids to practice, work on car-pooling
 - 1. You just might make a new life long friend in the process
 - a. And so might your child

D. Being a swim parent is pretty straight forward in my eyes, but it's also harder than it seems – I know from personal experience, my oldest is in swim lessons and on a t-ball team, and I do want to coach him ... but I refrain and I hope you will too.

I've been coaching a long time (20 years this September) and have seen some pretty awesome swimmers and great SEAY teams come and go ... this current team has the potential to do great things. I believe it. I know it and I want to see it happen. My heart is in it and the sky is the limit. But I can't do this alone. I need your help [board member]. I need your help [parent]. I need your help [swimmer]. I need your help [coach]. **I especially need your help [Chloe].** Dive deeper into this team. This family. Don't settle for surface understanding and commitments. Dive deep in your relationship with SEAY, with your coaches, with your son or daughter and their swimming dreams. No one here knows what the future holds. So dream big and instill the work ethic of a champion. Coaches will plant the seeds, and together; we will all cultivate the growth ... and development ... of our champions.

Georgie Porgie's Burger & Custard Tree-fort

Here's an easy team wide fundraiser. For the remainder of the month, stop in at Georgie Porgie's, order the sundae of the month (Mammas Favorite – chocolate custard, milk chocolate flakes, cherry sauce, hot fudge, whipped cream and a cherry on top) and 25% of the purchase benefits SEAY. * Probably something you want to do after practice.

13&O training trip information

13&O Training Trip meeting will be held at Park beginning at 5:45 p.m. on Thursday, June 3 – at least one parent and the swimmer must attend this meeting which will last about a hour. Please contact Neil if you are unable to attend.

The trip is planned from June 13-20. Traveling by vans to Inlet Beach, FL. (a little west of Panama City Beach). Staying in homes across the street from the Gulf of Mexico. Training in an outdoor 50-meter pool. Possibility of a in practice dual meet. To date, John Freidheim, Jake Gustavason, Jarred Glaser, Rebekah Korzilius, Graham Kilmer, Paige and James Weslaski, Dana Iverson, Maggie and Alisa Danzer, Becca and Hanna Wilbershide, Jacob Wergin, Cameron Small, Evan Koch, and Sam Vissers (and maybe Jodi Vanderford) are attending and Mr. Weslaski, Mrs. Koch and Mrs. Wergin have signed on to chaperone. Currently this is room for one more boy and 1-2 more girls. Contact Neil if interested.

SCRIP fundraising program

There will be two additional opportunities for SEAY families to order SCRIP during the Spring/Summer season.

1. Order deadline: Monday, May 3rd at 8 AM ----- Delivery: Thursday, May 6th 6-6:30 PM Case Pool Balcony
2. Order Deadline: Monday, May 24th at 8 AM ----- Delivery: Thursday, May 27th 6-6:30 PM case Pool Balcony

SCRIP makes great gifts for Mother's Day, Graduation, Teachers, and Father's Day! Please plan for these occasions and your personal needs, place your orders, and benefit SEAY! Also watch for an August "Back to School" Order!

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: 173DF3A917711. Suggestions or Questions?? Deb Weyers at weyers@ameritech.net

Happy Birthday!

Morgan Colston (5/3)	James Weslaski (5/5)	Mallory Mazurek (5/6)
Megan Mills (5/7)	Kaitlyn Navin (5/13)	Payton Boyce (5/14)
Emily Cain (5/14)	David Prohaska (5/17)	Dana Iverson (5/18)
Alex Crowe (5/19)	Kristina Nora (5/20)	Shannon Rose (5/20)
Ella Lazzeroni (5/24)	Haley Anderson (5/25)	Jodi Vanderford (5/26)
Rachel Zenisek (5/27)		

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

May 21	Dual w/BST, no practice
May 21	Entry deadline for EBSC 8&U Open
May 31	No practice
June 1	Entry deadline for OCON Prelim/Final Open
June 4	EBSC 8&U Open
June 4-6	BST Open
June 7	Tryouts at Case, 5:30-6:30 p.m.
June 8	Board meeting at Case, 6:00 p.m. – all welcome
June 9	PM practices move to Carthage College
June 11	Tri-dual w/BST & LFSC, no practice
June 11	Entry deadline for SEAY Open
June 13	Spring session ends
June 13-20	Training Trip
June 14	Summer session begins

June 14	MCC practices begin – weather permitting
June 14	New family registration at TBA, 6:00 p.m.
June 18	Entry deadline for dual w/GYST
June 19	OCON Prelim/Final Open
June 22	Dual w/GYST
June 25	Entry deadline for dual w/OZ
June 25-26	SEAY Open
July 1	Dual w/OZ
July 16-18	Silver State
July 21-24	Speedo Sectional
July 23-25	12&U WI State Championships
July 29-Aug.1	13&O WI State Championships
July 30	Final practice of the season
Aug. 2	Off-season training begins for Lions/Dragons
Aug. 3	Off-season training begins for Gr/Bl/S1/S2
Aug. 3-7	Senior Nationals
Aug. 6-9	14&U Zones
Aug. 9-13	Junior Nationals
Sept. 13	Tryouts at TBA, 5:30-6:30 p.m.
Sept. 13-14	Returning family registration at TBA, 6:00-7:30 p.m.
Sept. 13-16	FAST Clinic
Sept. 20	Fall & Winter Season begins
Sept. 30	Sprint Time Trials

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

OFF-SEASON TRAINING OPPORTUNITIES

Green, Blue, Senior 1 and Senior 2 Off-season Training

SEAY swimmers interested in training during the month of August are encouraged to sign-up for this training session. Training will take place on Tuesday, Thursday and Friday at Meadowbrook Country Club from 8:30-10:00 a.m. The cost is \$75 (there will be no prorating - submit payment on the first day of training – cash or check made payable to ‘SEAY’ and attend as many practices as you can). Practices will be held for the entire month of August beginning August 3rd and finishing up on August 31st. Call or email and reserve your spot today. *There is a minimum of 8 swimmers to sign-up for this clinic to run.* If practice needs to be canceled, a message will be left on the homepage of the SEAY website after 8:00 a.m. There will be no refunds or make-up days for practices canceled because of weather.

Attending: William Buhler

Lions and Dragons Off-season Training

SEAY swimmers interested in training during the month of August are encouraged to sign-up for this training session. Training will take place on Monday, Wednesday and Friday at Meadowbrook Country Club from 9:00-10:00 a.m. The cost is \$55 (there will be no prorating – submit payment on the first day of training – cash or check made payable to ‘SEAY’ and attend as many practices as you can). Practices will be held for the entire month of August beginning August 2nd and finishing up on August 30th. Call or email and reserve your spot today. *There is a minimum of 8 swimmers to signup for this clinic to run.* If practice needs to be canceled, a message will be left on the homepage of the SEAY website after 8:30 a.m. There will be no refunds or make-up days for practices canceled because of weather.

Attending: Hannah Molitor, Natalia Badillo

FAST Clinic

Swimmers may only sign up for one (1) 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. The cost is \$50.00 (cash or check made payable to ‘SEAY’ on the first night). 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). The FAST Clinic runs September 13-16. Session 1 is 5:30-6:30 p.m. and Session 2 is 6:30-7:30 p.m. Location TBA.