

## Serpent Times

weekly newsletter for  
South Eastern Aquatics  
Racine Family YMCA Swim Team  
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May 21, 2009

### Warm-up

Neil's Team Manager database crashed this week – this is the software he uses to enter our swimmers in the meets we attend. Please double check the meet entries currently listed on the website to ensure your swimmers are entered in the correct meets. ALL meet entries have been updated this morning and reflect what is currently in his database. If you see a mistake, please notify him asap. Thanks.

### **If you need a new team suit, please visit the homepage of the website for information and an order form.**

Remember, no practice this Monday. Have a safe Memorial Day weekend.

Ryan Hendricks has started coaching with Neil and the Senior 1 and 2 training groups. He brings many solid experiences to SEAY and will provide stability within the Senior 1 training group as the season progresses – welcome to the team Ryan.

**Please spend 5 minutes looking at the meets listed in this newsletter as they represent all competitive opportunities for the remainder of the season – sans some of the championship meets! Enter as many as you can.**

### Neil's banquet address

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted it on the apple tray, "Take only one. God is watching." Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note, "Take all you want. God is watching the apples."

Tonight, I want you to take all you want from this banquet and I'm pretty sure God is watching too. As Mark said earlier, we're here to celebrate our swimmers accomplishments. Their dedication to practice. Their commitment to the process of becoming a better swimmer ... They have logged miles upon miles in the pool, they have kept their grades up (hopefully), they have managed to have a social life even though we sometimes over-schedule them, they have managed to excel (in my opinion) in one of most demanding sports offered to youth today. We all know and understand that swimming is more than a sport. Swimming is a tool and vehicle for greater concepts of what we call LIFE. Think about it, time management, maintaining balance, keeping priorities straight, goal setting – both long and short term, how to handle set-backs, social skill development, how to work as a team, how to embrace the four core values of the YMCA – caring, honesty, respect, and responsibility. Swimming like many other sports, offers more than just an activity to keep our kids off the streets. And you know what? In the long term, it will offer many of our swimmers LIFE itself.

I had a pretty neat experience today. I was heading to my office at the Y, and as I drove down to the lower parking lot, I was second in line to swipe my parking card. I was in a bit of a hurry as I had a lot of ground to cover today, and wouldn't you know it, an elderly lady was getting out of her car to swipe her card. She looked to be in her late 70s to early 80s. I was actually amazed she was still driving. Well, after what seemed like 5 minutes, she finally drove ahead and slowly pulled into the handicapped parking space next to the doors. She was getting her gym bag out of her trunk (along with her walking cane) by the time I reached the doors to the YMCA. A little voice inside my head spoke up and said, "Will you just slow down! Wait and hold the doors for her." I turned to her and our eyes locked, "Oh, you don't have to hold the door for me, I'm too slow," she said. I argued the contraire and told her I would hold all three doors for her if she would run. As we walked through the second set of doors I ask, "Are you working out today?" She commented, "Yes, I'm going swimming." Well, my eyes lit up as you can imagine and I told her I was the swim coach here at Y. That's when she told me that swimming is what keeps her alive (alive in the literal sense). Imagine that. This might be a hard concept for our swimmers to wrap their arms around now, but fast forward 60 or 70 years and I bet many of our swimmers will still be logging those laps. Laps for LIFE, another great benefit of swim team.

Before we introduce our Pups, I want to take a moment to thank the board for all they do behind the scenes – the dry side of the sport. It's been a difficult year, but it was better than last year. These economic times carry a lot of stress and frustration. Our board cares deeply about the well being of this club and I am fortunate to work with so many committed parents.

I want to also thank ALL parents for their dedication to SEAY. We live busy lives, and it can be extremely difficult to fit in the time necessary to keep your swimmers practice attendance regular and to volunteer at the meets we host. Thank you. You are appreciated ... probably more than you know.

Finally, I would like to thank my coaching staff. I know at times I expect you to be mind readers. I also know that I have a small habit of making short notice requests and demands. Know now, and forever, I respect and value the time you give to me, SEAY and your swimmers. With a little luck, you will be able to look back on your experiences with SEAY the same way I do, grateful that you had an opportunity to mold a young swimmer's life, thankful that you have so many cool coaching shirts ☺, fortunate that you were given an opportunity to travel around Wisconsin and the states, and in your heart-of-hearts, knowing that you made a difference in someone's life.

### ***Upcoming Meets***

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*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) **BST Invite** will be held at WSAC in Brown Deer May 29-31
  - a. This meet is way over-reserved and depending on the total number of entries received, all teams may be required to trim their entries
  - b. Entry deadline has passed
- 2) **NSSC Open** will be held at NHS in Glendale June 6
  - a. Entry deadline is May 22
- 3) **TOPS Open** will be held in Oak Park, IL June 19-21
  - a. Hotel information
    - i. 12 non-smoking double rooms (\$89 per night plus 11% tax)
    - ii. 708-544-2700 – blocked under Southeastern Aquatics
  - b. Timers for this meet include:
    - i. Friday – Weslaski, Iverson
    - ii. Saturday AM – Schwartz, Bleser
    - iii. Saturday PM – Mike and Kim Wergins
    - iv. Sunday AM – Schwartz, Iverson
    - v. Sunday PM – Weslaski, Iverson
  - c. Entry deadline has passed
- 4) **Distance Dual w/BST** will be held in Kenosha June 19
  - a. Entry deadline is June 13
- 5) **FAST Pentathlon** will be at FAHS in Fort Atkinson June 20
  - a. Entry deadline is June 10
- 6) **Dual w/GYST** will be held at Park June 23
  - a. *All swimmers encouraged to compete*
  - b. Parent volunteers will be needed
  - c. Entry deadline is June 19
- 7) **Open Water State Championships** will be held in Kenosha June 27
  - a. Entry deadline is June 13
  - b. Swimmers are encouraged to attend this meet
  - c. Sign-up is the responsibility of the swimmers
  - d. Neil will coach this meet
- 8) **Dual w/OZ** will be held at HHS in Mequon July 9
  - a. Entry deadline is July 5
- 9) **SEAY State & Non-State Open** will be held at WSHS in Waukesha July 11-12
  - a. Entry deadline is June 24
- 10) **Speedo Champions Series** will be held at the U of Minnesota July 22-25 (Wednesday-Saturday)
  - a. Qualifying times for this meet
  - b. Entry deadline is July 18

### ***Meet Recap***

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***Sprint Dual*** – This meet was a lot of fun – thanks to all the parents (from both clubs) who stepped forward to help run the meet. Our swimmers posted 56% best times and Dana Iverson notched the 8<sup>th</sup> (1Br) and 3<sup>rd</sup> (2IM) fastest times for 15-16 Girls while Paige Weslaski cruised to the 7<sup>th</sup> (50Fr) fastest time for 17-18 Girls in team history. Some other highlights included Natalia Badillo (3/4 best times), Curtis Celeste swimming the 25Ba for the first time, Matthew Evans (first meet ever), Ria Hernandez (first meet ever), Kate Jacobsen (-4.34 in the 50Fr), Jason Lewis (swam the 50Br and 50Bf for the first time), Caitlin Mertins (all best times), Aja Molitor (-11.27 in the 2IM), Hannah Molitor (all best times), Emma Mortensen (-3.52 in the 1Br), Eilis Purath (-22.43 in the 2Fr), Shannon Rose (all best times), Sam Vissers (all best times), and Becca Wilbershede (2/3 best times). Stay focused and swim fast!

**WEST Open** – Our 12&U swimmers competed at this meet and posted 47% best times. Natalia Badillo dropped 8.80 in the 50Fr, Emily Bollendorf achieved a state cut in the 2IM, Sara Bollendorf dropped 1.44 in the 50Ba, Matthew Evans cut 4.73 in the 25Ba, Jason Lewis posted 4/7 best times, Marlee Reischl sliced 7.17 in the 1IM, Kallia Reske swam the 50Ba for the first time, and Stephanie Schwartz posted a best time in the 2Fr. Eat healthy ... nutrition is important!

**SSTY Open** – While our 12&U swimmers were swimming in Waukesha, some of our 13&O swimmers were in Brown Deer swimming most excellently. As a team, we posted 53% best times – here are some highlights – Alisa Danzer (swimming tired after working on a loooonnng English paper) swam the 4Fr and the 8Fr for the first time in meters, Dana Iverson cut 14.16 in the 8Fr, Iver Iverson cut 31.40 in the 4Fr, Evan Koch continues to impress in the second meter meet of his life, Sam Vissers is learning how to take the 1Fr out and dropped 1.87 in the 1Bf, Jacob Wergin had an easy day competing in three 50 races and the 1Fr (look out, this boy is going to be a true sprinter), James Weslaski had a nice day posting 6/7 best times, and Paige Weslaski has picked up right where she finished last summer with four of her times just tenths off her LTBs. 80% or better for practice attendance makes your swimming take off!

### ***Practice location for the next week***

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Thur., May 21	Combined @ Case
Fri., May 22	Combined @ Case
Sat., May 23	Gr/B1/S1/S2 @ YMCA
Mon., May 25	Case @ Case, Park @ Park
Tue., May 26	Case @ Case, Park @ Park
Wed., May 27	Case @ Case, Park @ Park

### ***Notes from the Meet Directors***

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Our next meet will be July 11-12. Online volunteer sign ups now available. Yet our **biggest** meet of the season is the 13 & Over State Championship, July 30 - August 2. We would like to try something new this year. We are looking for people interested in sharing ideas for fun stuff at this meet (no experience needed). As an example: decorations, fun giveaways, contests for teams and spectators ... just to name a few. To find more information on the **Party Planning Group** contact: Mark Purath ~ 909-8602 or Jennifer Pennings ~ 752-0387.

### ***SCRIP information***

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Our next deadline for SCRIP orders will be this Thursday, April 30th. Simply go to [www.shopwithscrip.com](http://www.shopwithscrip.com) to place your order. Orders will be available by May 7th, which is just on time for Mother's Day. Don't forget to order now for Graduation gifts, teacher gifts, and Father's Day, too! The deadline for our last order until Fall will be May 28th and will be available by June 4th. Thank you again for your support of SEAY through SCRIP. Please contact Deb Weyers at 554-1518 or [weyers@ameritech.net](mailto:weyers@ameritech.net) with questions.

### ***Fundraising Opportunity***

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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 (262.598.9899 or [polzin4@yahoo.com](mailto:polzin4@yahoo.com)).

Here are the time slots available:

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

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

### **Happy Birthday!**

James Weslaski (5/5)  
Hannah Kilmer (5/14)  
Rachel Zenisek (5/27)

Megan Mills (5/7)  
Dana Iverson (5/18)  
Cassis Halstead (5/28)

Katie Navin (5/13)  
Shannon Rose (5/20)

### **Get To Know Ria Hernandez**

Age: 6

Training group: Pups

Year started with SEAY: 2009

Role model: I'm not sure

Favorite stroke: Breast

Favorite event: Breast events and the IM

Favorite swimmer: I'm not sure

Favorite training set: Free time

Future goal: To be a doctor

Favorite book: Arial

Favorite movie: Mickey Mouse

When I grow up I want to: Be a doctor

Advice for younger swimmers: Listen to your coach

If I could change one thing in the world: Have it sunny every day



### **SEAY Schedule**

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May 22	Deadline to sign-up for NSSC Open
May 25	No practice
May 29-31	BST Invite
Jun. 1	Tryouts for interest new swimmers at Park, 5:30 p.m. – tell your friends!
Jun. 1	Returning Family Registration at Case, 6:00-7:30 p.m. – save the date!
Jun. 6	NSSC Open
Jun. 7	Spring Session ends
Jun. 8	Summer Session begins
Jun. 10	Deadline to sign-up for FAST Pentathlon
Jun. 13	Deadline to sign-up for BST Distance Dual
Jun. 13	Deadline to sign-up for Open Water State
Jun. 15	New Family Registration and Orientation, Case, 6:00 p.m.
Jun. 16	Outdoor practices begin – weather permitting
Jun. 16	LSC Meet in Waukesha, 7:15 p.m. – all welcome!
Jun. 19	TOPS Open
Jun. 19	Deadline to sign-up for GYST Dual
Jun. 19	Distance Dual with BST
Jun. 20	FAST Pentathlon
Jun. 23	Dual with GYST
Jun. 24	Deadline to sign-up for SEAY State & Non-state Open
Jul 5	Deadline to sign-up for OZ Dual
Jul. 9	Dual with OZ

Jul. 11-12	SEAY State & Non-State
Jul. 17-19	Silver State
Jul. 22-25	Speedo Sectional
Jul. 24-26	12 & Under State
Jul. 29	Last day of practice for the Spring/Summer Season
Jul. 30-Aug. 2	13 & Over State
Aug. 7-9	Zones
Sept. 21	SEAY's 25 <sup>th</sup> Anniversary Season begins!

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