

## Serpent Times

weekly newsletter for  
South Eastern Aquatics  
Racine Family YMCA Swim Team  
established September 1984  
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(262) 635-3843



June 12, 2009

### Practice change tonight

**Practice will be held at Park tonight instead of Case.**

### Warm-up

If you lost an iPod at the BST Invite a couple of weeks ago you might be in luck. Please contact Neil if you are missing an iPod and attend the BST meet.

**FAST Penthalon entries were due yesterday. Neil will accept entries until 9:00 p.m. tonight, June 12.**

Here's a reminder of the severe weather protocol. In the event of severe weather, please check your email, the homepage of the website or call 262.635.3843. If practice is canceled, an email will be sent, a posting will be on the homepage of the website and a message left on the office phone. If you do not receive an email, if there is no posting on the homepage of the website or if there is not a message on the office phone ... practice is still scheduled. In the event of severe weather, always use your best judgment when deciding to attend practice or not.

For those swimming TOPS next weekend, we will need another timer to step forward for Saturday and Sunday AM session. Please contact Neil if you can help.

**Swimmers deciding to join SEAY (who are currently trying out) will meet with Kathy Schwartz at Case this Monday, June 15 beginning at 6:00 p.m.**

The next board meeting will take place at Park, Wednesday, June 17 beginning at 6:00 p.m. – all welcome.

### What's new in the blue?

Added two additional 50-meter opportunities for our Green level swimmers and higher. OSHY will be hosting two meets in Brown Deer that are only Y-only meets. Take advantage!

Distance Dual w/BST will take place a week from this Friday. Don't forget to sign up! – this is a great opportunity to test out longer races in a relatively stress-free environment.

### 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) **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 – Bleser
    - iii. Saturday PM – Mike and Kim Wergins
    - iv. Sunday AM – Iverson
    - v. Sunday PM – Weslaski, Iverson
  - c. AM warm-ups moved to 7:30 a.m. for both Saturday and Sunday
    - i. Meet starts at 8:30 a.m.
  - d. Neil will work this meet
  - e. Entry deadline has passed
- 2) **Distance Dual w/BST** will be held in Kenosha June 19
  - a. Entry deadline is June 13
- 3) **FAST Pentathlon** will be at FAHS in Fort Atkinson June 20
  - a. Entry deadline is June 10
- 4) **Dual w/GYST** will be held at Park June 23

- a. All swimmers encouraged to compete
  - b. Parent volunteers will be needed
  - c. Warm-ups will begin at 4:30 p.m., meet will begin at 5:15 p.m.
  - d. Entry deadline is June 19
- 5) **OSHY Open** will be held at WSAC June 24
- a. This meet is for Green level swimmers and higher
  - b. This is a 50-meter meet
  - c. Warm-ups begin at 6:15 p.m.
    - i. Meet begins at 7:10 p.m.
  - d. Entry deadline is June 18
- 6) **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. USA # is the swimmers birthday (010101) followed by the first 3 letters of their first name, first letter of their middle initial and first 4 letters of their last name
    - i. Should look similar to this
      - 1. 010101DUKGRIGH
  - e. Neil will coach this meet
- 7) **Dual w/OZ** will be held at HHS in Mequon July 9
- a. Entry deadline is July 5
- 8) **SEAY State & Non-State Open** will be held at WSHS in Waukesha July 11-12
- a. Entry deadline is June 24
- 9) **OSHY Open** will be held at WSAC July 18
- a. This meet is for Green level swimmers and higher
  - b. This is a 50-meter meet
  - c. Warm-ups begin at 12:45 p.m.
    - i. Meet begins at 1:4:0 p.m.
  - d. Entry deadline is July 13
- 10) **Speedo Champions Series** will be held at the U of Minnesota July 22-25 (Wednesday-Saturday)
- a. Qualifying times for this meet
  - b. Neil will work this meet
  - c. Entry deadline is July 18

**Meet recap**

**NSSC** – Results have yet to be received.

**Practice location for the next week**

<u>Fri., Jun 12</u>	<u>Combined @ Park – this is a change</u>
Sat., Jun. 13	Gr/Bl/S1/S2 @ YMCA
Mon., Jun. 15	Case @ Case, Park @ Park
Tue., Jun. 16	Combined @ Case
Wed., Jun. 17	Case @ Case, Park @ Park
Thur., Jun 18	Case @ Case, Park @ Park

**Outdoor practices scheduled to begin June 16**

Doubles begin on Tuesday, June 16. In the event of severe weather, a note will be posted on the homepage of the website. The call to cancel practice will be made at 7:30 a.m. (i.e., if practice is canceled, a note will be posted on the homepage of the website at 7:30 a.m.). As a reminder, here's the morning practice schedule (if your group is not listed, your group does not practice):

Senior 2	Monday-Friday	8:00-10:00 a.m.
Senior 1	Mon/Wed/Fri	8:00-10:00 a.m.
Blue/Green	Tue/Thur	8:00-9:30 a.m.

**Notes from the meet directors**

Volunteer sign ups are currently online for the July 11-12 meet (Waukesha) and the July 30 - Aug 2 State Championship meet (Schroeder facility). Visit [www.sea-y.org](http://www.sea-y.org) Meet Information.

If you have questions about volunteering or signups, please contact: Mark Purath - 909-8602 Jennifer Pennings - 752-0387

### SCRIP information

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[www.shopwithscrip.com](http://www.shopwithscrip.com) 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!

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Max Mazurek (6/4)  
Will Mattison (6/12)  
Josh Bote (6/17)  
Cassie Walsh (6/21)  
Danielle Lozano (6/30)

Alisa Danzer (6/11)  
Sally Carmody (6/14)  
Keegan Stratton (6/20)  
Nina Kortendick (6/23)

Jack Gaitens (6/11)  
Melissa Groen (6/15)  
Erin Fischer (6/21)  
Jonah Pellegrom (6/29)

### Get to know Madelyn Pennings

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Age: 13

Training group: Senior 1

Year started with SEAY: 2002

Role model: I'm not sure

Favorite stroke: Free

Favorite event: 50 Free

Favorite swimmer: Natalie Coughlin

Favorite training set: I-94

Future goal: To graduate high school

Favorite book: Twilight series

Favorite movie: I'm not sure



*When I grow up I want to: Be a doctor*

*Best post workout meal: Salmon*

*Advice for younger swimmers: Go to practice*

*If I could change one thing in the world: I would never be grounded again*

### ***SEAY Schedule***

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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. 17	Board meeting @ Park, 6:00 p.m. – all welcome!
Jun. 18	Deadline to sign-up for OSHY Open (this meet is for Green level swimmers and higher)
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. 23	LSC Meet in Waukesha, 7:15 p.m. – all welcome!
Jun. 24	Deadline to sign-up for SEAY State & Non-state Open
Jun. 24	OSHY Opne
Jul. 4	No practice
Jul. 5	Deadline to sign-up for OZ Dual
Jul. 9	Dual with OZ
Jul. 11-12	SEAY State & Non-State
Jul. 13	Deadline to sign-up for OSHY Open (this meet is for Green level swimmers and higher)
Jul. 17-19	Silver State
Jul. 18	OSHY Open
Jul. 18	Deadline to sign-up for Speedo Champions Series
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 \****