

Serpent Times

weekly newsletter for
South Eastern Aquatics
Racine Family YMCA Swim Team
established September 1984
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June 17, 2009

Warm-up

If you just joined SEAY this week ... welcome to the team! I'm sure you have many questions and it's important to rely on Neil or Myra as your first contact when it comes to learning the day-in and day-out operations of a competitive swim team. Neil's email and phone number are always listed in the header of all newsletters. Myra's email address can be found on the website under the coaches link. Call or email ANYTIME!

All families are encouraged to sign-up to volunteer for our July State & Non-state meet and the 13 & Over State meet. As a competitive swim team, we run swim meets as a team wide fundraiser – the profit from swim meets is used to offset SEAY's operating costs and it also helps to keep swims fees low. Please don't forget to volunteer!

It's hard to believe but we only have about 26 days of practice left. It is very important for all swimmers to attend practice regularly. All of the upper level training groups are in the thick of their training (Green and up) and you have probably noticed your swimmers coming home at night pretty tired. Swimmers attending practice sporadically when training sessions are difficult, will struggle finding enjoyment and a sense of accomplishment during practices as they will more than likely just be trying to survive the practice. Senior level swimmers are reminded to attend 80% of all practices offered.

If you have not received a confirmation email from Beth Polzin in reference to volunteering at the Spirit of Racine Triathlon, please contact her at 262.598.9899 or polzin4@yahoo.com.

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. Concerning AM practices – the call to cancel practice (if needed) will be made at 7:30 a.m.

What's new in the blue?

RUSD has changed the pool schedule for the remainder of the summer. Beginning June 22, PM practices will be combined at Park. Beginning June 30, PM practices will be combined at Horlick. Please make a note of this change.

With such a light turnout for the Distance Dual w/BST this Friday, the meet has been canceled. We will dual them again on November 6.

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 beginning Friday
 - a. This is a positive check in meet
 - i. If you are running late, please call 262.994.3157 and notify Neil so he can make sure to check you in for your events
 - b. Psych sheet and lane assignments for timers will be posted on the homepage of our website
 - i. Driving directions too
 - c. Hotel information
 - i. 12 non-smoking double rooms (\$89 per night plus 11% tax)
 - ii. 708-544-2700 – blocked under Southeastern Aquatics
 - d. Timers for this meet include:
 - i. Friday – Weslaski, Iverson
 - ii. Saturday AM – Rich and Vicki Bleser
 - iii. Saturday PM – Mike and Kim Wergins
 - iv. Sunday AM – Bleser, Iverson
 - v. Sunday PM – Weslaski, Iverson
 - e. Friday warm-ups begin at 4:15 a.m., meet begins at 5:30 p.m.

- f. AM (9-10 and 11-12) warm-ups moved to **7:30 a.m.** for both Saturday and Sunday
 - i. Meet starts at 8:30 a.m.
- g. Watch the homepage of the website for PM (8&U, 13-14, Senior) warm-up times
- h. This is an outdoor pool
 - i. Be sure to bring warm-ups if it's cold out, sunscreen is not a bad idea either
 - ii. Folding chairs?
 - iii. Hats?
- i. Neil will work this meet
- 2) **Distance Dual w/BST** has been canceled – lack of entries
- 3) **FAST Pentathlon** will be at FAHS in Fort Atkinson Saturday
 - a. 8&U and 10&U warm-ups begin at 8:00 a.m.
 - b. 11-12, 13-14, Senior warm-up times will be posted on the homepage of the website when received by the host team
 - c. Ryan will work this meet
- 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
 - b. Neil will work this meet
- 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 1:40 p.m.
 - d. Entry deadline is July 13
 - e. Neil will work this meet
- 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 – Another solid showing as the team posted 46% best times. Ria Hernandez, Jason Lewis and Caitlin Mertins posted best times in all of their events. Scoring three best times included Matthew Evans; posting two best times were Emily Bollendorf and Marlee Reischl. Nice drops in time included Bailey Bleser (-1.03 in the 50Br), Anicka Purath (-8.16 in the 2IM), Eilis Purath (-2.04 in the 1Fr) and Kadin Purath (-1.78 in the 25Fr).

Practice location for the next week – PM practices (all AM practices take place at MCC)

Wed., Jun. 17	Case @ Case, Park @ Park
Thur., Jun. 18	Case @ Case, Park @ Park

Fri., Jun. 19	Combined @ Case
Sat., Jun. 20	No practice
Mon., Jun. 22	Combined @ Park
Tue., Jun. 23	No practice
Wed., Jun. 24	Combined @ Park

13 & over movie night – June 27th

All 13 & over swimmers are invited to attend movie night on June 27th. Although the movie time still needs to be decided, we will be watching Transformers: Revenge of the Fallen (PG-13) at the Marcus Cinema at the Renaissance in Sturtevant. After the movie, we'll walk over to Marble Slab Creamery (this is a change from the information found in the flyer) and partake in some tasty ice cream. Neil will be purchasing tickets in advance so please notify him if you are interested in attending prior to June 23rd. Parents will drop their swimmers off at the cinema and pick them up at Marble Slab Creamery at times to be announced later. Join the fun!

SEAY – doing our part to be green



We are currently finishing our second year of moving to a paperless swim team. It was a struggle at first, but once families realized all the information they needed is posted on the website and readily available for viewing or printing, everyone seemed to buy into the ease of it all – versus relying on the swimmers to bring mail home from the pool or having to stop in the balcony to retrieve mail. Remember, use the website! It's chalk full of important information and useful information too!

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 / Meet Information.

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

Fundraising opportunity

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).

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!

Max Mazurek (6/4)
 Will Mattison (6/12)
 Josh Bote (6/17)
 Erin Fischer (6/21)
 Jonah Pellegrom (6/29)

Alisa Danzer (6/11)
 Sally Carmody (6/14)
 Mason Oxley (6/20)
 Cassie Walsh (6/21)
 Danielle Lozano (6/30)

Jack Gaitens (6/11)
 Melissa Groen (6/15)
 Keegan Stratton (6/20)
 Nina Kortendick (6/23)

Get to know **Megan Mills**

Age: 11

Training group: Green

Year started with SEAY: 2007

Role model: My parents

Favorite stroke: Breast

Favorite event: 100 Breast

Favorite swimmer: Michael Phelps

Favorite training set: Drills

Future goal: Swim in high school

Favorite book: Marley and Me

Favorite movie: I'm not sure

When I grow up I want to: Be a pediatrician

Advice for younger swimmers: Learn your stroke mechanics

If I could change one thing in the world: World peace and everyone would go "green"



SEAY Schedule

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 – canceled
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 Open
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 th Anniversary Season begins!

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