

Serpent Times

weekly newsletter for
South Eastern Aquatics
Racine Family YMCA Swim Team
established September 1984
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June 24, 2009

Warm-up

There will be no PM practice this Friday (June 26). RUSD has shifted to a four day, ten hour work week and all schools are closed. Neil is working on pool time for Fridays for the remainder of the summer season. Please watch newsletters and the homepage for updates.

Since Friday PM practice is canceled (June 26), Lions/Serpents (9:15-10:00 a.m.) and Green/Blue (9:00-10:00 a.m.) will have practice at Meadowbrook Country Club.

TONIGHTS THE DEADLINE TO SIGN-UP TO SWIM IN OUR JULY STATE & NON-STATE OPEN.

If you are not receiving the newsletter or other important updates via email, please notify Neil at (s_e_a_y@yahoo.com).

You can now sign-up to volunteer for the two remaining meets on the schedule that SEAY is hosting. Please visit the Meet Information / Meet Worker Sign-up page to sign-up. The deadline to sign-up to volunteer at the 13 & Over WI State Championships is July 16th. 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 swim fees low. Please don't forget to volunteer!

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.

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) **OSHY Open** will be held at WSAC tonight
 - a. Warm-ups begin at 6:30 p.m.
 - i. Meet begins at 7:10 p.m.
 - b. Neil is working this meet
- 2) **Open Water State Championships** will be held in Kenosha June 27
 - a. Registration begins at 7:00 a.m.
 - b. Meet warm-ups begin at 7:30 a.m.
 - c. Meet begins at 8:00 a.m.
 - d. Neil will coach this meet
- 3) **Dual w/OZ** will be held at HHS in Mequon July 9
 - a. Entry deadline is July 5
 - b. Neil will work this meet
- 4) **SEAY State & Non-State Open** will be held at WSHS in Waukesha July 11-12
 - a. Entry deadline is June 24 – ***that's tonight!***
- 5) **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
- e. Neil will work this meet
- 6) **Silver State** will be held at WSHS July 17-19
 - a. Swimmers can compete in any event in which they do not have a state cut time
 - b. Entry deadline is July 4
- 7) **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

TOPS – This was a nice little meet close to downtown Chicago. Paige Weslaski broke her team record in the 17-18 girls 400 Free (4:48.52) and won the event. Ivar Iverson set a team record in the 11-12 boys 1500 Free. Bailey Bleser dropped 24.57 in the 200 Free. Dana Iverson dropped 72.56 in the 1500 Free. Evan Koch continues to challenge himself by competing in new events (400 Free, 200 IM, 200 Breast, 100 Breast). Jacob Wergin is inching closer and closer to the state cut for the 50 Free. James Weslaski shined throughout the meet posting six best times of nine events. Way to go swimmers!

FAST – A small contingent made to drive to Ft. Atkinson for the FAST Open. High point award winners included Sara Bollendorf (4th), Danielle Lozano (5th), Matthew Evans (2nd) and Emily Bollendorf (5th). Deejae Kober knocked 3.92 off her 100 Fly time. Nice job swimmers!

Dual w/GYST – coming next week. Thanks to all the SEAY parents who volunteer last night ... the pool deck was so hot and you did a great job. Your kids thank you too!

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

Wed., Jun. 24	Combined @ Park
Thur., Jun. 25	Combined @ Park
Fri., Jun. 26	<u>No PM practice – this is a change</u>
Sat., Jun. 27	No practice
Mon., Jun. 29	Combined @ Park
Tue., Jun. 30	Combined @ Horlick
Wed., Jul. 1	Combined @ Horlick

VOLUNTEER SIGN-UP NEWS!!!!!!

Just a friendly reminder that volunteer sign ups are available online.

** The families that swam **spring session** will need to volunteer 4 sessions at the Sr. State meet July 30 - Aug 2 (location Brown Deer).

** Those families swimming **both sessions or summer only** will need to volunteer 2 sessions at the July 11-12 meet at Waukesha South HS. and 4 sessions at the Sr. State meet July 30 - Aug 2 (location Brown Deer).

Important Notice !! There is a sign-up deadline for the Sr. State meet of Thursday, July 16 2009. After that time, other arrangements will be made to fill the remaining spots.

For assistance, contact ~ Jennifer Pennings djpennings@wi.rr.com or 262-752-0387 ~ Mark Purath mpurath@sbcglobal.net or 262-909-8602

13 & over movie night – June 27th

All 13 & over swimmers are invited to attend movie night on June 27th. We will meet in front of the cinema at 2:45 p.m. (the movie begins at 3:30 p.m. – we are getting there a bit earlier to secure the best seats!). We will be watching Transformers: Revenge of the Fallen (PG-13) at the Marcus Cinema at the Renaissance in Sturtevant – Ultra Screen! 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) Thursday after morning practice so please notify him if you are interested in attending by the end of morning practice tomorrow, June 25th. Price per ticket is \$8.50. Parents will drop their swimmers off at the cinema at 2:45 p.m. and pick them up at Marble Slab Creamery at 7:00 p.m. (or there about). Join the fun! To date, Becca Wilbershide, John Freidheim, James and Paige Weslaski, Rebekah Korzilius, Jarred Glaser, Ivar Iverson and Laura Barron are attending.

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!

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 Melissa Groen

Age: 16

Training group: Senior 1

Year started with SEAY: 2006

Role model: Jonathan Patzwald

Favorite stroke: Free

Favorite event: 500 Free

Favorite swimmer: Ryan Lochte

Favorite training set: Ladders

Future goal: To break 6:30 in the 500 Free

Favorite book: My Friend Flicka

Favorite movie: Forever Strong

When I grow up I want to: To be a veterinarian

Favorite post workout meal: Fruit snacks

Advice for younger swimmers: Don't give up

If I could change one thing in the world: Longer summers



SEAY Schedule

Jun. 24	Deadline to sign-up for SEAY State & Non-state Open
Jun. 24	OSHY Open
Jul. 4	No practice
Jul. 4	Deadline to sign-up for Silver State
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. 15	Board meeting, 6:00 p.m. @ Horlick – all welcome
Jul. 16	Deadline for volunteer sign-up for the 13 & Over WI State Championships
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
Aug. 19 Board meeting, 6:00 p.m. @ tba – all welcome

Sept. 16 Board meeting, 6:00 p.m. @ tba – all welcome
Sept. 21 SEAY's 25th Anniversary Season begins!

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