

Serpent Times

weekly newsletter for
South Eastern Aquatics
Racine Family YMCA Swim Team
established September 1984
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June 5, 2009

Warm-up

A handful of swimmers tried out last Monday and all of them passed the test to join the team – look for those swimmers next week as they test the waters here at SEAY.

There are a handful of meets remaining to sign-up for ... make sure you take advantage – don't wait!

Don't forget to secure your hotel for the TOPS meet. The reserved rooms will be release June 5 ... that's today.

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) **NSSC Open** will be held at NHS in Glendale Saturday
 - a. AM warm-ups for 8&U and Open begin at 7:30 a.m., meet begins at 8:35 a.m. and is scheduled to finish at 11:00 a.m.
 - b. PM warm-ups for 9, 10, 11, 12 swimmers begin at 11:00a.m., meet begins at Noon and is schedule to finish at 3:00 p.m.
 - c. **Remember, this meet will be held at Nicolet High School, NOT UW-Milwaukee**
 - d. The host team is looking for help for timing, in return you'll receive free admission
 - i. Speak with Karen Thien when you arrive if you are willing to help out
 - e. Myra will work this meet
- 2) **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
 - iii. **Rooms will be released June 5 - today**
 - 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. Neil will work this meet
 - d. Entry deadline has passed
- 3) **Distance Dual w/BST** will be held in Kenosha June 19
 - a. Entry deadline is June 13
- 4) **FAST Pentathlon** will be at FAHS in Fort Atkinson June 20
 - a. Entry deadline is June 10
- 5) **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
- 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) **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

BST Invite – We did really well as this meet posting 78% lifetime best times and only 3 DQs. Congratulations to Ivar Iverson on resetting the 11-12 boys 400 IM team record and to Paige Weslaski for breaking Heather Hall’s 17-18 girls 2004 400 Free team record of 4:51.82 with her swim of 4:50.98. Swimmers posting times in the top ten all time included Emily Bollendorf, Dana Iverson, Paige Weslaski and Ivar Iverson. Swimmers posting best times in all of their events included Laura Barron, Sara Bollendorf, Ivar Iverson, Deejae Kober, Evan Koch and Jacob Wergin. Unsung heroes included Bailey Bleser (-18.24 in the 50Bf), Caitlin Mertins (first 50-meter meet of her career), Sam Vissers (swam the 4Fr and 4IM for the first time, a difficult double to say the least) and James Weslaski (paced a nice 4Fr after a busy week at school). Attending meets is one component of development all swimmers need for continued improvement.

Practice location for the next week

Fri., Jun 5.	Combined @ Park
Sat., Jun. 6	No practice
Mon., Jun. 8	Case @ Case, Park @ Park
Tue., Jun. 9	Case @ Case, Park @ Park
Wed., Jun. 10	Case @ Case, Park @ Park
Thur., Jun 11	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

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

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 with questions.

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)
Cassie Walsh (6/21)
Danielle Lozano (6/30)

Alisa Danzer (6/11)
Kallia Reske (6/13)
Keegan Stratton (6/20)
Nina Kortendick (6/23)

Jack Gaitens (6/11)
Sally Carmody (6/14)
Erin Fischer (6/21)
Jonah Pellegrom (6/29)

Get to know Alisa Danzer

Age: 16 in 6 days

Training group: Senior 2

Year started with SEAY: 2005

Role model: Donald Driver

Favorite stroke: Free

Favorite event: Mile

Favorite swimmer: Michael Phelps

Favorite training set: Circle taper set

Future goal: Own a zebra

Favorite book: I hate books ... I don't read

Favorite movie: The Guardian

When I grow up I want to: I'm not sure

Best post workout meal: Mac and cheese from Noodles & Co.

Advice for younger swimmers: Stick with swimming because I regret not joining earlier

If I could change one thing in the world: Boys would always have to be nice to girls



SEAY Schedule

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. 17	Board meeting @ Park, 6:00 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. 23	LSC Meet in Waukesha, 7:15 p.m. – all welcome!
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. 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 **