

Serpent Times

weekly newsletter for
South Eastern Aquatics
Racine Family YMCA Swim Team
established September 1984
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July 1, 2009

Warm-up

We will be hosting our annual State & Non-state meet on July 11-12. Entries were due June 24th, but Neil will be taking entries through today (4:00 p.m. is the deadline). Also, for those swimmers close to state cuts, you should be taking advantage of the OZ Dual and Silver State. Read about all the remaining meets below!

Did you know there are only four weeks of swimming left? Make sure you're attending (or getting your swimmers to attend) as many practices are possible.

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

Friday PM practices canceled for remainder of season

Beginning this week, Friday PM practices are canceled for the remainder of the year. So there's no confusion, no Friday PM practices on July 3, 10, 17 and 24. In an effort to keep Friday a viable practice option for all groups, the following practice will be made available to Lions, Serpents, Green and Blue on Friday mornings:

Friday AM practice at Meadowbrook Country Club (July 3, 10, 17 and 24) –

Lions and Serpents – 9:15-10:00 a.m.

Green and Blue – 8:45-10:00 a.m.

What's new in the blue?

Paige Weslaski has been invited to attend this year's YMCA Altitude Camp at the Olympic Training Center in Colorado Spring, CO August 17-22. Only 24 swimmers (12 girls and 12 boys) are invited to attend the camp. Selections were taken from the swimmers best two finishes at YMCA Nationals last April. Paige is the 5th SEAY swimmers to attend this camp (Adam Lewno, Mitch Buenger, Andy Gelden and Erin Wagner). Congratulations Paige!

What's new in the blue two?

At the last coaches meeting, it was discussed that we are the Serpents and maybe we should think about changing the Serpents group name – since we are currently using Serpents twice (as a group name and our team name). Over the remainder of the season, swimmers can submit possible suggestions for an updated Serpents group name to any coach. Look for the list in future newsletters – voting will take place early next season for a new Serpents group name.

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) **Dual w/OZ** will be held at HHS in Mequon July 9
 - a. Entry deadline is July 5
 - b. Warm-ups 4:30 p.m.
 - i. Meet starts 5:30 p.m.
 - c. Look for a heat sheet on the home page of our website on Wednesday/Thursday
 - i. Heat sheets will not be available at the meet
 - d. Neil will work this meet
- 2) **SEAY State & Non-State Open** will be held at WSHS in Waukesha July 11-12

- a. Extended entry deadline is today at 4:00 p.m.
- 3) **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
- 4) **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
- 5) **12 & Under State** will be held at WSAC July 24-26
 - a. Qualifying times for this meet
 - b. Entry deadline is July 16
- 6) **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
- 7) **13 & Over State** will be held at WSAC July 30-August 2
 - a. Qualifying times for this meet
- 8) **Zone Championships** will be held in North Dakota August 6-9
 - a. Qualifying times for this meet

Meet recaps

Dual w/GYST – SEAY squeaked out a win against GYST last week 1,944 to 1,727. Posting top ten times all time in the history of SEAY were Maxanna Collen (25 Free and 100 IM), Paige Weslaski (100 Back and 100 Breast) and Emily Bollendorf (200 Back). Swimmers posting 50% best times or better included Emily Bollendorf, Maxanna Collen, Matthew Evans (all best times), Jarred Glaser (all best times), Taylor Herman (all best times), Kate Jacobsen (all best times), Katie Kauth (congratulations on your first meet!), Evan Koch, Caitlin Mertins, Aysia Payne (congratulations on your first meet!), Alice Pennings, Kallia Reske (all best times), Shannon Rose, Kate Smith (welcome to SEAY), Jacob Wergin, James Weslaski (all best times), Claire Weyers and Rachel Zenisek. Again, thanks to the parents for helping out during the meet!

OSHY Invite – This meet represented our first YMCA only LCM meet since YMCA Nationals in 2004. Thus, many team records were set and one was broken. James Weslaski achieved his first 13-14 WI LSC State cut (800 Free). After he finished, he was quoted as saying, “I sprinted the whole way.” Paige Weslaski set a team record in the 17-18 100 Free clocking a 1:03.78 (only .35 off her PR) breaking Kristi Reimer’s 1992 mark of 1:05.74. Bailey Bleser set two team records in the 50 Breast and 50 Back, Ivar Iverson set two team records in the 200 Fly and 400 IM, James Weslaski set two team records in the 400 and 800 Frees and Jacob Wergin posted the 2nd and 3rd fastest times for 15-16 in the 50 and 100 Free respectively.

Open Water State Championships – This was the first year the WI LSC offered an Open Water State Championship level meet and six of our swimmers (and a couple of our parents too) took advantage and enjoyed the day at Lake Andrea. James Weslaski finished 3rd in the 2.25 K race, Emily Bollendorf (1/2 Mile) and Paige Weslaski (2 Mile) both collected 5th place honors in their age-groups. Also representing SEAY were Madison Richards, Kristina Nora and Jacob Wergin. SEAY parents testing the waters included Mark Richards and Claire and Kevin Weslaski. This was a fun event and if you can make it next year ... take advantage. Pictures are posted!

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

Wed., July 1	Combined @ Horlick
Thur., July 2	Combined @ Horlick
Fri., July 3	No PM practice – this is a change
Sat., July 4	No practice – Happy Independence Day
Mon., July 6	Combined @ Horlick
Tue., July 7	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

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 Katie Kauth

Age: 10

Training group: Lions

Year started with SEAY: 2009

Role model: My Dad

Favorite stroke: Breaststroke

Favorite event: Not yet

Favorite swimmer: Not yet

Favorite training set: Flip-turns

Future goal: I'm not sure

Favorite book: Spiderwick

Favorite movie: Junglebook



When I grow up I want to: Be a famous swimmer

Favorite post workout meal: Anything

Advice for younger swimmers: Just keep trying

If I could change one thing in the world: No bad people

SEAY Schedule

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 to sign-up for 12 & Under State
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 **