

Serpent Times

weekly newsletter for

South Eastern Aquatics

Racine Family YMCA Swim Team

established September 1984

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July 1, 2010

Neil's Kickboard

Remember, there is NO AM or PM practice on Monday, July 5th. Please enjoy the day with your family and friends!

Also, no practice tonight. If you did not sign-up for the dual w/OZ and still want to attend, please be at Homestead High School at 4:00 p.m. – you will be deck seeded into the meet – speak w/Alyssa.

Swimmers – if you have not done so, please sign-up to swim the OSHY Open and the Silver State meet (no Friday practice during Silver State). These two meets represent the last meets of the season prior to the start of the championship meets. You'll really want to swim these meets if you are closing in on state cuts.

Don't forget to take advantage of the upcoming off-season training opportunities during the month of August – read more about it at the end of this newsletter. We need 3 more swimmers to sign-up for the Green-Senior 2 training and 4 more swimmers for the Lions-Dragons training. Nothing beats swimming outside ... sign-up!

Upcoming Meets & Events

Meet information, entries, meet fees, directions and results are on our website.

- 1) **Dual w/OZ** will be held in Mequon at Homestead High School on Thursday
 - a. Warm-ups begin at 4:00 p.m., meet begins at 5:15 p.m.
 - b. No PM practice offered July 1
 - c. Heat sheet can be found on our homepage and will not be available at the meet
 - i. If you would like to swim and did not make the heat sheet, please speak with Alyssa once you arrive at the pool in Mequon
 - d. Alyssa and Kim will work this event
- 2) **OSHY Open** will be held in Brown Deer on July 7
 - a. Entry deadline is July 1
 - b. This is a great opportunity to swim two LCM events (3 events if time allows)
 - i. Cost is \$12.50
- 3) **Silver State** will be held in Pleasant Prairie July 16-18
 - a. Entry deadline is July 4
 - b. All swimmers should attend this event
 - c. No practice offered July 16
- 4) **Speedo Champions Series** will be held in Minnesota July 21-24
 - a. Entry deadline is July 14
- 5) **12&U State Championships** will be held in Brown Deer July 23-25

- a. Entry deadline is July 16
- 6) **13&O State Championships** will be held in Pleasant Prairie July 29-August 1
 - a. Entry deadline to be determined

SCRIP fundraising program

SCRIP makes great gifts for Mother's Day, Graduation, Teachers, and Father's Day! Please plan for these occasions and your personal needs, place your orders, and benefit SEAY! Also watch for an August "Back to School" Order!

REMINDER-You must go to www.shopwithscrip.com and register for Presto Pay at least 2 days before placing your first order.

We do not accept checks or credit cards for Scrip payments. SEAY'S Enrollment Code: 173DF3A917711. Suggestions or Questions?? Deb Weyers at weyers@ameritech.net

Happy Birthday!

Max Mazurek (6/4)	Ali Verwey (6/4)	Alisa Danzer (6/11)
Jack Gaitens (6/11)	Will Mattison (6/12)	Cooper Siudak (6/12)
Brooke Bower (6/15)	Josh Bote (6/17)	James Moes (6/22)

Board members

- President – Pat Lewno @ 637.2913 or lewno@wi.rr.com
- Financial VP & Registration – Kathy Schwatz @ 554.7040 or ks@adtechmedical.com
- Secretary – Vickie Bleser @ 514.2554 or vickie.bleser@aurora
- Treasurer – Shona Barron @ 752.1175 or sbarron@wi.rr.com
- Meet Director – Jennifer Pennings @ 752.0387 or djpenning@wi.rr.com
- Meet Director – Mark Purath @ 553.9019 or mpurath@sbcglobal.net
- Fundraising – Beth Polzin @ 598.9899 or polzin@yahoo.com
- Fundraising – Heather Smith @ 939.5581 or heather.smith50@gmail.com
- Parent Liaison – Iver Iverson @ 308.2921 or iiverson@wi.rr.com
- Parent Liaison – Lydia Bollendorf @ 553.1949 or yanni37@yahoo.com
- Head Coach – Neil Wright @ 635.3843 or s_e_a_y@yahoo.com

SEAY Schedule

July 1	Dual w/OZ – no PM practice
July 1	Entry deadline for OSHY Open
July 4	Entry deadline for Silver State
July 5	No AM or PM practice
July 14	Entry deadline for Speedo Sectional
July 16-18	Silver State
July 21-24	Speedo Sectional
July 23-25	12&U WI State Championships
July 29-Aug.1	13&O WI State Championships
July 30	Final practice of the season
Aug. 2	Off-season training begins for Lions/Dragons
Aug. 3	Off-season training begins for Gr/Bl/S1/S2

Aug. 3-7	Senior Nationals
Aug. 6-9	14&U Zones
Aug. 9-13	Junior Nationals
Sept. 13	Tryouts at TBA, 5:30-6:30 p.m.
Sept. 13-14	Returning family registration at TBA, 6:00-7:30 p.m.
Sept. 13-16	FAST Clinic
Sept. 20	Fall & Winter Season begins
Sept. 30	Sprint Time Trials

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

OFF-SEASON TRAINING OPPORTUNITIES

Green, Blue, Senior 1 and Senior 2 Off-season Training

SEAY swimmers interested in training during the month of August are encouraged to sign-up for this training session. Training will take place on Tuesday, Thursday and Friday at Meadowbrook Country Club from 8:30-10:00 a.m. The cost is \$75 (there will be no prorating - submit payment on the first day of training – cash or check made payable to ‘SEAY’ and attend as many practices as you can). Practices will be held for the entire month of August beginning August 3rd and finishing up on August 31st. Call or email and reserve your spot today. *There is a minimum of 8 swimmers to sign-up for this clinic to run.* If practice needs to be canceled, a message will be left on the homepage of the SEAY website after 8:00 a.m. There will be no refunds or make-up days for practices canceled because of weather.

Attending: William Buhler, Hannah Molitor, Will Mattison, Megan Mills, Max Mazurek

Lions and Dragons Off-season Training

SEAY swimmers interested in training during the month of August are encouraged to sign-up for this training session. Training will take place on Monday, Wednesday and Friday at Meadowbrook Country Club from 9:00-10:00 a.m. The cost is \$55 (there will be no prorating – submit payment on the first day of training – cash or check made payable to ‘SEAY’ and attend as many practices as you can). Practices will be held for the entire month of August beginning August 2nd and finishing up on August 30th. Call or email and reserve your spot today. *There is a minimum of 8 swimmers to sign-up for this clinic to run.* If practice needs to be canceled, a message will be left on the homepage of the SEAY website after 8:30 a.m. There will be no refunds or make-up days for practices canceled because of weather.

Attending: Natalia Badillo, Matthew Evans, Jacob Trask, Ali Verway

FAST Clinic

Swimmers may only sign up for one (1) clinic, but if so chooses, can be placed on a waiting list for the second clinic. If the second clinic does not fill, then that swimmer will be granted a spot. The cost is \$50.00 (cash or check made payable to ‘SEAY’ on the first night).

The clinics are open to swimmers who can swim 500 yards without stopping and are set-up and designed to help our swimmers improve their starts, turns, breakouts and finishes (the small things that make for great swims during competitions). The FAST Clinic runs September 13-16. Session 1 is 5:30-6:30 p.m. and Session 2 is 6:30-7:30 p.m. Location TBA.

Attending 5:30 p.m.: Kallia Reske, Aysia Payne

Attending 6:30 p.m.: Emelia Selky