

Serpent Times

weekly newsletter for
South Eastern Aquatics
Racine Family YMCA Swim Team
established September 1984
s_e_a_y@yahoo.com
(262) 635-3843



July 20, 2009

Warm-up

State Meet Donation Request: We would like to request donations of Coke products and any snack items you could bring to practice this week between 5:30-6:30 p.m. Snack items could include: pretzels, granola bars, chex mix, cookies, puppy chow, cheezits, trail mix, brownies, rice crispy treats and the like. Beverage Coke products (**cans** only, except water) include: Dasani water, Diet Coke, Coke, Sprite, Minute Maid (any flavors), Vitamin Water, Barq's Root Beer. Thanks!

The last practice of the season will take place Wednesday next week (July 29th).

As we begin to wind down the spring and summer installment of the SEAY season, swimmers should seriously think about attending some of the clinics offered in August and September. These clinics offer an opportunity to continue to improve and will help any and all SEAY swimmers in the upcoming fall and winter season ... read all about them towards the end of this newsletter. Take advantage!

Neil will be in Minnesota for the summer version of the Speedo Champions meet (July 21-26). He will be checking email and voice mail a couple of times while in Minnesota. Please be patient if you don't hear back from him promptly.

Friday PM practices canceled for remainder of season

Friday PM practices are canceled for the remainder of the year. So there's no confusion, no Friday PM practices on July 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 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?

The 2009-2010 Fall & Winter Meet Schedule is posted on the website.

What's semi-new in the blue?

Here's a list of meets we will be hosting for the upcoming Fall & Winter Season:

Oct. 1	Sprint Time Trials in Racine
Oct. 11	SEAY Pentathlon in Waukesha
Nov. 1	SEAY Open in Waukesha
Nov. 13	Dual w/BST in Racine – new
Jan. 16-17	SEAY Oddball Challenge in Waukesha
Jan. 22	Distance Time Trials in Racine
Feb. 7	SEAY Open in Waukesha
Feb. 12	Dual w/OZ in Racine

Also, next season's tentative travel meet will take place on January 8-10 in Crown Point, IN. Save the dates!

Serpents?

At a recent 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. Voting will take place early next season for a new Serpents group name – here's the list to date: Monkeys, Cows, Horses, Stars, Starfish, Seals, Dragons, Sharks, Manta rays, and Rays. Do you have any more suggestions?

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) **Speedo Champions Series** will be held at the U of Minnesota July 22-25 (Wednesday-Saturday)
 - a. Good luck to Pagie Weslaski and Dana Iverson as they race some of the best swimmers from around the Midwest in Minnesota this week
 - b. Neil will work this meet
- 2) **12 & Under State** will be held at WSAC beginning Friday and running to Sunday
 - a. Good luck to Emily Bollendorf, Alec Smith and Ivar Iverson
 - b. Warm-up times and additional information will be posted on the homepage of the website as it becomes available
 - c. Myra will work this meet
- 3) **13 & Over State** will be held at WSAC July 30-August 2
 - a. Qualifying times for this meet
 - b. Entry deadline is today
 - c. We are hosting this meet and all parents are needed to help run it ... please call Jennifer Pennings if you have not signed up yet – 262.752.0387
- 4) **Zone Championships** will be held in North Dakota August 6-9
 - a. Qualifying times for this meet

Meet recap

Silver State – was a pretty solid showing for the team this season. Swimmers combined to post 63% best times and only 1 DQ. Laura Barron went 5 of 7 for best times and posted the 10th fastest 500 Free in team history for 13-14 Girls. Bailey Bleser went 5 of 7 too and dropped 7.30 seconds in the 200 Free. Emily Bollendorf picked up three additional state cuts (50 Free, 100 Back and 100 IM). Sara Bollendorf swam the 100 Breast and 100 Back for the first time. Maxanna Collen continues to impress as an up-and-coming 8-year-old. Matthew Evans was 4 of 6 for best times and notched the 10th fastest 100 Back time in team history for 8 & Under Boys. Jarred Glaser saved the best for last when he swam time trials and achieved the 100 Free state cut by .02 seconds (56.07 – 56.09). Taylor Herman dropped another 8.29 in the 500 Free and just missed qualifying for state in the 100 Breast. Hannah Kilmer seized up a bit (breathing) on the 200 Back, but committed to the underwater dolphin kicks in the 100 Fly and looked strong. Evan Koch went 5 of 7 and dropped 7.32 seconds in the 200 IM. Rebekah Korzilius was 5 of 5 and dropped 36.49 seconds in the 400 IM. Sam Vissers was 4 of 6 and continues to learn more about competitive swimming every meet he attends. Jacob Wergin was 1 of 2 and dropped 1.06 seconds in the 100 Fly. James Weslaski was 2 of 4 and looked strong in the 100 Fly. Great swimming everyone!

OSHY Invite #2 – As a YMCA only meet, many team records were either set or broken. As a team we finished 10 of 17 (59% best times) and no DQs. Taylor Herman broke Stacey Klepel’s 1991 13-14 100 Breast team record of 1:31.47 with her effort of 1:28.30. Also setting team records were Bailey Bleser, John Freidheim, Katie Kauth and Paige Weslaski. Nice job swimmers!

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

Mon., July 20	Combined @ Horlick
Tue., July 21	Combined @ Horlick
Wed., July 22	Combined @ Horlick
Thur., July 23	Combined @ Horlick
Fri., July 24	<u>No PM practice – this is a change</u>
Sat., July 25	Combined @ Horlick

VOLUNTEER SIGN-UP NEWS!!!!

State Meet Donation Request: We would like to request donations of Coke products and any snack items you could bring to practice this week between 5:30-6:30 pm practice times. Snack items could include: pretzels, granola bars, chex mix, cookies, puppy chow, cheezits, trail mix. Beverage Coke products (**cans** only, except water) include: Dasani water, Diet Coke, Coke, Sprite, Minute Maid (any flavors), Vitamin Water, Barq's Root Beer

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 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 djennings@wi.rr.com or 262-752-0387 ~ Mark Purath mpurath@sbcglobal.net or 262-909-8602

Happy Birthday!

Emma Nix (7/1)

Emilie Smiley (7/2)

Stephanie Schwartz (7/5)

Kallia Reske (7/13)
Abby Polzin (7/16)
Natalia Badillo (7/23)

Melissa Hardy (7/14)
Collin Flynn (7/17)
Ivar Iverson (7/31)

Haille Bocek (7/15)
Kadin Purath (7/18)

Get to know Kelsey and Katelyn Vaughn

Age: 16

Training group: Senior 1

Year started with SEAY: 2006

Role model: Kelsey – Emily Antonneau, Katelyn – My Mom

Favorite stroke: Kelsey – Back, Katelyn - Free

Favorite event: Kelsey – 100 Back, Katelyn – 100 Free

Favorite swimmer: Kelsey & Katelyn – Michael Phelps

Favorite training set: Kelsey & Katelyn - Sprints

Future goal: Kelsey – 1:00 in the 100 Back, Katelyn – go to nationals or state

Favorite book: Kelsey & Katelyn - Twilight

Favorite movie: Kelsey – Pirates of the Caribe, Katelyn - Batman

When I grow up I want to: Kelsey & Katelyn – Not sure yet

Favorite post workout meal: Kelsey & Katelyn - noodles

Advice for younger swimmers: Kelsey – go to practice as much as you can, Katelyn – try your hardest

If I could change one thing in the world: Kelsey – world peace, Katelyn – no wars



OFF-SEASON TRAINING OPPORTUNITIES

262.635.3843

s_e_a_y@yahoo.com

High School Girls Conditioning Clinic

Get a jump start on your high school swim season or continue on with your summer training with this conditioning clinic – the clinic is open to high school girls and will be held at Meadowbrook Country Club August 3-7, 8:30-10:00 a.m. The cost is \$40 for SEAY members (you swam with SEAY this past spring/summer season or swam the 2008-2009 fall/winter season) and \$50 for non-members – will need to fill out and submit a waiver (cash or check made payable to ‘SEAY’ on the first day). Bring your friends and enjoy swimming outside – call or email to reserve your spot. Neil and Myra are running this clinic. 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.

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 \$65 (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 4th and finishing up on August 28th. Call or email and reserve your spot today. Ryan is running this clinic. There is a minimum of 10 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.

Lions and Serpents 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 \$45 (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 28th. Call or email and reserve your spot today. Kim is running this clinic. 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.

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 \$40.00 members (must have been a member of the team 2009 Spring/Summer or 2008-2009 Fall/Winter) and \$50.00 non-members - must fill out waiver on the first night (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). Neil and Myra are running this clinic. The FAST Clinic runs September 14-17. Session 1 is 5:30-6:30 p.m. and Session 2 is 6:30-7:30 p.m. Location TBA.

SEAY Schedule

Jul. 20	Deadline to sign-up for 13 & Over State
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. 3-7	High School Girls Conditioning Clinic
Aug. 3	Lions and Serpents off-season training begins
Aug. 4	Green, Blue, Senior 1 and Senior 2 off-season training begins
Aug. 7-9	Zones
Aug. 26	Board meeting, 6:00 p.m. @ Racine Family YMCA – all welcome
Sept. 14-17	FAST Clinic
Sept. 14-15	Returning registration
Sept. 16	Board meeting, 6:00 p.m. @ tba – all welcome
Sept. 21	SEAY’s 25 th Anniversary Season begins!
Sept. 21	Free week for new swimmers who tried out for the team
Sept. 28	New family registration and orientation

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