

Serpent Times

weekly newsletter for

South Eastern Aquatics

Racine Family YMCA Swim Team

established September 1984

s_e_a_y@yahoo.com

www.sea-y.org

(262) 635-3843



July 28, 2010

Neil's Kickboard

Boy or boy did our kids excel at 12&U State or what? We finished 13th in D1 with 119 points. Here are some of the great highlights: Ivar Iverson capped his 12&U swimming years by breaking five team records (2Br, 50Bf, 2Bf, 2IM and 4IM) and notched the 2nd (1Ba) and 3rd (1Bf) fastest times in team history for 11-12 Boys. Emily Bollendorf posted Top Ten times in the history of our team for all events she competed in (3rd fastest in the 50Br, 1Br, 2Br and 1Bf and 4th fastest in the 50Bf). Two of our 10&U kids posted Top Ten times too – Bailey Bleser (3rd in the 4Fr, 7th in the 50Br and 9th in the 2IM) and Emelia Selky (9th in the 1Br). Congratulations to Maxanna Collen on the 3+ seconds she dropped in each of her two events (50Fr and 1Br) and to Alice Pennings on going 3 of 4 for best times and really stepping up her effort on the lead-off of the 2Fr Relay. A little tip of the swim cap to Kayla Rose on her first experience at the state meet too! Finally, thanks to all the parents for your great support of your swimmers.

Meanwhile, up in Minnesota Paige Weslaski and Dana Iverson raced the college kids in what is becoming the Big Ten reunion meet of the summer – Speedo Sectionals. Combined, Paige and Dana raced to all season best times but one and are gearing up for some fully rested fast swimming this week at 13&O State. Dana set a new 17-18 Girls team record in the 1Ba going 1:07.66 (just .9 off her LTB). Good job girls!

This week we head to the Aqua Arena for 13&O State. Please spend some time and carefully read the information posted under *Upcoming Meets & Events*. Also, I have posted a link to the meet event website on our homepage. For those who are anxious to see the Psych Sheet or follow results on-line – it's all there waiting for you. Good luck swimmers!

It's always a little bittersweet as we approach the end of another swim season. Our swimmers have made great strides in their development this past season and who wants to stop now? Not me! I'm so proud of everyone's commitment to the process of getting better. Please continue to mentally focus on the process ... daily. Never worry about the outcome (here are some examples of outcomes – "I want to move to Blue." "I want to break 1:05 in the 1Fr." "I want to be faster than so-and-so." "I want to get a state cut.") Focusing on these outcomes does not provide any real focus for learning and success in the sport of swimming. Process, process, process.

Watch the websites for updates on the Fall & Winter season. Returning registration will take place September 13-14 from 6:00-7:30 PM – location TBA. New swimmer try-outs will take place September 13 from 5:30-6:30 PM – location TBA – have your friends and family stop by anytime (if you are/were on the team, you DO NOT need to tryout again).

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. *Both off-season training opportunities will run – up to 20+ kids!* Nothing beats swimming outside ... sign-up today and take advantage!

Enjoy the remainder of the summer and SEA-You in September! GO SEAY!

Upcoming Meets & Events

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

- 1) **13&O State Championships** will be held in Pleasant Prairie Thursday-Sunday
 - a. Assigned warm-ups for all Prelim sessions
 - i. Please be timely
 - b. Thursday (200 Medley Relay, 1Fr, 2Br, 2Bf, 8Fr) warm-ups 8-8:30 AM (lane 7)
 - i. Arrive by 8:15 AM – meet begins at 9:00 AM
 - c. Friday (2Fr, 4IM, 1Ba, 400 Free Relay) warm-ups 7:30-8 AM (lane 10)
 - i. Arrive by 7:15 AM – meet begins at 9:00 AM
 - ii. Senior Girls 400 Free Relay will swim at night
 - d. Saturday (2Ba, 4Fr, 1Br, 1Bf, 800 Free Relay) warm-ups 8-8:30 AM (lane 8)
 - i. Arrive by 8:15 AM – meet begins at 9:00 AM
 - ii. Paige will swim the 400 Free at night
 - iii. Senior Girls 800 Free Relay will swim at night
 - e. Sunday (200 Free Relay, 2IM, 50Fr, 400 Medley Relay, Mile) warm-ups 7:30-8 AM (lane 2)
 - i. Arrive by 7:15 AM – meet begins at 9:00 AM
 - f. Swimmers competing in Finals will check with Neil prior to leaving Prelims to discuss what time to return for Finals
 - i. Finals sessions begin at 5:30 PM
 - ii. All events Prelim/Final in nature = top 16 kids swim at night
 - iii. All events Timed Final in nature = top 10 or 20 kids swim in night (depends on the event)
 - g. GOOD LUCK!
- 2) **Open Water State Championships** will be held in Pleasant Prairie Monday
 - a. Registration is from 7:30-9 AM
 - i. There will be tents set up that swimmers entered in the meet to report to for registration – you do not need a coach for this process
 - ii. Neil will work this event and will arrive at 8 AM
 - b. Meet begins at 9 AM

SCRIP fundraising program

"Back to School" opportunities!! Orders placed by **Monday, August 9th at 8 AM** will be available upon arrival and delivery arrangements will be made individually. Please e-mail your current e-mail address to Deb Weyers when placing this order.

Orders placed by **Wednesday, September 8th at 8 AM** will be available for pick-up at SEAY Registration on September 13th and 14th. Profits from these orders will apply to your 2009-2010 Fall/Winter Fund Raising requirement.

SCRIP make great gifts and are easy for families to use for personal use while fundraising!! Please plan for occasions and your personal needs. Place your orders and benefit SEAY!

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!

Arael Gomez (7/1)	Emma Nix (7/1)	Reiner Sokolies (7/4)
Stephanie Schwartz (7/5)	Sara LaMothe (7/6)	Kallia Reske (7/13)
Haille Bocek (7/15)	Abby Polzin (7/16)	Collin Flynn (7/17)
Libby Gabbey (7/18)	Kadin Purath (7/18)	Natalia Badillo (7/23)
Sebastian Woyach (7/26)	Sarah Cruz (7/28)	Ivar Iverson (7/31)
Austin Lentz (7/31)		

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 djpennings@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 29-Aug. 1	13&O WI State Championships
July 30	Final practice of the season
Aug. 2	Open Water State meet
Aug. 2	Off-season training begins for Lions/Dragons
Aug. 3	Off-season training begins for Gr/BI/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, Caitlin Mertins, Evan Koch, Jarred Glaser, Paige Weslaski, James Weslaski, Kyle Zawacki, Jake Wergin, Mallory Mazurek, Sam Vissers, Emily Bollendorf, Collin Flynn, Lindsey Flynn

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, Ben Gabbey, Erin Cain, Sara Bollendorf

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, Kyle Zawacki

Attending 6:30 p.m.: Emelia Selky, Kayla Rose