

## 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 29, 2009

### Warm-up

It's hard to believe the summer season is just about over and on top of it we really have not had a summer. This weekend we will be hosting 13 & Over State in Brown Deer. This meet has to be a team effort. Each and every one of you are an important cog in the process of running a quality meet over the next four days. Please ensure you are on time (be early if you can and, if you're available, check with Jennifer Pennings prior to leaving to see if she needs any further assistance). Thanks in advance for your cooperation, keep things in perspective and support of one of Racine's gems ... the SEAY swim team!

**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 today (July 29<sup>th</sup>).

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! Read more about them in the "What's new in the blue?" section below.

On behalf of the entire coaching staff – it's been a pleasure! SEA YOU IN THE FALL ... if not sooner!

### What's new in the blue?

There will be three conditioning clinics offered next month (read all about them at the end of this newsletter). Currently, there are 8 girls attending the high school girls conditioning clinic, 6 swimmers interested in the Green-Senior 2 off-season training clinic and 3 swimmers interested in the Lions-Serpents off-season training clinic. We still need a few more swimmers to step forward prior to running the off-season training clinics (need 10 to run the Green-Senior 2 and 8 to run the Lions-Serpents). Please check the homepage of the website Monday morning (by 7:30 a.m.) to see if the off-season training clinics will be offered or not. Sign-up and continue developing your skills!

### 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? Email them to s\_e\_a\_y@yahoo.com.

### 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) **13 & Over State** will be held at WSAC beginning Thursday and finishing Sunday
  - a. We have assigned warm-ups for Friday, Saturday and Sunday
    - i. **Do not be late**
  - b. Thursday events
    - i. 800 Free – arrive at 3:00 p.m.
    - ii. 800 Free Relay swimmers arrive at 6:15 p.m.
  - c. Friday events
    - i. 200 Free, 100 Breast, 100 Fly, 400 IM – arrive at 7:20 a.m.
    - ii. 200 Medley Relay and 200 Free Relay swimmers arrive at 12:45 p.m.
  - d. Saturday events

- i. 50 Free, 200 Breast, 100 Back, 400 Free – arrive at 7:20 a.m.
    - ii. 400 Medley Relay swimmers arrive at 12:45 p.m.
  - e. Sunday events
    - i. 200 Fly, 200 Back, 100 Free, 200 IM – arrive at 7:50 a.m.
    - ii. 400 Free Relay swimmers arrive at 12:45 p.m.
    - iii. 1500 Free swimmers arrive at 2:00 p.m.
  - f. Swimmers racing in finals
    - i. Check with Neil
  - g. You've all done the work – now it's time to race with determination and confidence!
  - h. 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
- 2) **Zone Championships** will be held in North Dakota August 6-9
  - a. Qualifying times for this meet
  - b. Sign-up at the 13 & Over State meet

**Meet recap**

**Speedos** – What a great meet! Dana Iverson posted all best times and broke two 15-16 Girls team records (100 Back and 200 Back) and Paige Weslaski went 5 of 8 for best times and broke two 17-18 Girls team records (200 Free and 400 Free). Both girls posted numerous top 10 times in the history of the club.

**12 & Under State** – This meet was great as well! Overall, Emily Bollendorf, Alec Smith and Ivar Iverson combined for 14 out of 18 best times. Ivar broke his team record in the 200 Breast and Emily achieved her first Zone cut (100 Breast). All three swimmers posted top 10 times in the history of the club. They combined for 27<sup>th</sup> place out of 42 teams (not bad for only 3 swimmers). Way to go! We are very proud of you.

**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 [djpennings@wi.rr.com](mailto:djpennings@wi.rr.com) or 262-752-0387 ~ Mark Purath [mpurath@sbcglobal.net](mailto: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)	Melissa Hardy (7/14)	Haille Bocek (7/15)
Abby Polzin (7/16)	Collin Flynn (7/17)	Kadin Purath (7/18)
Natalia Badillo (7/23)	Ivar Iverson (7/31)	
Marcella Mazurek (8/2)	Spencer Kruse (8/5)	Tony LoCurto (8/10)
John Freidheim (8/13)	Tommy Benish (8/14)	William Buhler (8/21)
Sam Bahr (8/25)	Maxanna Collen (8/28)	Bobbi Celeste (8/29)
Deejae Kober (8/29)		

**"IF YOU'RE GOING TO BE A CHAMPION, YOU MUST BE WILLING TO PAY A GREATER PRICE THAN YOUR OPPONENT." - BUD WILKINSON**

## *Get to know Kristina Nora*

---

*Age: 14*

*Training group: Green*

*Year started with SEAY: 2009*

*Role model: Not really*

*Favorite stroke: Breast*

*Favorite event: 100 and 200 Breast*

*Favorite swimmer: Michael Phelps*

*Favorite training set: Ladders*

*Future goal: Swim in high school*

*Favorite book: I don't really have one*

*Favorite movie: Twilight*

*When I grow up I want to: Be a social worker*

*Favorite post workout meal: Spaghetti*

*Advice for younger swimmers: Don't get hurt*

*If I could change one thing in the world: No war in the Middle East*



## OFF-SEASON TRAINING OPPORTUNITIES

262.635.3843

[s\\_e\\_a\\_y@yahoo.com](mailto: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 4<sup>th</sup> and finishing up on August 28<sup>th</sup>. 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 3<sup>rd</sup> and finishing up on August 28<sup>th</sup>. 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. 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 <sup>th</sup> 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 \**