

Serpent Times

weekly newsletter for
South Eastern Aquatics
Racine Family YMCA Swim Team
established September 1984
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July 8, 2009

News flash

HELP...HELP... Our meet this weekend has a lot of open spots. If you are able to help us out please contact Jennifer Pennings 752-0387 **ASAP!!**

The following spots are open:

Session 1 = 7 timers, 1 comp runner, 1 kitchen, 1 lifeguard, 1 Announcer

Session 2 = 1 comp. runner, 4 stagers, 1 lifeguard, 4 stagers

Session 3 = 1 Announcer, 5 timers, 1 lifeguard

Session 4 = 1 Announcer, 6 timers, 1 kitchen, 4 stagers

Timers & Life guards are the most important. We can't run the meet without them!!

Warm-up

We will be hosting our second meet of the season this weekend in Waukesha. Please read more about the timeline under "Upcoming Meets" and double check the time volunteers are required to arrive on the website under "Meet Worker Sign-up." Please be on time for the meet and GO SEAY!

Swimmers interested in getting one more crack in a 50-meter pool should sign-up for the OSHY Invite (July 18th). Remember, this is the same weekend as Silver State.

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

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

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
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.

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. Warm-ups 4:30 p.m.
 - i. Meet starts 5:30 p.m.
 - b. Heat sheet is posted on our homepage
 - i. Heat sheets will not be available at the meet
 - c. Neil will work this meet
- 2) **SEAY State & Non-State Open** will be held at WSHS in Waukesha July 11-12
 - a. Saturday AM (10&U, 11-12) warm-ups begin at 7:30 a.m.
 - i. Meet begins at 8:35 a.m.
 - ii. Meet is scheduled to finish at 11:15 a.m.
 - b. Saturday PM (8&U, 13-14, Senior) warm-ups begin at 11:15 a.m.
 - i. Meet begins at 12:20 p.m.
 - ii. Meet is scheduled to finish at 4:15 p.m.
 - c. Sunday AM (10&U, 11-12) warm-ups begin at 7:30 a.m.
 - i. Meet begins at 8:35 a.m.
 - ii. Meet is scheduled to finish at 10:45 a.m.
 - d. Sunday PM (8&U, 13-14, Senior) warm-ups begin at 10:45 a.m.
 - i. Meet begins at 11:50 a.m.
 - ii. Meet is scheduled to finish at 3:15 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 has passed
- 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

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

Wed., July 8	Combined @ Horlick
Thur., July 9	Combined @ Horlick
Fri., July 10	<u>No PM practice – this is a change</u>
Sat., July 11	No practice
Mon., July 13	Combined @ Horlick
Tue., July 14	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!

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)	

Get to know Tom Smith

Age: 14

Training group: Blue

Year started with SEAY: 2009

Role model: I'm not sure

Favorite stroke: Butterfly

Favorite event: 400 IM

Favorite swimmer: Michael Phelps

Favorite training set: 100 Free sprint

Future goal: Haven't really thought about it yet

Favorite book: Archives of Anthropos

Favorite movie: Bedtime Stories



When I grow up I want to: Be a robotics engineer

Favorite post workout meal: Spaghetti

Advice for younger swimmers: Keep trying and you can do anything you want

If I could change one thing in the world: There would be world peace

SEAY Schedule

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 **