

## Serpent Times

weekly newsletter for  
South Eastern Aquatics  
Racine Family YMCA Swim Team  
established September 1984  
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August 5, 2009

### Warm-up

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Great job last weekend swimmers and meet volunteers!

### What's new in the blue?

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Watch the website for updates concerning fall registration (location and times).

### Serpents?

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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

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*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) **Sprint Time Trials** will be held in Racine, October 1
  - a. Deadline to sign-up is September 29

### Meet recap

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**13 & Over State** – Our swimmers did very well at this meet finishing 11<sup>th</sup> overall in Division 1 with 190 points. Laura Barron posted best times in all of her events and dropped 5.23 in the 100 Free, Jacob Chartrand notched 100% best times and dropped 5.08 in the 200 Breast, Alisa Danzer achieved 100% best times and dropped 14.06 in the 400 Free, John Freidheim dropped 20.09 in the 200 Back on his way to 100% best times, Jarred Glaser also posted 100% best times and dropped 8.95 in the 100 Free, Dana Iverson was 3 of 6 for best times and dropped 2.15 in the 200 Back, James Weslaski went 2 of 3 for best times and dropped 24.42 in the 1500 Free, and Paige Weslaski posted 3 of 6 best times and dropped 1.26 in the 200 Free. Our relay swimmers stepped up and did great things too – Mikayla Stackman was quick on the 50 Back for the 13-14 Girls 200 Medley, Madelyn Pennings had great splits anchoring both sprint relays for the 13-14 Girls, Spencer Kruse anchored all the free relays for 13-14 Boys in grand fashion and Tom Smith held his own in the breaststroke length of the 200 and 400 Medley Relays for 13-14 Boys. As a team, we posted 79% best times and no DQ's (and it was close on the some of the relay pick-ups). A handful of new team records were established over the 4-day meet ... Dana Iverson broke her 15-16 Girls 100 and 200 Back records with efforts of 1:06.72 and 2:25.92 (1:07.15 and 2:28.07 previously), Paige Weslaski broke her own 17-18 Girls 200 Free record with her 800 Free Relay lead off of 2:12.83 (2:14.09 previously), and the quartet of Paige Weslaski, Dana Iverson, Alisa Iverson and Laura Barron combined to break the Senior Girls 800 Free Relay and 400 Medley Relay records (9:09.68 and 4:46.99 respectively – 9:21.30 and 4:52.13 previously). These swimmers cracked the top ten all time for SEAY – Alisa Danzer, Dana Iverson, Paige Weslaski, James Weslaski, John Freidheim, and Jacob Chartrand. A couple of 13-14-year-old swimmers swam "B" events at state and achieve the state qualifying times in the process – Jarred Glaser (200 Free and 50 Free) and James Weslaski (400 Free and 1500 Free). Finally, Dana Iverson achieved her first Junior National qualifying time (100 Back, 1:06.72). Congratulations swimmers!

### SCRIP returns!!

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There will be opportunities for SEAY families to order SCRIP in August and September. Profits from these orders will apply to your 2009-2010 Fall/Winter Fund Raising requirement.

Please place your orders at [www.shopwithscrip.com](http://www.shopwithscrip.com). This is a great time for "Back to School" shopping.

Orders placed by **Friday, August 14th** 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 **Friday, September 4th** will be available for pick-up at registration on **September 14th and 15th**.

Watch for our SCRIP delivery schedule for the 2009-2010 season, which will be available at registration.

Any questions?? Please contact Deb Weyers at weyers@ameritech.net or 554-1518. Thanks for supporting SEAY through your SCRIP order!

\*\*\*Just a reminder that new participants must first register at [www.shopwithscrip.com](http://www.shopwithscrip.com) and sign up for Presto Pay. Our SEAY ShopWithScrip enrollment code is 173DF3A917711. More registration information is available on the fundraising page of our website.

### ***Happy Birthday!***

Marcella Mazurek (8/2)  
John Freidheim (8/13)  
Sam Bahr (8/25)  
Deejae Kober (8/29)

Spencer Kruse (8/5)  
Tommy Benish (8/14)  
Maxanna Collen (8/28)

Tony LoCurto (8/10)  
William Buhler (8/21)  
Bobbi Celeste (8/29)

## OFF-SEASON TRAINING OPPORTUNITIES

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### *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***

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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 \**