

# Serpent Times

weekly newsletter for

## South Eastern Aquatics

Racine Family YMCA Swim Team

established September 1984

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April 22, 2010

### *Neil's Kickboard*

Welcome back swimmers, parents and coaches! Although we are starting the season off with some pool difficulty (what's new, right?) it seems every one is in high spirits and ready to get on with "it." Exciting times indeed!

Recently, Myra informed me she will be stepping away from the Assistant Head Coach position here at SEAY. In her words, "Know that this is not a decision I came to easily as I truly enjoy coaching and appreciated the many experiences SEAY has provided. However with the many changes in my personal life over the last year I feel it is time for me to explore some other options." Myra's last formal day with the club will be this Sunday. Myra has developed a great pool of talent over the past years and her hard work and dedication is just now starting to blossom (reflective in the number of swimmers who achieved State times this past season from the Case pool). She will be missed and hard to replace. She prefers not to make a big deal about her change in roles with the team since this is not a complete departure from the team and she does plan on subbing from time-to-time and helping out until our next coach is available to work regularly.

On that note, I'm pleased to announce that Alyssa Bauer is returning to the club. Alyssa worked many years with the team prior to taking some time off to finish her Education degree at UW-Milwaukee. Alyssa is finishing classes in mid-May but will be coaching three nights a week beginning next week. She will be the lead coach for Lions and Blues and pretty much has coached every group here at SEAY from Pups to Senior 1s at one time or another. Welcome back Alyssa!

Also, Tracy took a new job on the north side of Chicago and is no longer available to coach the Senior 1 group. She was great with the kids and will be missed, but will be subbing from time-to-time too. In her place, please welcome SEAY veteran Luke Reischl. Luke will be coaching the Senior 1 team on Monday and Wednesday while Ryan continues to cover Tuesday, Thursday and Friday. Luke represented SEAY for many years and was a YMCA National qualifier. He recently graduated from UW-LaCrosse and it's great that he has the time to spend with our developing senior swimmers. Welcome back Luke!

It's always so busy this time of year and it will be important to keep an eye on this communication tool as many deadlines for meet registrations and the like have already passed (I will continue to take entries for our May meet, the Indy travel meet and SSTY's meet through tonight). The Indy travel meet may be cancelled for lack of interest (I'll keep those who expressed interest posted).

A nice smattering of swimmers tried out for the team last week and all of them demonstrated the skills necessary to swim for the club – registration for swimmers new to the club will begin at 6:00 p.m., Monday, April 26 at Park.

Speaking of Park, we will return to Park beginning Monday, April 26 (practice will be as posted on the practice calendar – Park all next week).

Don't forget; there will be no practice Tuesday, April 27<sup>th</sup>. We will be running Sprint Time Trials at Park.

Good news ... we'll be partaking in the tri-dual pentathlon with two other teams hosting meets at the new RecPlex pool this summer. This meet will take place on June 11 and since there is no charge for the meet, practice will not be offered this night ... ALL swimmers should attend this event and have the distinction of being in attendance at the first ever meet in this great new facility!

Otherwise, if you have a question or concern please call or email me anytime (see contact information in the blue outlined box on page one of this newsletter). Something to ponder, "When you are not practicing, remember, someone somewhere is practicing, and when you meet him he will win." – Ed McCauley. **SEA-You in the pool!**

### Upcoming Meets & Events

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

- 1) **Sprint Time Trials** will be held at Park on Tuesday
  - a. ALL swimmers encouraged to compete in this great team event
  - b. Warm-ups begin at 5:30 p.m., meet begins at 6:05 p.m. and usually ends by 7:15 p.m.
  - c. Entry deadline is April 23
  - d. A heat sheet will be posted on the homepage of the website on Monday or Tuesday
    - i. Please print one off prior to leaving for the meet (if you need it)
  - e. No practice offered this evening
- 2) **2<sup>nd</sup> Annual SEAY Early Bird Open** will be held in Brown Deer May 1-2
  - a. Entry deadline was April 19 – extended to tonight!
  - b. This is a SEAY hosted event, don't forget to sign-up to volunteer
- 3) **SSTY Distance/Sprint Open** will be held in Brown Deer May 15-16
  - a. Entry deadline was April 19 – extended to tonight!
- 4) **Checkered Flag Classic** will be held in Indianapolis May 7-9
  - a. Entry deadline was April 19 – extended to tonight!
- 5) **WEST 12&U Open** will be held in Waukesha May 15-16
  - a. Entry deadline is April 26
- 6) **Dual w/BST will** be held in Kenosha May 21
  - a. Entry deadline is May 17
  - b. There is no practice May 21
- 7) **EBSC 8&U Open** will be held in Brookfield June 4
  - a. Entry deadline is May 21
- 8) **BST Open** will be held in Brown Deer June 4-6
  - a. Entry deadline is May 17
- 9) **Tri-dual w/BST and LFSC** will be held in Pleasant Prairie June 11
  - a. Entry deadline is June 4

- i. No practice offered June 11
  - 1. ALL swimmers encouraged to attend this meet!
- 10) **OCON Prelim/Final** will be held in Brown Deer June 19
  - a. Entry deadline is June 1

### ***Volunteer & meet director notes***

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Welcome to the Spring Session! We would like to remind everyone that the May 1-2 meet (Brown Deer) is just around the corner. Online sign-ups are available for volunteering. There is 1 session required for this meet. If you are new or have any questions about volunteering for this meet please let us know soon. If you are unable to volunteer your session you must find someone to take your place or pay the \$50 fee. Thank you for being part of the SEAY family! Meet Directors: Mark Purath - [mpurath@sbcglobal.net](mailto:mpurath@sbcglobal.net) and Jennifer Pennings - [djpennings@wi.rr.com](mailto:djpennings@wi.rr.com)

### ***13&O training trip information – we are going***

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I've been working on the preliminary cost for this trip and at this point (depending on the number of swimmers attending) the range is \$450-\$550 (this includes transportation by van, condo and pool rent). Swimmers will need additional funds for food and spending money. Because this trip is "on the beach" I doubt we'll do a lot of eating out or excursions. Instead, we'll train twice a day and hang out on the beach the remaining hours of day – guess what I'm getting at is the kids should not need a lot of spending money. We will spend some time in Seaside and this little community has a lot of cool shops similar to Door County. In order to firm up numbers, the deadline to sign-up for this trip will be April 25<sup>th</sup>.

Tentatively the trip is planned for June 13-20 (dates may change depending on snow days). Traveling by bus to Seagrove Beach, FL. (between Panama City and Destin in the panhandle). Staying in condos across the street from the Gulf of Mexico (or something similar). Training in an outdoor 50-meter pool. Possibility of a dual meet. More information will be made available in the next couple of months. Planning on attending? Let Neil know. To date, John Freidheim, Jake Gustavason, Jarred Glaser, Paige and James Weslaski, Dana Iverson, Maggie and Alisa Danzer, Becca and Hanna Wilbershide, Jacob Wergin, Evan Koch, and Sam Vissers (and maybe Jodi Vanderford) are attending and Mr. Weslaski has signed on to chaperone (Mrs. Koch and Mrs. Wergin have also volunteered as chaperones if needed). Depending on the number of swimmers attending, 1-3 chaperones may be needed.

### ***SCRIP fundraising program***

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There will be two additional opportunities for SEAY families to order SCRIP during the Spring/Summer season.

1. Order deadline: Monday, May 3rd at 8 AM ----- Delivery: Thursday, May 6th 6-6:30 PM Case Pool Balcony
2. Order Deadline: Monday, May 24th at 8 AM ----- Delivery: Thursday, May 27th 6-6:30 PM case Pool Balcony

SCRIP makes great gifts for Mother's Day, Graduation, Teachers, and Father's Day! Please plan for these occasions and your personal needs, place your orders, and benefit SEAY! Also watch for an August "Back to School" Order!

REMINDER-You must go to [www.shopwithscrip.com](http://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](mailto:weyers@ameritech.net)

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

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Cole Lazzeroni 4/2	Ben Gabbey 4/7	Evan Koch 4/7
Katelyn Vaughn 4/9	Kelsey Vaughn 4/9	Jordan Kovacic 4/10
Cayla Julius 4/11	Bailey Bleser 4/12	Alec Smith 4/13
Graham Kilmer 4/14	Mackenzie Reischl 4/15	Ria Hernandez 4/17
Genessa Evans 4/18	Tessa Pham 4/20	Madison Richards 4/20
Jeanette Stensnes 4/22	Jarred Glaser 4/23	Kate Jacobson 4/23
Emily Bollendorf 4/24	Alaina Kruse 4/25	Kayleigh Pook 4/29

### ***Board members***

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President – Pat Lewno @ 637.2913 or [lewno@wi.rr.com](mailto:lewno@wi.rr.com)  
Financial VP & Registration – Kathy Schwatz @ 554.7040 or [ks@adtechmedical.com](mailto:ks@adtechmedical.com)  
Secretary – Vickie Bleser @ 514.2554 or [vickie.bleser@aurora](mailto:vickie.bleser@aurora)  
Treasurer – Shona Barron @ 752.1175 or [sbarron@wi.rr.com](mailto:sbarron@wi.rr.com)  
Meet Director – Jennifer Pennings @ 752.0387 or [djpennings@wi.rr.com](mailto:djpennings@wi.rr.com)  
Meet Director – Mark Purath @ 553.9019 or [mpurath@sbcglobal.net](mailto:mpurath@sbcglobal.net)  
Fundraising – Beth Polzin @ 598.9899 or [polzin@yahoo.com](mailto:polzin@yahoo.com)  
Fundraising – Heather Smith @ 939.5581 or [heather.smith50@gmail.com](mailto:heather.smith50@gmail.com)  
Parent Liaison – Iver Iverson @ 308.2921 or [iiverson@wi.rr.com](mailto:iiverson@wi.rr.com)  
Parent Liaison – Lydia Bollendorf @ 553.1949 or [yanni37@yahoo.com](mailto:yanni37@yahoo.com)  
Head Coach – Neil Wright @ 635.3843 or [s\\_e\\_a\\_y@yahoo.com](mailto:s_e_a_y@yahoo.com)

### ***SEAY Schedule***

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Apr. 22	Entry deadline for our 2 <sup>nd</sup> Annual Early Bird Open
Apr. 22	Entry deadline for SSTY Distance/Sprint Open
Apr. 22	Entry deadline for Checkered Flag Invite (travel meet to Indy)
Apr. 23	Entry deadline for Sprint Time Trials
Apr. 24	WI LSC Swimposium
Apr. 25	Breakout Swim Clinic at Carthage College w/Josh Davis and Mark Gangloff
Apr. 26	Entry deadline for WEST Open (12&U only)
Apr. 27	Sprint Time Trials, no practice
May 1-2	2 <sup>nd</sup> Annual SEAY Early Bird Special
May 7-9	Checkered Flag Classic in Indy
May 13	Annual Team Banquet, no practice
May 15-16	SSTY Distance/Sprint Open
May 15-16	WEST Open – 12&U only
May 17	Entry deadline for the dual w/BST
May 17	Entry deadline for BST Open
May 21	Dual w/BST, no practice

May 21	Entry deadline for EBSC 8&U Open
May 31	No practice
June 1	Entry deadline for OCON Prelim/Final Open
June 4	EBSC 8&U Open
June 4-6	BST Open
June 7	Tryouts at Case, 5:30-6:30 p.m.
June 8	Board meeting at Case, 6:00 p.m. – all welcome
June 9	PM practices move to Carthage College
June 11	Tri-dual w/BST & LFSC
June 11	Entry deadline for SEAY Open
June 13	Spring session ends
June 13-20	Training Trip
June 14	Summer session begins
June 14	MCC practices begin – weather permitting
June 14	New family registration at TBA, 6:00 p.m.
June 18	Entry deadline for dual w/GYST
June 19	OCON Prelim/Final Open
June 22	Dual w/GYST
June 25	Entry deadline for dual w/OZ
June 25-26	SEAY Open
July 1	Dual w/OZ
July 16-18	Silver State
July 21-24	Speedo Sectional
July 23-25	12&U WI State Championships
July 29-Aug.1	13&O WI State Championships
July 30	Final practice of the season
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 3<sup>rd</sup> and finishing up on August 31<sup>st</sup>. 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.

### 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 2<sup>nd</sup> and finishing up on August 30<sup>th</sup>. 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.

### 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.