



**Serpent Times**  
weekly newsletter for  
South Eastern Aquatics  
Racine Family YMCA Swim Team  
established September 1984



Dec. 10, 2008

### Warm-up

Don't forget ... we are **combined at Horlick tomorrow** – enter the building using the doors next to the tennis courts off of Rapids Dr. Enter the field house and the pool door will be on your right.

We had our **first canceled practice of the season yesterday**. Remember, if RUSD cancels school or after school activities, practice is canceled. Emails were sent out, a message left on the office phone and an announcement posted on the homepage of the website.

**The BST IMX Extreme Challenge has been canceled**. In its place, we will be attending the J-HAWK Winter Thaw, which will be held at UW-Whitewater the same weekend. Entries are due Dec. 24. We attended this meet last year ... a well run meet and this year it's swim your own age – take advantage!

**Personalized caps have arrived** and they look sharp! Neil will have them available for pick-up at Park tonight – you must submit payment before receiving your caps - \$14 per cap (cash or check made payable to SEAY). Beginning Thursday, Myra will have the caps for Pups-Blue and Neil will have the caps for Senior 1 and 2.

**The Christmas Break Practice Schedule has been set and is at the end of the newsletter**. Swimmers should plan on attending ALL practices – with school out and lots of time for recovery between workouts – it's time to get down to the business of training and learning – take advantage ... especially if you are on the cusp of achieving state/zone/national cuts.

A kind individual anonymously made a monetary donation for the purchase of two pizza ovens – to be used during the meets we host – thank you.

We will have practice at the YMCA this Saturday for Gr/Bl/S1/S2, 8:00 a.m. – 9:30 a.m.

There are many important meet entry deadlines around the corner. Clear your calendars for the SEAY Oddball Challenge (Jan. 17-18) and if you have the cuts, plan on attending the FOXJET Open the weekend of Jan. 9.

SEAY's email address is [s\\_e\\_a\\_y@yahoo.com](mailto:s_e_a_y@yahoo.com) and the office phone number is (262) 635-3843.

### Upcoming Meets

If you are interested in competing in meets, please contact Neil. All swimmers currently on the team are ready for meets. Driving directions and meet information for all SEAY attended meets can be found on the website.

- 1) **WAT Open** will be held at Fort Atkinson High School this Sunday
  - a. Warm-ups for 9, 10, 11, 12 will begin at 7:00 a.m., meet begins at 8:05 a.m.
  - b. Warm-ups for 7&u, 8, 12, 14 and Senior will be posted on the website soon
  - c. Neil will work this meet
- 2) **J-HAWK Winter Thaw** will be held at UW-Whitewater on Saturday-Sunday, Jan. 3-4
  - a. Swim your own age
  - b. Entry deadline is Dec. 24
- 3) **FOXJET Open** will be held at the University of Minnesota on Jan. 9-11
  - a. There are qualifying times for this meet
  - b. This is one of the Midwest's best venues in terms of pools
  - c. If you have the cuts, attend this meet
  - d. Entry deadline is Dec. 29
- 4) **SEAY Oddball Challenge** will be held at Waukesha South High School on Jan. 17-18
  - a. **ALL swimmers should attend this meet**
  - b. Entry deadline is Jan. 5

### Meet Recap

**SWAT** – Solid efforts at the meet last weekend. Tessa Pham notched a state cut in the 25Bf! Closing in on state cuts include Bailey Bleser (-.56 in the 25Bf) and Emily Bollendorf (-.94 in the 50Br). Ivar Iverson is .81 away from a Zone cut in the 50Bf. Katarina Liddell achieved all best times! Making the hottest list (3 best times) were Sara Bollendorf, Emily Gaitens, Madelyn Pennings and Tessa Pham. The hot list (2 best times) included Laura Barron (getting ready to break 1:00 in the 100 Free), Emily Bollendorf, Jarred Glaser, Ivar Iverson and Jason Lewis. Swimmers placing in the high point award competition included Alice Pennings 5<sup>th</sup>, Tessa Pham 7<sup>th</sup>, Bailey Bleser 3<sup>rd</sup>, Emily Bollendorf 5<sup>th</sup>, Haille Bocek 11<sup>th</sup>, Jack Gaitens 10<sup>th</sup>, Ivar Iverson 1<sup>st</sup>, Laura Barron 9<sup>th</sup> and James Weslaski 11<sup>th</sup>. Overall best time percentage was 48%. Nice job!

**What to improve upon?** – Two things: 1) Do not hold your breath during the 100 Free – it's okay to breathe every other stroke ... the whole way – except the last 5-yards, 2) Intensity on the take outs ... get out fast and controlled on the front half of your races ... don't hold back – ATTACK! ... it is a race after all.

### ***Practice location for the upcoming week***

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Thursday, Dec. 11	Combined @ Horlick
Friday, Dec. 12	Combined @ Case
Saturday, Dec. 13	Gr/B1/S1/S2 @ YMCA
Monday, Dec. 15	Normal practice (Case @ Case, Park @ Park)
Tuesday, Dec. 16	Combined @ Park
Wednesday, Dec. 17	Normal practice (Case @ Case, Park @ Park)

### ***Donations will be accepted***

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We will be training at UW-Parkside over the Christmas break. Families and swimmers willing to help SEAY offset the pool rent for UWP can donate cash or check made payable to SEAY to either Myra or Neil – thank you in advance for any donations you submit.

### ***Officials Training***

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Parents are beginning to creep out of the woodwork and volunteer their time and energy in becoming USA officials. Thanks a lot! To date, the Kruse parents, Kris Siudak and the Coe parents are willing to become certified. Over the next month or so, a date will be selected in which a current WI LSC USA Official will come to Racine and train all interested parents – if you are willing become an official, please speak with Neil.

### ***Seroogy fundraiser continues***

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The Seroogy candy bars are a great addition to Holiday gifts. To purchase a box and contribute to your fundraising obligation, contact Jennifer Pennings at (262) 752-0387 or via email at [djpennings@wi.rr.com](mailto:djpennings@wi.rr.com). One box purchase of 48 bars (\$74.35) = \$36 toward fundraising.

### ***Severe Weather – it's coming***

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So there's some snow on the ground and you're wondering whether or not SEAY practice will be held? Well, while listening to local radio and television stations you hear or see RUSD has canceled school or after school activities, that means SEAY practice is canceled too. If you're not sure, call the office at (262) 635-3843, check the homepage of the website or check your email (remember, you'll only receive an email if you supplied one during registration – email Coach Neil if you are not currently receiving email updates from [s\\_e\\_a\\_y@yahoo.com](mailto:s_e_a_y@yahoo.com)).

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

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Kati Carmody (12/14)  
Solomyn Collen (12/25)  
Sinclair Richards (12/30)

Kayla Bote (12/23)  
Emma Campion (12/27)

Sara Bollendorf (12/24)  
Breona Rydholm (12/29)

### ***Get To Know Sawyer Kaye***

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Age: 10

Training group: *Green*

Year started with SEAY: 2004

Role model: *My parents*

Favorite stroke: *Free*

Favorite event: *SEAY How Far I Swim*

Favorite swimmer: *Michael Phelps*

Favorite training set: *Sprinting*

Future goal: *Get stronger, better, faster*

Favorite book: *Harry Potter – Deathly Hallows*

Favorite movie: *Lord of the Rings*



When I grow up I want to: *attend the Navel Academy*

If I could change one thing in the world: *No nuclear weapons*

### ***SEAY Schedule***

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December 10	Mini Meet Three
December 11	Combined @ Horlick
<del>December 13-14</del>	<del>SEAY Open @ Carthage College – canceled</del>
December 13	Practice at YMCA for Gr/BI/S1/S2
December 14	WAT Open @ Fort Atkinson High School
December 17	Board meeting at Park, 6:00 p.m. – all welcome
December 24	Deadline to sign-up for J-HAWK Winter Thaw
December 24-25	No Practice, Merry Christmas
December 31-January 1	No Practice, Happy New Year
<del>January 3-4</del>	<del>BST Open @ Carthage College – canceled</del>
January 3-4	J-HAWK Winter Thaw @ UW-Whitewater
January 5	Deadline to up for SEAY Oddball Challenge
January 9-11	FOXJET Open @ University of Minnesota
January 15	Combined @ Horlick
January 16	Deadline to sign-up for GYST Dual
January 17-18	SEAY Oddball Challenge @ Waukesha South High School
January 20	WI LSC Meeting @ UW-Waukesha, 7:15 p.m. – all welcome
January 21	Deadline to sign-up for Distance Time Trials
January 23	No practice, Distance Time Trials @ Park
January 25	GYST Dual @ Lake Geneva YMCA
January 26	Deadline to sign-up for SEAY Open
January 26	Deadline to sign-up for SSTY A+ Open
January 27	No practice, SEAY How Far I Swim @ Case

*\* Caring \* Honesty \* Respect \* Responsibility \**

*\* Build \* Promote \* Achieve \**

### **Christmas Break Practice Schedule**

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<b>Dec. 22 @ Park</b>	Pups Lions Serpents Senior 1 Senior 2 Green Blue	Noon – 12:45 p.m. Noon – 12:45 p.m. Noon – 1:00 p.m. Noon – 2:00 p.m. Noon – 2:30 p.m. 12:45 p.m. – 2:00 p.m. 12:45 p.m. – 2:30 p.m.
<b>Dec. 23 @ Park</b>	Pups Lions Serpents Senior 1 Senior 2 Green Blue	Noon – 12:45 p.m. Noon – 12:45 p.m. Noon – 1:00 p.m. Noon – 2:00 p.m. Noon – 2:30 p.m. 12:45 p.m. – 2:00 p.m. 12:45 p.m. – 2:30 p.m.
<b>Dec. 24 @ Park</b>	Senior 2 Senior 1 Blue Green	7:00 a.m. – 9:00 a.m. 7:00 a.m. – 9:00 a.m. 7:30 a.m. – 9:00 a.m. 7:30 a.m. – 9:00 a.m.
<b>Dec. 25</b>		No practice, Merry Christmas
<b>Dec. 26 @ UW-Parkside</b>	Pups Lions Serpents Senior 1 Senior 2 Green Blue	Noon – 12:45 p.m. Noon – 12:45 p.m. Noon – 1:00 p.m. Noon – 2:00 p.m. Noon – 2:30 p.m. 12:45 p.m. – 2:00 p.m. 12:45 p.m. – 2:30 p.m.
<b>Dec. 27 @ YMCA</b>	Green Blue Senior 1 Senior 2	8:00 a.m. – 9:30 a.m. 8:00 a.m. – 9:30 a.m. 8:00 a.m. – 9:30 a.m. 8:00 a.m. – 9:30 a.m.
<b>Dec. 28</b>		No practice, Sunday
<b>Dec. 29 @ Park</b>	Pups Lions Serpents Senior 1 Senior 2 Green Blue	Noon – 12:45 p.m. Noon – 12:45 p.m. Noon – 1:00 p.m. Noon – 2:00 p.m. Noon – 2:30 p.m. 12:45 p.m. – 2:00 p.m. 12:45 p.m. – 2:30 p.m.
<b>Dec. 30 @ Park</b>	Pups Lions Serpents Senior 1 Senior 2 Green Blue	Noon – 12:45 p.m. Noon – 12:45 p.m. Noon – 1:00 p.m. Noon – 2:00 p.m. Noon – 2:30 p.m. 12:45 p.m. – 2:00 p.m. 12:45 p.m. – 2:30 p.m.
<b>Dec. 31 @ Park</b>	Senior 1 Senior 2 Blue Green Serpents Lions Pups	7:00 a.m. – 9:00 a.m. 7:00 a.m. – 9:00 a.m. 7:00 a.m. – 8:15 a.m. 7:00 a.m. – 8:15 a.m. 8:15 a.m. – 9:00 a.m. 8:15 a.m. – 9:00 a.m. 8:15 a.m. – 9:00 a.m.
<b>Jan. 1</b>		No practice, Happy New Year
<b>Jan. 2 @ UW-Parkside</b>	Pups Lions Serpents Senior 1 Senior 2 Green Blue	Noon – 12:45 p.m. Noon – 12:45 p.m. Noon – 1:00 p.m. Noon – 2:00 p.m. Noon – 2:30 p.m. 12:45 p.m. – 2:00 p.m. 12:45 p.m. – 2:30 p.m.
<b>Jan. 3</b>		No practice, J-HAWK Winter Thaw
<b>Jan. 4</b>		No practice, J-HAWK Winter Thaw