



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



October 8, 2008

Coaches Corner

What a fun time Sprint Time Trials were! We had 46 swimmers participate and it was great watching the events begin with the 8 & Under swimmers and progress to the Senior events – one could see the progressions the younger swimmers will be making as they grow up swimming with SEAY (i.e., those jump in starts and one handed breaststroke touches will develop into a tight, streamlined starts with fast breaststroke turns). On an even deeper level, the young swimmers who seem fearful and quiet today will grow into teammates who cheer for their friends and support the younger SEAY swimmers. Congratulations too all swimmers who took time out of their busy schedules to swim in this “meet like setting.” Numerous best times were achieved. As with most SEAY functions, Sprint Time Trials could not have happened without volunteer parents – thank you to the 13 parents who stepped forward to help time. If you have not seen them, pictures and final results are now posted on the website. Good job swimmers!

This Saturday marks are first “real” meet of the season. We will be traveling to Hartford for the LAKE Swim Your Own Age meet. Read more about this meet (and other upcoming meets) under the *Upcoming Meets* section of the newsletter on page two. Good luck swimmers!

OZ Open entries are due this Friday. Currently, we have 28 swims remaining (enough for about 5-6 more swimmers). If you would like to attend this meet, please contact Coach Neil.

Remember, no Saturday practice when meets are scheduled.

We’d like to extend another welcome to all the new swimmers and families who joined SEAY last week. Please, call/email Head Coach Neil Wright at any time if you have questions, concerns or comments. His contact information is always listed in this section of the newsletter (final line).

We had our first New Parent meeting yesterday in the balcony at Park High School. About 8 parents took time out of their busy schedules to meet and speak with our Head Coach, Neil Wright. There will be another New Parent meeting on Thursday, November 6 beginning at 6:00 PM in the Case High School pool balcony. Save the date!

Don’t forget – we will have a going away party for Coach Frank and Coach Ashley this Monday, October 13 beginning at 5:30 PM. If you would like to donate for parting gifts, please drop of money (cash/check – made payable to SEAY) with Coach Neil or Myra.

Newsletters and important announcements are emailed to the SEAY membership on a regular basis. If you are currently NOT receiving emails, please contact Coach Neil and he will be happy to add you email address to the database.

SEAY’s email address is 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 Coach Neil. If you are unsure whether or not your swimmers are ready for meets, please speak with your swimmers coach. Driving directions and meet information for all SEAY attended meets can be found on the website.

- 1) **LAKE Swim Your Own Age** will be held at Arrowhead High School in Hartland on Saturday, October 11
 - a. Warm-ups for 11, 12, 13 and Senior swimmers begin at 7:30 AM, meet begins at 8:35 AM and is scheduled to end at 12:02 PM
 - b. Warm-ups for 7 & Under, 8, 9 and 10-year-old swimmers begin at Noon, meet begins at 1:00 PM and is scheduled to end at 3:35 PM
 - c. Coach Neil will coach this meet
 - d. Driving directions can be found by clicking “Driving Directions” on the homepage of the SEAY website, scrolling down a bit, and clicking on *Arrowhead High School*
- 2) **OZ Swim Your Own Age** will be held at Homestead High School in Mequon on Fri.-Sun., Oct. 24-26
 - a. Swimmers are scored and ranked against swimmers their same age
 - b. Entry deadline is October 10
- 3) **BST Dual** will be held at Park High School on Friday, November 7
 - a. ALL SEAY swimmers should plan on attending this meet
 - b. This is a good meet for new swimmers

- c. Warm-ups begin at 5:30 PM
 - d. Entry deadline is November 5
 - e. There is no cost for this meet
 - f. There will be a heat sheet posted on the homepage of the SEAY website a day or two prior to this meet
 - g. We'll need a minimum of 16 parent volunteers (timers, computer operators, officials)
- 4) **OCON Invite** will held at Pabst Farms of YMCA in Oconomowoc on Saturday, November 8
- a. The Pabst Farm of YMCA pool is a newer pool and this marks the second year we have attended this meet
 - b. YMCA National hopeful swimmers must attend this meet if they except to swim at YMCA Nationals in '09
 - c. Entry deadline is October 27

Collection for Coach Frank and Coach Ashley retirement gifts

We are taking up collections for Coach Frank and Coach Ashley. A going away party will be held for them on October 13th at Case High School beginning at 5:30 PM. Drinks and snacks will be served and parting gifts will be presented. If you would like to donate, please drop off your donation with Coach Myra or Coach Neil. Cash or checks (made payable to SEAY) will be accepted.

For the new swim family – How do I read the Practice Calendar?

So, you're looking at the Practice Calendar and can't seem to make heads or tails of it? Don't fret, you're not alone, but it's easy to understand once you get the hang of it. Here's a brief explanation. Most dates on the calendar read "Case @ Case" or "Park @ Park." When reading these examples, the first school represents your swimmers primary practice location while the second school listed lets you know where practice will b held.

Sometimes the calendar will read, "Combined @ Case" or "Combined @ Park" or "Combined @ Horlick." On nights where practice is combined, all training groups practice at the listed pool (all practice times remain the same).

Finally, some dates on the calendar are listed as "TBA." Practice locations and times for these dates will be posted on the homepage of the website and listed in the weekly newsletter.

Fundraising opportunity!!

Seroogy Chocolate (since 1899) bars are now available!!!! There are 48 bars per box to be sold for \$1.50 each. (Each box is a variety pack - mint melt-a-way, pure dark chocolate and peanut butter crisp.) You must purchase the entire box to sell. Each box is \$74.35 with \$36.00 going toward your fundraising goal of \$150. For information or to get your box today, contact Jennifer Pennings at 262.752.0387 or via email at djpenning@wi.rr.com.

What is your job as a competitive swim parent?

In a nutshell ... LOVE, SUPPORT, TRANSPORT. Parents should resist the urge to coach their children (i.e., stay of the deck during practice and do not attempt to coach your swimmers from the balconies or bleachers), NEVER compare your swimmers with other swimmers (all swimmers develop at their own rates – some are quick to catch on and have a natural feel for the water and can make changes quickly while others need to spend a considerable amount of time perfecting skills), NEVER gossip in the stands (if you have a question or concern bring it to the coaches attention immediately), NEVER allow something to fester inside your stomach (if you feel a need to address an issue, do it in a timely manner – do not breach the topic weeks and months down the road), NEVER jump to conclusions (if you see or hear something that concerns you, make sure you have ALL the details prior to having a discussion – this is good advice for life in general), and HAVE FUN (swimming is a great pastime and a healthy, lifelong activity ... enjoy your time here at SEAY). Finally, remember the chain of command, you should work on building a relationship with your swimmers primary coach. If the time comes she cannot help you with something, speak with the Assistant Head Coach (Coach Myra) or the Head Coach (Coach Neil); if neither of them can help you, speak with the Club President (Mark Kilmer). Everyone's contact information can be found on the SEAY website.

SEAY Swim Caps

Swimmers deciding to wear swim caps during the meets we attend should be wearing the coolest caps this side of the Mississippi – SEAY swim caps. Swim caps are available from Coach Myra and Coach Neil. \$5.00 will get you a white practice cap with the SEAY logo on both sides and \$10.00 will have you sporting the cool green, black and white super awesome SEAY cap. Get yours today!

Personalized SEAY Swim Caps

If you would like to order personalized SEAY swim caps (caps that have your last name on both sides of the caps), please download the order form found on the homepage of the website and return it to Coach Myra or Coach Neil. Here's the list of caps that will be ordered as of today (please check the spelling): GLASER (2), MALEC (2), WESLASKI (4), PURATH (3), BOCEK (2), BLESER (2), Q (2), LAZZERONI (4), AIELLO (2), BOLLENDORF (2), MAZUREK (2), PHAM (2),

REISCHL (2), SIUDAK (2), MILLS (2), BOTE (2), HEUSDENS (2), HERNANDEZ (2), JOHNSON (2), BEAST DANZER (2), and McCULLOUGH (2).

When we reach over 50 total caps, a deadline will be set and the caps ordered. Watch this section of the newsletter and the homepage of the website.

Parents on the Deck

It's the policy of all swim teams throughout America that parents refrain from sitting on the pool deck during practice. Parents wishing to view practice must do so from the balcony at Case and Park or from the bleachers at Horlick. Please do not be offended if a coach politely asks you to watch practice from the balcony or bleachers. Thank you for your cooperation.

Change in the Practice Calendar – October 13 is now Combined @ Case

The Practice Calendar was updated again to reflect the going away party for Coach Frank and Ashley that will take place on Monday, October 13. We will be combined at Case High School that night with a start, turn and finish practice to be held for all swimmers interested in sticking around after the party. The calendar posted on-line has been updated to reflect this change.

OCON Invite moved to November 8

The OCON Invite meet scheduled for November 1 has been moved to November 8. The meet schedule on the website has been changed to reflect this change. Also, there will be practice for Green – Senior 2 training groups at the YMCA on November 1, but not on November 8.

Parking at Case High School

Don't forget, if you are attending practice at Case High School you must park in the south lot next to the tennis courts. Failure to do so may result in the removal of your automobile (during the winter months veteran families tend to drop their swimmers off at the pool doors and then park the car).

Mini Meets Return

Mini Meets will make a return appearance this season. The entire coaching staff saw the benefit (for both swimmers and parents) in conducting these meets. For the swimmers, it gave them a chance to experience what a meet feels like and for the parents it gave them a chance to learn how to time.

Mini Meets will be held during the Pups, Lions and Serpents practice on November 11 and December 10. Registration is not necessary, but we will need 6-12 parents to help time during these fun events. For more information on Mini Meets, please speak with Coach Myra.

Happy Birthday!

Jacqui Langer (10/2)
Claire Weyers (10/3)
Maggie Danzer (10/21)

Emily Antonneau (10/3)
Connor Jurena (10/4)
Alex Malec (10/25)

Jacob Chartrand (10/3)
Hanny Curty (10/13)
Alex Trusky (10/27)

Get To Know Jarred Glaser

Age: 13

Training group: *Senior 1*

Year started with SEAY: 2006

Role model: *My coach*

Favorite stroke: *Freestyle*

Favorite event: *100 Freestyle*

Favorite swimmer: *Michael Phelps*

Favorite training set: *Drills*

Future goal: *Make it to state*

Favorite book: *Red Badge of Courage by Stephen Crane*

Favorite movie: *Facing the Giants*



When I grow up I want to be: *Website designer*

If I could change one thing in the world: *Everyone could breathe underwater*

SEAY Schedule

October 10	Deadline to enter OZ Open, contact Coach Neil
October 11	LAKE Swim Your Own Age @ Arrowhead High School in Hartland
October 11	SSTY Pentathlon (YMCA National swimmers only)
October 13	Party for Coach Frank & Coach Ashley, Case High School beginning at 5:30 PM
October 15	SEAY Board meeting at Park High School, 6:00 PM – all welcome
October 20	Annual Fall Family Meeting, Case High School, 6:00 PM
October 20	Deadline to enter SEAY Open, contact Coach Neil
October 21	WI LSC House of Delegates meeting @ UW-Waukesha at 7:15 PM – all welcome
October 24-26	OZ Swim Your Own Age @ Homestead High School
October 27	Deadline to enter OCON Invite, contact Coach Neil
October 27	New Swimmer Tryouts @ Case High School beginning at 5:30 PM
November 2	SEAY Open @ Waukesha South High School
November 3	Deadline to enter SSTY Invite, contact Coach Neil
November 3	New & Returning Registration
November 5	Deadline to enter BST Dual, contact Coach Neil
November 6	New Parent meeting with the Head Coach, 6:00 PM in the pool balcony at Case High School
November 7	BST Dual @ Park High School
November 8	OCON Invite @ Pabst Farms YMCA in Oconomowoc
November 10	Deadline to enter BST Open
November 11	Mini Meet Two
November 15	WIAA Girls' State Meet
November 16	SSTY Invite @ WSAC in Brown Deer
November 18	Deadline to enter SWAT Open, contact Coach Neil
November 21-23	BST Open @ Carthage College in Kenosha
November 27-28	No Practice, Happy Thanksgiving

** Caring * Honesty * Respect * Responsibility **
** Build * Promote * Achieve **