



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



October 1, 2008

Coaches Corner

Welcome to week number two! We had a great New Family Registration & Orientation last Monday with 26 new swimmers deciding to make the leap from tryouts/free week to competitive swimmer. Thanks to Kathy Schwartz and her team of helpers for registering all the new swimmers. Welcome to the team swimmers and parents and don't forget there will be a meeting October 7 beginning at 6:00 PM at Park High School for all new parents (attend this meeting to meet the Head Coach and learn more about what it is we do here at SEAY).

Sprint Time Trials will take place at Park High School this Thursday. This meet is open to all swimmers, warm-ups begin at 5:30 PM, meet begins at 6:00 PM and usually finishes up between 7:00-7:30 PM. We'll need 13 parent volunteers to help time during the meet (we'll ask for volunteers the night of the event). If you would like to have your swimmers participate, please contact Coach Neil.

In light of all the Sea Pups, Sea Lions and Sea Serpents in the pool, we have hired two more coaches to help out. Please welcome Jill Otahal to SEAY. Her main duty will be assisting Coach Myra with the Lions. A familiar face is back with the team ... Chloe Wright has committed to assist Coach Shannon with the Pups. Jill will be working Monday- Friday and Chloe will be working Monday-Tuesday and Thursday. Also, Coach Dan will be helping out a couple nights a week too.

SEAY's e-mail 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) **Sprint Time Trials** will be held at Park High School on Thursday, October 2, warm-ups begin at 5:30 PM
 - a. This is an excellent entry level meet experience for new swimmers
 - b. 13 parent volunteers needed
 - c. Entry deadline is October 1
- 2) **LAKE Swim Your Own Age** will be held at Arrowhead High School in Hartland on Saturday, October 11
 - a. Swimmers are scored and ranked against swimmers their same age
 - b. Entry deadline was September 29
- 3) **SSTY Pentathlon** will be held at the WSAC in Brown Deer on Saturday, October 11, warm-ups begin at 9:00 AM
 - a. This meet is for YMCA National hopefuls only
 - b. Entry deadline was September 30
- 4) **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

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 off 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.

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.

New Parents Meeting with the Head Coach – October 7

Those of you making the leap from tryouts/free week to becoming a member of the SEAY (pronounced *sea*) team are encouraged to attend the New Parents Meeting with the Head Coach on Tuesday, October 7 beginning at 6:00 PM at Park High School. Come meet Neil Wright and learn what SEAY has to offer Racine area youth. Don't forget to bring your questions too! Also, please read the material posted on the *SEAY Parents* section of the 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), and BOLLENDORF (2).

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 October 6, 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)

Emily Antonneau (10/3)
Maggie Danzer (10/21)

Jacob Chartrand (10/3)
Alex Trusky (10/27)

Get To Know **Lindsey Flynn**

Age: 11

Training group: *SEA Serpents*

Year started with SEAY: 2007

Role model: *My parents*

Favorite stroke: *Breaststroke*

Favorite event: *100 Breaststroke*

Favorite swimmer: *Katelyn Flynn (my cousin)*

Favorite training set: *Drills*

Future goal: *Move up to Green*

Favorite book: *Twilight series*

by Stephenie Meyer

Favorite movie: *Bridge to Terabithia*

When I grow up I want to be: *A veterinarian*

If I could change one thing it would be:

No evil in the world



SEAY Schedule

October 1	Deadline to enter Sprint Trials, contact Coach Neil
October 2	Sprint Time Trials @ Park High School
October 6	Mini Meet One
October 7	New Parents Meeting with the Head Coach, Park HS, 6:00 PM
October 10	Deadline to enter OZ Open, contact Coach Neil
October 11	LAKE Swim Your Own Age 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	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
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 7	BST Dual
November 8	OCON Invite
November 10	Deadline to enter BST Open
November 11	Mini Meet Two
November 15	WIAA Girls' State Meet
November 16	SSTY Invite
November 18	Deadline to enter SWAT Open, contact Coach Neil
November 21-23	BST Open
November 27-28	No Practice, Happy Thanksgiving

** Caring * Honesty * Respect * Responsibility **

** Build * Promote * Achieve **