

## Serpent Times

weekly newsletter for  
South Eastern Aquatics  
Racine Family YMCA Swim Team  
established September 1984  
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October 8, 2009

### ***Case locker room use***

Until further notice, SEAY is required to supervise the locker rooms at Case High School when we are there for practice. We will need to supply two parents per locker room beginning when the first SEAY swimmer enters the locker room until the last SEAY swimmer exits the locker room (roughly 5:15 p.m. to 8:15 p.m.). At this junction, we are looking for parent volunteers to assist as needed until the Board of Directors meets and discusses this matter in detail. The request to supervise the locker rooms comes for the Case Activities Director and has been imposed on SEAY for recent vandalism that has taken place (SEAY is not responsible for any of the vandalism). Since SEAY does not own any pools, we must follow the rules set before us from the pools we rent. It is unreasonable to have the coaches supervise the locker rooms (who would be coaching the kids?) so it currently falls on our parents shoulders. More updates will be made available as soon as possible.

### ***Case entrance on Monday, October 12***

The pool doors at Case will be under construction on Monday, October 12. Please enter Case from the north side of the building (the cafeteria doors), walk through the cafeteria and enter the pool or pool balcony ... please park in the large north parking lot (do not park next to the school). We are not allowed in any other areas of the pool. Please make a note of this change for Monday, October 12<sup>th</sup> only.

### ***Diving off the blocks***

Swimmers who have yet to complete their certification for diving off the blocks at our local high schools are now encouraged to attend Saturday practices at the YMCA from 8:00 a.m. until 9:30 a.m. USA Swimming mandates swimmers learning how to dive off the side of the pool or dive off the blocks must do so in a minimum of six feet of water ... none of the local high schools meet this requirement on the starting block side of the pool. So what does this mean for you? Well, if you have completed the racing start certification requirement (check with your coach if you are unsure), it means nothing. If you are in the process of completing the racing start certification requirement, you will learn how to dive at the local high school pools (in the diving well), but you will not learn how to dive off the blocks. Beginning this Saturday, October 10 there will be a SEAY coach at the YMCA to work with any swimmer who currently needs to complete the certification process for diving off the blocks. This practice will take place in one lane and will be offered every Saturday during the season (regardless if a meet is scheduled or not – the last practice will be held at March 13). Remember, if you have completed the certification for diving off the blocks, you are not allowed to attend this practice. Take advantage!

### ***Neil's kickboard***

Our first meet of the season is this weekend. Remember, driving directions are on the website. New swimmers – when you arrive at the pool, please check in with the coaching staff and we'll ensure you get to where you need to be – have fun and swim fast!

I have added most of the new family emails to my distribution list. *If you are currently not receiving email updates from me, or if you no longer wish to receive email updates ... please inform me and I'll add or delete your email address.*

If you missed registration, please contact Kathy Schwartz at 262.554.7040.

Did you know, probably the easiest way to complete your fundraising obligation or to build-up your family fund account here at SEAY is to sell adds? That's right ... selling adds for heat sheets at SEAY hosted meets can quickly add up. Read more about it on the [Fundraising](#) section of the website. Remember, in these tight economic times, every penny counts and once you've met your \$150 minimum in fundraising, anything beyond that \$150 is split 50/50 with ½ of all monies raised deposited directly into your family fund account (use this money to offset your swim fees). Although it's been awhile, there have been SEAY families who have swum for SEAY without paying a dime because they were able to raise so much money.

As the season progresses and you have questions that pop into your mind or are unsure of anything related to SEAY, please contact me (contact information is always listed in the header of this newsletter). New parents are encouraged to attend a meeting with me on October 20<sup>th</sup> beginning at 6:00 p.m. in the Park pool balcony.

### ***What to do and don't do a meet***

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With our first meet set to go this weekend, I thought it would be beneficial to share the following snippet found in Parent, Coach, and Athlete: A Handbook for Age-Group Swimming Parents written by John Leonard (Executive Director of the American Swimming Coaches Association). This is a good read for our new parents and serves as a reminder for our veterans. Do you fall under the Do examples more than the Don't or is it the other way around?

Do applaud everyone's good swim (from your team, and from others). Do boost the spirits of those around you during the day (be positive). Do discuss the good things your club has done lately. Do take the opportunity to do some positive club discussion and work if you are all sitting in the stands at an away meet. Do respond if the host club asks for volunteer timers or workers. Remember, your children benefit from a well-run meet, and your club may need help sometime. Do make sure that the physical needs of your athlete are taken care of (fed, warm, dry, well-supervised). Do behave as adults. You are there to support your child. Do comment positively on your child's friends swims. They love being taken seriously by an adult who is not their parent (your children too). Do promote the same philosophy for each meet that the coach does. Coaches take swimmers to different meets for different purposes. Know that propose and promote it. Do ask your child about the objective of the swim, if they want to talk about it. **Do let them know that you love them ... with good or poor swims.** Do measure performance by the objectives of your athlete. Do encourage team cheering, team relays, and other team events. The post-meet trip to McDonald's is an important part of the team bonding experience. Don't miss it if you can be there. Do take note of your personal behavior. As the adult, you set the tone. Remember, the officials are parents just like you, and volunteering their time. Any criticism should go through the coach. NOT from parent to official. **Now for some don'ts.** Don't talk exclusively to your own child. This is a friendly sport. Years from now, you'll have forgotten every swim, and remember many of the people (enjoy those around you). **Don't make swim meets [or practices] the hub of the rumor mill. In fact, keep the rumors to a minimum at any time, as much fun as they are, it is destructive around the swim team.** Don't make it an adult party. First, swimming is representative of a healthy lifestyle. Second, adult behavior deteriorates rapidly with alcohol consumption. Sadly, in some parts of the USA and other nations, swim meets, private clubs, and parties are linked. They should not be. Good swimming programs do not exist around a lifestyle that is in conflict with the basic health value of the sport. **Don't talk about swimming technique to your child. That is the coach's job.** Don't blame performances (or commend performances) on your coach. The athlete does the swimming and is responsible for the swim. **Don't compare one swimmer's performance to another (especially siblings).** Don't either praise or reprimand your child extravagantly at a meet. Don't offer extrinsic rewards for performance. ["I'll give you \$10.00 (or a new suit, or dinner at their favorite restaurant, etc.) if you get a best time today?" – What if your child does not achieve a best time? Is s/he not worth the gift offered?] Swimming, finally, must be done by the inner motivation of the athlete [the intrinsic value of doing something – because you want to do it, not for medals or glory or seeing your name in the paper]. Extrinsic rewards muddy the motivational waters. Don't ever say, "you didn't try" ... even if sometimes it is true. Don't measure performance by your standards, unless you plan to join a Masters swimming program and swim in the next meet. The child does the work, the child sets the standards, and the goals. Aspire to the Do side of parenting the swimming community.

### ***What's new in the blue?***

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It's time to vote on the new name for the Serpents. Here's the list of names collected during last season:

Stars  
Starfish  
Seals (1 vote)  
Dragons  
Sharks  
Monkeys  
Horses  
Cows  
Manta rays  
Rays

Swimmers can forward their choice to Myra or Neil. After all votes are in, a ballot will be available on the pool deck with the top three names. Join the fun and vote today!

### ***Upcoming Meets***

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*Most 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) **SEAY Pentathlon** will be held at Waukesha South High School Sunday
  - a. Warm-ups begin at 7:30 a.m. (please be on deck by 7:20 a.m.)
  - b. Similar to Sprint Time Trials last week, veteran swimmers will focus on the process of getting their competitive legs back and not the final time during the meet
  - c. New swimmers will continue to work on "feeling" their way through a swim meet while gaining valuable meet experience
- 2) **SSTY Pentathlon** will be held at Schroeder Aquatic Center (Brown Deer) October 17

- a. Entry deadline has passed
- 3) **OZ Open** will be held at Homestead High School (Mequon) October 23-25
  - a. Entry deadline is October 5 – Neil will accept entries through Oct. 11
- 4) **SEAY Open** will be held at Waukesha South High School on November 1
  - a. ALL swimmers should attend this team hosted meet
  - b. Entry deadline is October 15
- 5) **OCON Invite** will be held at Pabst Farms YMCA (Oconomowoc) on November 7
  - a. Entry deadline is October 21
- 6) **Dual w/BST** will be held at Park High School on November 13
  - a. ALL swimmers should attend this team hosted meet
  - b. Parent volunteers will be needed
  - c. Entry deadline is November 9
  - d. Warm-ups begin at 5:30 p.m., meet begins at 6:05 p.m. and usually ends around 8:00 p.m.
- 7) **SSTY Invite** will be held at Schroeder Aquatic Center (Brown Deer) on November 15
  - a. Entry Deadline is November 3
- 8) **BST Open** will be held at Carthage College on November 20-22
  - a. ALL swimmers should attend this meet that is close to home
  - b. Entry deadline is November 4
- 9) **SWAT Open** will be held at Waukesha South High School on December 5
  - a. Entry deadline is November 13
- 10) **Short Course Junior National Championships** will be held in Columbus, Ohio December 10-12
  - a. Qualifying standards
  - b. Entry deadline is November 24
- 11) **SSTY YMCA Finalist** will be held at Schroeder Aquatic Center (Brown Deer) December 11-13
  - a. Some light time standards associated with this meet
  - b. Entry deadline is November 17

#### ***Practice location for the next week***

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Wed., Oct. 7	Case @ Case, Park @ Park
Thu., Oct. 8	Case @ Case, Park @ Park
Fri., Oct. 9	Combined @ Park
Sat., Oct. 10	Gr/Bl/S1/S2 @ YMCA
Mon., Oct. 12	Case @ Case, Park @ Park
Tue., Oct. 13	Combined @ Park
Wed., Oct. 14	Case @ Case, Park @ Park

#### ***From your meet directors***

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Because of the unprecedented number of families who have signed up to swim with SEA this Fall/Winter season, the team finds itself in the tremendous position of having more swim families (volunteers) than we have places for workers at some of the meets. Therefore the Oct. and Nov. meets will run as follows.

1. Families who have volunteered for the October meet will not have a requirement to work at the November meet.
2. **Those families signed up to work both the October and November meets – your name will be removed from the November meet volunteer list.**
3. Families not already volunteering for Oct. must volunteer at the Nov. meet or be subject to the \$50 fee.

As the season progresses further adjustments will be made as necessary and appropriate. As always, if you have any questions or concerns please do not hesitate to call either Jennifer Pennings (262) 752-0387 – [djpennings@wi.rr.com](mailto:djpennings@wi.rr.com) or Mark Purath (262) 909-8602 – [mpurath@sbcglobal.net](mailto:mpurath@sbcglobal.net)

#### ***New stopwatches***

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SEAY is always in need of new stopwatches and we have found an easy way to keep replacing the old worn out ones with (drum roll please...)

##### **McDonald's receipts**

**Please remember to save your McDonald's receipts and give them to either Neil or Myra at practice.**

**We will be collecting the receipts all season and with a little help from all of you we will be able to replace all of our old and worn out stopwatches!**

Don't forget to ask family and friends as well. It does not matter what is on your receipt. One receipt counts as one point. So just run through for that 49 cent ice cream cone and turn in your receipt!

Thanks for all your support!!!!

Go SEAY!

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***Survey results are in***

During August and September a survey was sent out to family members to gage the overall performance of the SEAY swim team. 58 individual surveys were submitted to the Survey Committee that consisted of Cheryl Herman, Dave Pennings and Kara Reske and they submitted results at last week's board meeting. The board and coaches will take the next month to digest the information and will discuss appropriate actions to take at this months board meeting. Thank you to Survey Committee and to the parents who took the time to fill out the survey.

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***Dropping off swimmers***

When dropping swimmers off for practice, please do not drive away until your swimmers notify you that there is a SEAY coach on the deck.

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***Level 1 officials training will be offered at the OCON Invite***

Cindy Raatz will be conducting a Level 1 officials training class during the meet. If you are interested in becoming a Level 1 USA official, please contact her at 262-242-0707 or via email at [raatzharp@hotmail.com](mailto:raatzharp@hotmail.com).

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***January 12 practice will be held at UW-Parkside***

Pool time is not available in Racine on January 12 (high school dual meets at all three schools). Pool time is available at UW-Parkside – 4:30-6:30 p.m. Directions for this pool is on the SEAY website. Here's the adjusted practice times for this night:

Pups	4:30-5:15 p.m.
Lions	4:30-5:15 p.m.
Serpents	4:30-5:30 p.m.
Green	5:15-6:30 p.m.
Blue	5:15-6:30 p.m.
Senior 1	4:30-6:30 p.m.
Senior 2	4:30-6:30 p.m.

We MUST be out of the building by 7:00 p.m. Additionally, donations would be appreciated to help cover the cost of renting the UW-Parkside pool. Donations can come in the form of cash or checks made to "SEAY." Thank you to the handful of families who forwarded donations during the October 6 practice ... your thoughtfulness is appreciated.

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***SCRIP fundraising program***

The schedule for SCRIP orders is now included in the fundraising portion of our website. Our next delivery will be Tuesday, October 13th and the order deadline will be Wednesday, October 7 by 10 PM. All deliveries will be in the **pool balcony from 6:00 – 6:30 PM** on "combined practice" nights. Deliveries will typically be on Tuesdays.

\*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 is 173DF3A917711. Thank you for supporting SEAY by participating in our new Scrip fundraising program.

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***New parents meeting w/Neil - October 20***

Are you new to SEAY? Not sure how everything works? Want to meet other families new to SEAY and build friendships of support? Please plan on attending the new parents meeting w/Neil on Tuesday, October 20 at Park – meet in the balcony at 6:00 p.m. This is an informal, informational meeting that will help new parents take the guess work out of the day-to-day world of a competitive swimmer. Prior to the meeting, please spend some time looking over the material posted on the *SEAY Parents* section of the website.

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***Parents on the pool deck***

It is SEAY's policy 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 the bleachers at Horlick. Please do not be offended if a coach asks you to move to the balcony. Thank you for your cooperation.

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***Parking at Case***

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 having your vehicle towed.

### ***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 or watching local 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 – send an email to Neil if you are not currently receiving email updates from [s\\_e\\_a\\_y@yahoo.com](mailto:seay@yahoo.com)).

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

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Jacob Chartrand (10/3)  
Hannah Curty (10/13)

Claire Weyers (10/3)  
Maggie Danzer (10/21)

Elizabeth Skantz (10/12)  
Alex Malac (10/25)

### ***SEAY Schedule***

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Oct. 10	Entry deadline for SEAY Open
Oct. 11	SEAY Pentathlon; extended deadline for OZ Open
Oct. 15	Entry deadline for SEAY Open
Oct. 17	SSTY Pentathlon
Oct. 20	New parents meeting w/Neil, 6:00 p.m. at Park – meet in the balcony
Oct. 21	Entry deadline for OCON Invite
Oct. 23-25	OZ Open
Oct. 26	New swimmer tryouts
Nov. 1	SEAY Open
Nov. 2	New family registration and orientation, Park High School beginning at 6:00 p.m. & returning family registration, Park High School, 6:00-7:30 p.m.
Nov. 3	Entry deadline for SSTY Invite
Nov. 4	Entry deadline for BST Open
Nov. 7	OCON Invite
Nov. 9	Entry deadline for dual w/BST
Nov. 13	No practice, Dual w/BST & entry deadline for SWAT Open
Nov. 15	SSTY Invite
Nov. 17	Entry deadline for SSTY YMCA Finalist
Nov. 20-22	BST Open
Nov. 23	Entry deadline for CPSC Invite
Nov. 24	Entry deadline for Junior Nationals
Nov. 26-27	No practice, Happy Thanksgiving
Nov. 30	Returning family registration, Park High School, 6:00-7:30 p.m.
Dec. 5	SWAT Open
Dec. 10-12	Junior Nationals
Dec. 11-13	SSTY YMCA Finalist
Dec. 24-25	No practice, Happy Holidays
Dec. 31	No practice, Happy New Year's Eve & entry deadline for SEAY Oddball Challenge

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

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