



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
November 21, 2018

Notes from Neil

We hope everyone has safe travels and has a Happy Thanksgiving. Please remember we do not have practice Thursday and Friday this week.

The Swim-a-Thon is this Tuesday. We are still in need of many items for this event. Please take a look at the list later in this newsletter and email me if you are able to donate. The team is supplying pizza! Other reminders – Continue to search out pledges for the best prizes! We will conduct our Swim-a-Thon on Tuesday, November 27. This evening all swimmers will swim for one hour beginning at 5:30 p.m. Practice will end at 7:30 p.m. All pledges are due Tuesday.

It's time to sign-up for one of the Midwest's most competitive swim meets! Please reach out to me if your swimmer has qualifying times for the SSTY A+ meet (many cuts are actually faster than our State qualifying times). I will be submitting our first round of qualifiers on December 2. Meet information is linked on our website.

TEAM SEA now has an Instagram account and Coach Katie will manage it. Follow TEAM SEA at SEASWIMTEAM. Also, don't forget to join our Facebook page (search for SEA SWIM TEAM).

Combined Senior & Gold Practice Schedule – Tuesday, December 11 the Senior and Gold swimmers will train together, 5:30-8:00 p.m. Please make a note of this change. On the same evening, Silver and Bronze will have a meet type experience, 5:30-6:30 p.m.

If you are not receiving the team newsletter in your email inbox, please email me and I'll add your email address to my list.

Do you need a TEAM SEA swim cap? You can purchase them from myself or Katie ... \$5 for latex or \$12 for silicone.

Parents, please remember to check the end of this newsletter for practice locations. Most practices will be held at Horlick High School (there are a few oddball dates that still need to be figured out).

If you need any help with the registration process, please reach out to Missy Reischl at mjreischl@wi.rr.com or call her at 262.989.9065.

If you need any assistance with the in-and-outs of TEAM SEA, please reach out to me at south.eastern.aquatics@gmail.com or via mobile at 262.994.3157.



Katie's Kickboard

Hello again ... We had a chance of scenery this past weekend and headed to Highland Park Illinois. This was an awesome pool, and a quaint little Chicago suburb. We had some great swims, like Neil highlighted.

We have the weekend off to eat great food, spend time with friends and family, and celebrate all that we are thankful for. I would like to take the time to thank my swim family! Parents, athletes, and coaches; thank you for all that you do to help SEA succeed.

This week has been harder than most to prepare for all the extra calories on Thursday. Bronze have been swimming longer distances at practices and racing more. Silvers have also started amping up the yards in practice. As well as doing sets similar to that of the Golds. They are doing great, a little tired but not giving up!

Golds were in the water more this week also preparing for all the great food and lack of pool time this weekend. Dryland consisted of core strength and lots of it! There has been a request for more challenging workouts, so that wish has been granted. Coach Katie has been watching videos and doing research to spice things up in the water.

Don't forget to check out the meet calendar and let Neil or I know if you want to attend. 11&UNDER ATHLETES: take a look at the cut for the Single Age State Meet December 15th & 16th. Happy Thanksgiving!

HPAC Highlights & Recap

Nine State Qualifying Times, Three Team Records, and Much, Much More

The best times just kept on rolling in as TEAM SEA picked up where we left off from our efforts in Brown Deer when we invaded "Bear Country" last weekend during the HPAC meet. When the waves had settled late Sunday afternoon, TEAM SEA posted 65% best times and seven DQs (three in back and two each in breast/fly). Oh, and there's those nine new State qualifying times and three new team records!

Mac Thomas and Hugo Arteaga broke three team records between them. Thomas actually equaled her 11-12 50 Freestyle record of 25.62 and slipped under Kinzie Reischl's 11-12 100 Freestyle record of 56.50 with her effort of 56.49. Arteaga looked sharp in the 11-12 50 Free touching in 24.51 and breaking Andy Fall's 2003 record of 24.77.

Arteaga achieved a USA State time in the 11-12 200 Butterfly (2:47.53) while Nathaniel Foster grabbed three new YMCA State qualifying times (9-10 100 Back at 1:25.02, 9-10 200 Freestyle at 2:41.80, and 9-10 100 Butterfly at 1:33.64). Five more YMCA State qualifying times were achieved during the 3-day meet. Thomas picked up two in the 11-12 age-group (200 Freestyle at 2:09.83 and 100 IM at 1:06.46). Hopking Uyenbat continues to improve steadily picking up three new YMCA State cuts in the 13-14 age-group (500 Freestyle at 5:36.90, 200 Freestyle at 2:02.23, and 100 Butterfly at 1:03.82).

Three athletes cracked into the Top Ten all-time for TEAM SEA. Shaelyn Jensen posted the 9th fastest time ever for 9-10 in the 200 Breaststroke at 3:35.98; Mac Thomas was busy posting the 2nd (100 IM), 5th (200 Backstroke, 2:24.40), and 9th (200 Freestyle) fastest times for

11-12; and Hugo Arteaga notched five Top Ten times for 11-12 (2nd 100 Freestyle at 55.47, 5th 200 Backstroke at 2:22.99, 6th 100 IM at 1:05.74, 8th 100 Butterfly at 1:06.88, and 10th 200 Butterfly 2:47.53).

An avalanche of time improvements took place during the meet! Athletes knocking more than five seconds off an event included Alessandra Arteaga -23.52 in the 100 Freestyle (1:38.98, not bad for a 7-year-old), Hugo Arteaga -17.64 in the 200 Butterfly, Rylie Bergemann -19.26 in the 500 Freestyle (7:06.36), Madi Cerny -13.26 in the 200 Backstroke (3:03.43, pretty good for being sick), Nathaniel Foster -34.28 in the 200 Freestyle, Nicholas Foster -10.05 in the 100 Freestyle (1:56.60), Sarina Foster -16.69 in the 50 Freestyle (1:28.60), Lindsey Hohnl -11.52 in the 100 Breaststroke (1:33.71), Shaelyn Jensen -30.33 in the 200 Breaststroke, Callie Klepp -12.91 in the 100 Butterfly (1:46.54), Emery Pitts -55.31 in the 200 Freestyle (3:54.82), Jordan Stouffer -19.68 in the 500 Freestyle (7:07.30), Mac Thomas -9.13 in the 100 IM, and Hopking Uyenbat -6.42 in the 200 Freestyle.

There’s always a group of kids who excelled in the meet, but didn’t make any of the lists above ... they are our unsung heroes. Jack Borzynski went 3/6 for best times and had some nice time drops in the 100 Freestyle and 50 Butterfly, Zoe D’Alessandro went beast mode in the 50 Freestyle touching in 26.98 (first time under 28-seconds – that’s not a typo, she dropped from the low 28s to the high 26s), Evenlyn Gutknecht did great swimming in her first ever meet after only being on the team for about three weeks, Zach Kopsea went 5/6 for best times and continues to improve both in meets and practice, and Adam Ries was a shining example of what regular practice attendance leads to after breaking 30-seconds in the 50 Freestyle for the first time (dropped from 32.04 to 29.61).

The coaching staff is super pleased with our results during the past two meets! We have been performing at such a high level that it will be even more important to continue to attend practice regularly and maintain our focus while in the water. Have a Happy Thanksgiving, enjoy the time away from the pool with family and friends and come back Saturday or Monday ready to put those noses back on the grindstone!

Swim-a-Thon, November 27

This year’s Swim-a-Thon will take place on Tuesday, November 27 at Horlick High School, 5:30-7:30 p.m. We will swim from roughly 5:30-6:45 p.m. and have dinner from 6:45-7:30 p.m. Volunteers will be needed to assist with counting laps.

Similar to our Halloween Party, donations are needed and pizza will be provided. Please reach out to Neil if you are willing to donate.

Case of water - Gutknecht	Case of water - Jensen	Juice boxes - Steenrod	Juice boxes
Veggie tray	Fruit plate	Brownies - Hohnl	Cupcakes
Veggie tray	Fruit plate	Brownies	Cupcakes
Napkins	Napkins	Paper plate	Paper plates
Pretzels – Vitek	Cheese & cracker plate	Something else?	Something else?

Duck Pin Bowling Scheduled

You don't want to miss this!

Duck Pin bowling is scheduled for Sunday, January 27 from 1:00 PM to 2:00 PM at the Thirsty Duck in Wauwatosa (address is 11320 W. Bluemound Rd.) – roughly 30-40 minutes from Racine depending on where you live.

If you think traditional bowling is fun, wait until you try Duck Pin Bowling (similar to regular bowling, but the lane is a lot shorter – the pins are smaller and wider than regular pins, the ball can fit in your hand, and there are people working behind the lane setting up your pins). It's a ton of fun!

The cost for this event is \$12 per person and will include one hour of bowling, the world's largest pretzel for each lane to share along with some cheese curds. Attendees are responsible for their drinks. Fees for this event will be added to your escrow account (similar to how meet fees are added/collected).

This event is limited to 36 people. Email Coach Neil if you are planning on attending!

Attending to date include:

Coach Neil	Coach Katie	Coach Alyssa	Coach Jake	Coach Dana	Zoe Chartrand
Neil Wright III	Quinn Wright	Charlotte Wright	Kim Wergin		



Fundraising Updates

Heat Sheet Advertising

Do you own a business or work for a business in the area? Heat Sheet Advertising is a great marketing tool and a great way to meet your fundraising requirement. Advertise your business in the heat sheets for all the SEA hosted meets for an entire year! 100% of the cost goes directly toward your fundraising goals.

Full Page Ad (8x10.5 inches)	\$250
Half Page Ad (8x5 (inches)	\$175
Quarter Page Ad (3.75x5 inches)	\$125

Business Card Ad (3.5x2 inches)	\$75
Friendship Ad (1.75x2 inches)	\$50

Please submit your print-ready black-and-white ad to jmudry@earthlink.net. Deadline to submit for the upcoming SEA Pentathlon is Friday, October 26.

Swim-a-Thon – Event date: Tuesday, November 27

Raise at least \$25 by Friday, November 16 to earn a limited-edition SEA t-shirt (show your form to your coach and email Jo Anne Mudry your t-shirt size)

Early Bird Prizes! The swimmer for each practice group who has the most pledges Tuesday, November 13 will earn a special Early Bird Prize (show your pledge form to your coach). Remember, 100% of your pledges will count toward fulfilling your fundraising obligation!

Tryouts!

Our next Tryouts will be held at Horlick High School on Monday, November 26 beginning at 6:00 PM. Tell all your friends and interested families about this event!

If potential families and friends cannot attend, please have them contact Coach Neil at south.eastern.aquatics@gmail.com and he'll be happy to rescheduled on another date.

Diving Certification

USA Swimming's guidelines for learning to dive off the block is pretty black and white – water must be at least six feet deep. Since none of the RUSD pools have six feet of water on the diving side of the pool, we will offer diving practice & certification on Saturday's that we are not hosting meets.

Diving practice is for any athlete currently not certified to dive off the blocks at Horlick or Park. If you would like to attend, please reach out to Coach Neil at south.eastern.aquatics@gmail.com and he'll schedule Coach Alyssa to meet with your swimmer at the Lakefront YMCA (8:00-9:30 AM). Take advantage!

SCRIP Schedule through December

Your SCRIP Coordinator this season is Julie Kopsea. Julie has one son on the team (Zack trains with the Seniors) and can be reached at jkopsea@yahoo.com or at 414.530.5399.

All orders are due by 11 PM on Sunday. Julie will email / text to communicate with families and orders arrive.

<i>Orders Due</i>	<i>Orders Available</i>
December 9	December 12-13

December 16	December 19-20
-------------	----------------

Upcoming Meets

If you would like to have your swimmer enter in a meet, please send an email to Coach Neil at south.eastern.aquatics@gmail.com or speak with him at practice.

<i>Meet</i>	<i>Entries Due</i>
Nov. 30-Dec. 1 – SWAT Distance Open	Entries closed
Dec. 7-9 – SSTY Y-Finalist	Entries closed
Dec. 15-16 – 11&U State	Nov. 15
Jan. 4-6 – Mid State Championships	Dec. 16
Jan. 12-13 – SEA Penguin Challenge	Dec. 20
Jan. 18-20 – GBY Titletown Freeze	Jan. 10
Feb. 1-3 – SSTY A+	Dec. 1
Feb. 1-3 – PX3 Open	TBD
Feb. 9-10 – LAKE February Freeze	Jan. 20

Happy November Birthday!

Jonah Bouy, Nolan Mrotek, Ella Pierce, Finley Pitts, and Kaylee Staniger.

Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
		Nov. 21 – Practice at Horlick	Nov. 22 – No practice; Happy Thanksgiving	Nov. 23 – No practice; No pools available	Nov. 24 – Practice at Sealed Air YMCA	Nov. 25 –
Nov. 26 – Practice at Horlick	Nov. 27 – Swim-a- Thon at Horlick	Nov. 28 – Practice at TBA	Nov. 29 – Practice at Horlick	Nov. 30 – Practice at Horlick; SWAT meet	Dec. 1 – Practice at Sealed Air YMCA; SWAT meet	Dec. 2 – SWAT meet
Dec. 3 – Practice at Horlick	Dec. 4 – Practice at TBA	Dec. 5 – Practice at Horlick	Dec. 6 – Practice at Horlick	Dec. 7 – Practice at Horlick; Y- Finalist	Dec. 8 – Practice at Sealed Air YMCA; Y-Finalist	Dec. 9 – Y-Finalist

Dec. 10 – Practice at Horlick	Dec. 11 – Practice at Horlick	Dec. 12 – Practice at Horlick	Dec. 13 – Practice at Horlick	Dec. 14 – Practice at Horlick; 11&U State	Dec. 15 – Practice at Sealed Air YMCA; 11&U State	Dec. 16 – 11&U State
Dec. 17 – Practice at Horlick	Dec. 18 – Practice at TBA	Dec. 19 – Practice at Horlick	Dec. 20 – Practice at Horlick	Dec. 21 – Practice at Horlick	Dec. 22 – Practice at Sealed Air YMCA	Dec. 22 –

Extended Calendar

January 2019

27, TEAM SEA Duckpin Bowling – you don't want to miss this event!

March 2019

15, Last day of practice for the Fall & Winter Season

18, Team Picture

May 2019

4-5, SEA Early Bird Meet

9, Annual Banquet

31-2, SEA Pirate Plunge

June 2019

21-22, SEA Summer Sizzler