



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
May 31, 2019

Notes from Neil

We have a great meet on tap this weekend in Brown Deer. Thank you in advance to Jose Arteaga and all of the TEAM SEA families and friends for pulling together to host this year's Pirate Plunge. We are still a little short handed on Saturday and Sunday PM. If you are available to help out and have met your four-session requirement, \$40 will be credited to your escrow for each and every session worked above and beyond. Please contact Jose Arteaga at 773.469.2241 if you can help!

As we move into Summer Registration, please don't forget to forward your guarantee checks (especially if you are taking advantage of online registration).

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

If you need any help with the registration process, please reach out to Missy Reischl at mjreischl@outlook.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

We hope everyone had a fun and relaxing Memorial Day weekend! This summer season is packed full of meets and events. Coming up this weekend is our very own SEA Pirate Plunge. Coach Katie has been slowly adding new approaches and drills that she picked up at the Central States Swim Clinic.

This weekend's meet is going to be a big one! We have all hands-on deck helping make this meet run great. I would love to see everyone dressed up like pirates, I'm stopping at the party store to pick out my outfit! Please send your athlete with plenty of snacks and activities to do in between their races.

Bronze have been continuing to kick their way to strong and powerful legs! Coach D has been focusing on strengthening their kicking, streamline, and bodyline these past two weeks. They are always learning new skills in the most unique ways.

Silvers have been working extra hard on their endurance these last two weeks. Long course is tough but these guys have been building their stamina. They were tested with a 200 free swim last week in practice. It was tough, but they all pushed through and completed the whole 200. We took a 1-minute float break to recover from that tough swim.

Gold's slowed down this week to focus on starts, turns and finishes. Wednesday, we skipped dryland to spend more time in the water on technique. We also did our first LTS of the Summer season, we will only be doing the the weeks we have swim meets. They have been quite chatty during dryland, which means they are not exerting themselves enough! I will be getting creative to get them sweating.

Please check out the meet schedule for upcoming meets. Then reach out to Neil or I with your interest or any questions. coachkatiejames@gmail.com

Pirate Plunge Meet Information

We have a full weekend of swimming during our Pirate Plunge. Warm-ups are assigned – please plan to have your swimmer in the water when warm-ups are scheduled to begin.

Friday warm-ups: 4:30-5:30 PM, meet begins 5:35 PM, ends 8:34 PM

Saturday 13&O warm-ups: 8:00-8:30 AM, meet begins 8:35 AM, ends 1:07 PM

Saturday 12&U warm-ups: 1:07-1:50 PM, meet begins 1:55 PM, ends 6:15 PM

Sunday 13&O warm-ups: 7:30-8:00 AM, meet begins 8:35 AM, ends 1:06 PM

Sunday 12&U warm-ups: 1:06-1:50 PM, meet begins 1:55 PM, ends 6:00 PM

Drive safe, swim fast, have fun!

Hotel Information for Kentucky meet

Rooms are reserved under SEA Swim Team at the Breckinridge Inn, 2800 Breckinridge Lane, Louisville, KY 40220. The deadline to secure your room is June 19. Arrivals are scheduled for July 11 and departure is July 13. The rate is \$135 and there are five single rooms and 15 double rooms.

Spring & Summer Practice Schedule

April 29-June 7 @ Horlick High School (except Fridays @ Park High School), Saturday @ Sealed Air YMCA

Bronze - Monday-Thursday, 5:30-6:30 PM

Silver - Monday-Friday, 5:30-6:30 PM, Saturday, 8:00-9:30 AM

Gold - Monday-Friday, 6:15-8:00 PM, Saturday, 8:00-9:30 AM

April 29-June 7 @ Park High School, Saturday @ Sealed Air YMCA

Senior - Monday-Friday, 5:30-8:00 PM, Saturday, 8:00-9:30 AM

June 10-July 31 AM practice @ Johnson Aquatic Center, Saturday @ Sealed Air YMCA

Bronze - Monday-Thursday, 8:45-9:45 AM

Silver - Monday-Friday, 8:45-9:45 AM, Saturday, 8:00-9:30 AM

Gold - Monday-Friday, 7:00-8:45 AM, Saturday, 8:00-9:30 AM

Senior - Monday-Friday, 7:00-9:00 AM, Saturday, 8:00-9:30 AM

June 10-July 31 PM practice @ Horlick High School, Saturday @ Sealed Air YMCA

Bronze - Monday-Thursday, 5:30-6:30 PM

Silver - Monday-Friday, 5:30-6:30 PM, Saturday, 8:00-9:30 AM

Gold - Monday-Friday, 6:15-8:00 PM, Saturday, 8:00-9:30 AM

Senior - Monday-Friday, 4:00-6:30 PM, Saturday, 8:00-9:30 AM

LCM practices will be held for Gold and Senior on the following dates @ RecPlex in Kenosha

June 11, 13, 18, 20, 25, 27, July 2, 9, and 11, 10:30 AM-12:30 PM

Spring & Summer Fundraising

- **Kenosha Kingfish Game** – Visit <https://www.sea-y.org/kenosha-kingfish> for more info
- Game is Saturday, June 15 – 6:05 PM game (Fireworks after!)
- Order and payment Due by May 29

- Amazon Smile for SEA
- Turn your Father's Day shopping into a force for good. Shop at smile.amazon.com/ch/39-1580537 and Amazon donate to Southeastern Aquatics Inc.

- **Scrip** – See schedule below

- **Heat Sheet Advertising** – Visit <https://www.sea-y.org/heat-sheet-advertisements> for more info

Contact Jo Anne Mudry with questions about fundraising or your family's fundraising totals for this season. 414-530-5037 or jmudry@earthlink.net.

Other ways to support SEA

- Shop via our Amazon Smile Account: <https://www.sea-y.org/general-information>
- Shop via the TEAM SEA Store on Swimoutlet.com: <https://swimout.com/seawi>

SCRIP Schedule

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.

This Sunday will be the last Scrip physical card order that will be placed until the Spring & Summer Season begins. Julie will be contacting families next week where they can pick-up their orders when it arrives. Future order dates are listed below. Remember, you can always do Scrip E-cards at any time.

<i>Orders Due</i>	<i>Orders Available</i>
May 26	May 29-30
June 9	June 12-13
June 23	June 26-27
July 7	July 10-11
July 21	July 24-25

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>
May 31-Jun. 2 – SEA Pirate Plunge	Entries closed
June 7-9 – SHOR Open	Entries closed
June 21-22 – SEA Summer Sizzler	June 11
June 28-30 – WGLO Invite	June 13
July 11-13 – Lakeside Invite	Entries closed
July 18-21 – Speedo Sectionals	July 7
July 19-21 – WI LSC Regionals	TBA
July 26-29 – 12&U State	TBA
August 1-4 – 13&O State	TBA

Happy May Birthday!

Joey Abel, Josh Abel, Jack Borzynski, Leah Fallenbeck, Kendall Gilewski, Sophie Gutknecht, Ericka Kaprelian, Haylee Macemon, Sydney Rybarik, Zack Steenrod, CJ Trask, and Hopking Uyenbat.

May Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
				31 – Pirate Plunge, no practice	1 – Pirate Plunge, no practice	2 – Pirate Plunge, no practice
3- Senior @ Park; Age-Group @ Horlick	4 – Senior @ Park; Age-Group @ Horlick	5 – Senior @ Park; Age-Group @ Horlick	6 – Senior @ Park; Age-Group @ Horlick	7 – All practices @ Park; SHOR meet	8 – Practice @ Sealed Air; SHOR meet	9 – SHOR meet

Extended Calendar

May 2019

31-2, SEA Pirate Plunge

3, Board meeting, 6:00 PM, Horlick

June 2019

21-22, SEA Summer Sizzler

Find SEA on Social Media

SEA is on Facebook (SEA Swim Team – closed group, must request to join), Twitter (@SEAWisconsin), and Instagram (SEASWIMTEAM).