



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

Daxton LaRue Needs Your Help

Bronze level swimmers Daxton LaRue is battling Leukemia and needs your help. Linked on the homepage of our website (www.sea-y.org) are a few links TEAM SEA families can visit to support Daxton and the LaRue family. Please take a moment now and show your support for Daxton. Thanks to the families who already donated!

Notes from Neil – It's Crunch Time

We are able to conduct practice at Lakefront Y today (be aware we only have two lanes). Senior, 10:00-11:45 AM, Gold, 11:45 AM-1:15 PM, and Bronze/Silver, 1:15-2:00 PM. Hope to SEA you there!

There's an awful lot of swimming taking place this weekend for TEAM SEA. We'll have split squads competing in Brown Deer and in Kenosha. Katie and I will be coaching in Brown Deer while Katie, Alyssa, and Jake will be coaching in Kenosha. In addition, our high school boys will be racing in their Conference meets. Good luck!

For the upcoming team hosted Wisconsin YMCA Regional meet, families are required to work two sessions.

Don't forget to sign-up your swimmers for the upcoming WI LSC Regional meet. This event is open to all swimmers. Deadline is here!

Save the date!!! We will be heading back to Kentucky this summer to attend Lakeside Seahawks Invite in Louisville. If you thought our recent Green Bay travel meet was enjoyable and fun, wait until you attend this meet!

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@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

Hello again,

I hope everyone is staying safe and warm in this frigid weather. Currently I am on the couch with a big plush blanket and warm puppy curled up in my lap, I can't complain. Check out

Facebook or Instagram with updates on practice and workouts for those who bear the cold to get to a pool.

Last week I briefly mentioned my idea about putting together a gift basket for Daxton from SEA. I have put a list of items I would like to include in the basket. If your family would like to donate one of these items or have an idea please reach out me. We would like to give this to him and his family Feb 9th, at his Chipotle benefit. Hard deadline of items will be Feb 8th! (he loves Pikachu and Spiderman, to help spark other ideas)

Yoga ball	Fuzzy socks (with grips)	Gas Card(s)	Gamestop Gift Card
Insulated water bottle	Beach Towel	Amazon Gift Card(s)	
Fuzzy blanket	Pair of Goggles	Nintendo Gift Card	

This last week practice structure has been a little weird. But we have made an effort to focus on starts, turns, and finishes. Sometimes swimming in a combined fashion with Bronze and Silvers together. This is great for team bonding and creates a fun atmosphere during practice, siblings racing each other and such.

Gold's were able to squeak in 4000 yards on Monday and I am extremely proud of them. In preparation for the upcoming weather I made sure to get in some good volume and effort on the day I knew I had. I have been posting workouts for those who can get to a pool, and am reminding them to focus on the small stuff.

Remember it's CRUNCH TIME! Keep up the awesome attendance and dedication!

SSTY A+ Meet Information

We'll be racing in Brown Deer for one of the Midwest's premier events this weekend at the Schroeder Aquatic Center. Coach Neil will cover Friday and 13&O sessions while Coach Katie will cover the 12&U sessions. Good luck athletes! Drive safe, swim fast, have fun!

<i>Session</i>	<i>Warm-ups</i>	<i>Meet Start</i>	<i>Meet End</i>
Friday	3:00 PM	4:05 PM	6:07 PM
Saturday Prelims (13&O)	7:30 AM	8:35 AM	11:48 AM
Saturday Prelims (12&U)	12:15 PM	1:15 PM	3:36 PM
Saturday Finals	4:35 PM	5:35 PM	8:27 PM
Sunday AM (12&U)	8:00 AM	9:05 AM	11:27 AM
Sunday PM (13&O)	11:30 AM	12:30 PM	5:19 PM

PX3 Meet Information

We will also me in action at the RecPlex in Pleasant Prairie this weekend. Don't forget, all swimmers will swim in the AM Session on Sunday. Good luck swimmers! Coach Katie is covering Friday, Coach Alyssa is covering Saturday AM and Sunday AM, and Coach Jake is covering Saturday PM and Sunday AM. Drive safe, swim fast, have fun!

<i>Session</i>	<i>Warm-ups</i>	<i>Meet Start</i>	<i>Meet End</i>
Friday	4:30 PM	5:30 PM	7:45 PM
Saturday AM (Senior, 8&U)	7:30 AM	8:30 AM	11:08 AM
Saturday PM (11-12, 10&U)	11:30 AM	12:30 PM	2:42 PM
Sunday AM (all swimmers)	7:30 AM	8:30 AM	11:06 AM

Meet Etiquette

As a reminder, TEAM SEA parents who sign-up to work should work their position and be on time for it. In addition, if you are no volunteering at the meets we host, please plan on watching the meet in the stands. Thanks for following this meet etiquette guidelines.

Locker Room Use at Horlick ... During Basketball Games

When a high school basketball game is schedule at Horlick High School, we will lose use of either of the girls' or boys' locker room. The small bathroom (with shower) in the pool office will be available on those nights, however.

On the following nights, the girl's locker room will not be available: February 1, 5, 14.

On the following nights, the boy's locker room will not be available: January 31 and February 1, 8, 21.

Thanks for your understanding and keep up the great locker room behavior!

Fall/Winter Fundraising Updates

The Short Course season is in the home stretch, which means that all fundraising season is as well. The family fundraising requirement for this season is \$150. To learn more about the requirement, visit the SEA website, head to the Members Tab > Fundraising > General Information.

Thank you to everyone who has fulfilled their fundraising requirements already. There are several families that did not submit a guarantee check this season. Our Fundraising Chair, Jo Anne Mudry, will be reaching out to families via email or phone towards the end of the season with an update. If you did not submit a guarantee check, or you would like an update on your progress, contact Jo Anne at jmudry@earthlink.net.

There are still two ways to earn money this season:

1. Order a custom car decal (info in this newsletter)
2. Earn rebates from any Scrip orders placed before February 28. There are two more orders scheduled:
 - a. Order February 6, pick-up February 9
 - b. Order February 20, pick-up February 23

In addition to these two order dates, ScripNow ecard, ReloadNow, and purchase made through the MyScripWallet App before the end of February will also qualify toward their season's earnings.

On March 1, our team's Scrip Coordinator will create a family report that will be imported into the fundraising spreadsheet, and Jo Anne will send one final update.

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.

Order Your Custom Car Decal

Show your team spirit with a custom car decal! Add your swimmer's last name, first name, or nickname in your choice of three colors: reflective blue, glossy white, or glossy green.

Cost is \$10 each or \$8 each for two or more with the same art. 100% of your sale will go towards your fundraising fees! (Thanks to Lindsey Thomas for donating your time and materials!)

Orders are due on February 14. See our website or Facebook for order form.

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>
February 3	February 6-7
February 17	February 20-21
March 3	March 6-7
March 17	March 20-21

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>
Feb. 9-10 – LAKE February Freeze	Entries closed
Feb. 15-17 – WI LSC Regionals	Feb. 1
Feb. 22-24 – 12&U State	Feb. 17
Feb. 28-Mar. 3 – 13&O State	Feb. 17
Mar. 9-10 – Wisconsin YMCA Regionals	Mar. 3
Mar. 15-17 – Wisconsin YMCA State	Mar. 10
Apr. 1-5 – YMCA Nationals	Mar. 17

Happy January Birthday!

Sofia Badillo, Kate Brown, Nicholas Foster, Nolan Greb, Fiona Marini, Emaleigh Neo, Scott Palmer, Tessa Pias, Marlee Reischl, Kayeley Rubio, Jordyn Tran, and Jameson Waite.

Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
			Jan. 31 – Practice at Lakefront Y (different times, find them on page one)	Feb. 1 – Practice at Horlick, SSTY A+ & PX3 meet	Feb. 2 – Practice at Sealed Air YMCA, SSTY A+ & PX3 meet	Feb. 3 – SSTY A+ & PX3 meet
Feb. 4 – Practice at Horlick	Feb. 5 – Practice at Horlick	Feb. 6 – Practice at Horlick	Feb. 7 – Practice at Horlick	Feb. 8 – Practice at Horlick	Feb. 9 – Practice at Sealed Air YMCA,	Feb. 10 – LAKE meet

					LAKE meet, WIAA Sectionals	
Feb. 11 – Practice at Horlick	Feb. 12 – Practice at Horlick	Feb. 13 – Practice at Horlick	Feb. 14 – Practice at Horlick	Feb. 15 – Practice at Horlick, WI LSC Regionals	Feb. 16 – Practice at Sealed Air YMCA, WI LSC Regionals, WIAA State	Feb. 17 – WI LSC Regionals

Extended Calendar

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

Find SEA on Social Media

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