



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
October 19, 2018

Notes from Neil

We had a great turnout at Carthage College this past Tuesday ... good job! We have two more upcoming practices at Carthage next week (October 25-26, Thursday and Friday) with the same augmented practice times. Practice times for Bronze/Silver are 6:15-7:15 PM and for Gold/Senior 6:15-8:00 AM. Hope to see you on deck!

Don't forget to sign-up your swimmers for our upcoming team hosted November 4 meet. Simply email me and I'll be happy sign them up!

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).

Practice at Horlick has been working out well. Please remember to stay out of the Fieldhouse. All swimmers, parents, and coaches should be entering and exiting the pool through the locker-rooms.

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! Thank you to everyone for the warm birthday wishes and gifts. I had a great Sunday celebrating with friends and family!

For those who swam at the Oz meet last weekend I want to applaud you for diving right into the first meet of the season. We may not always get best times but we will always learn and grow from each race.

This weekend I will be on deck at the EBSC meet up at Brookfield East high school. Remember to pack snacks, something to drink, and extra towels or blankets just in case it's as cold as Homestead. This is a fun quick meet and I wish athletes the best of luck!

Tuesday, we held practice at Carthage College, working only in diving for the Bronze and Silver levels. As you know your child has to be certified to dive off the blocks. Horlick is too shallow to certify new athletes safely. We took advantage of the depth at Carthage and certified a huge percentage of athletes. If your Child still needs to certify please email Neil and he will set you up.

Coach D said to me this week “you can’t have too much kicking!”. The bronze have been workin’ those legs all week. They are still loving the coordination dryland Coach D is doing with them.

The last week or so Silvers have had the opportunity to work one-on-one with a coach during practice. I love doing this because I get to know the athletes better, and can focus on one skill at a time. They will continue to do some sort of dryland every Tuesday and Thursday.

Coach Jake will start running dryland with them while Coach Katie finishes up the Silvers. Jake has some good ideas for new dryland routines and I’m excited to let him work them hard! That being said, remember to pack a water bottle every day. You will be thankful after a hard workout or set!

Please feel free to contact Neil or I with any questions you may have. Remember to check out the meet schedule and get signed up! Have a great weekend!

EBSC Meet Information & Timeline

This weekend (Saturday), we’ll travel to Brookfield East High School in Brookfield for the EBSC SYOA (Swim Your Own Age) meet. Heat sheets and session reports were posted on our Facebook page earlier today.

<i>Session</i>	<i>Warm-ups</i>	<i>Meet Begins</i>	<i>Meet Ends</i>
Saturday AM (9&U)	7:00-7:45 AM	7:50 AM	11:08 AM
Saturday PM (10-12)	11:08-11:55 AM	11:58 AM	2:38 PM

Coach Katie attend this meet.

We are offering practice this Saturday at Sealed Air YMCA – take advantage!

OZ Meet Highlights and Recap

We put together a solid outing for our first meet of the Short Course Season last weekend in Mequon. Congratulations to all swimmers on their great efforts!

As a team, we posted 51% best times and five DQs. Our coaching staff reviews DQs with our athletes at meets and then again during the week after the meet/infraction at practice.

Event winners: Alessandra Arteaga (25 Breaststroke), Shaelyn Jensen (100 IM), and Nate Mudry (200 Freestyle, 100 Butterfly, 200 IM).

Hopking Uyenbat picked up a YMCA State qualifying time in the 400 IM while Claire Meiri notched all best times in her events.

Dropping more than five seconds in a single event: Alessandra Arteaga -9.20 in the 50 Freestyle, Zack Kopsa -12.67 in the 400 IM, Emery Pitts -27.13 in the 100 Freestyle, Mila Prpa -37.91 in the 50 Freestyle, and Hopking Uyenbat -20.57 in the 400 IM.

Guarantee Checks

As we usher in online registration, we are going through growing pains in regards to putting the finishing touches on the entire process. With that said, if you registered online please don't forget to forward your Guarantee Checks to Missy Reischl. Thanks.

Halloween Party, Tuesday, October 30

Our annual glow stick Halloween Party will be here before you know it. Always a fun time, the night kicks off with the Swim-a-Thon handouts followed by a water warm-up, fun relays, glow stick swim, and then dinner. Pizza will be provided and we request that families volunteer to donate items from the list below. Please email Coach Neil to sign-up to donate. If you would like to bring something not listed below, please let Coach Neil know. Thanks.

Case of water	Case of water	Juice pouches/boxes	Juice pouches/boxes
Fruit plate	Fruit plate	Veggie tray	Veggie tray
Brownies	Cup Cakes	Paper plates	Paper plates
Napkins	Napkins	Pretzels	Popcorn

TEAM SEA Towels Available

Families interested in ordering TEAM SEA towels can do so through November 4. The order form can be found on the homepage of our website. Towels are 100% woven cotton, sized 30x70 inches and made in the USA. Delivery will be in time for Christmas!

Fundraising Updates

Elegant Farmer Pie Sale

It's officially fundraising season and we're kicking it off with our popular Elegant Farmer FUNraiser. \$6-\$7 from each baked item sold goes to your families fundraising total.

Please submit your orders to your coach or to Jo Anne Mudry by Wednesday, October 24 – payment is due with your order.

Pick-up will be Thursday, November 15 at Horlick High School.

Note: All items arrive frozen, so please make arrangements to pick-up in person or have another family pick-up if you cannot make it on the evening of November 15. Download this year's order forms at <https://www.sea-y.org/elegant-farmer>

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.

Rustic Board Sign Painting Night

Friday, November 16 at Sealed Air YMCA, 6-9 PM. Cost is \$50-\$55 (reservations and payment due by Monday, November 5).

Tryouts!

Our next Tryouts will be held at Horlick High School on Monday, October 29 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>
October 21	October 24-25
November 4	November 7-8
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>
Oct. 20 – EBSC Swim Your Own Age	Entries closed
Nov. 4 – SEA Pentathlon	Oct. 20
Nov. 4 – KENO Invite	Oct. 20
Nov. 11 – SSTY Fall Invite	Nov. 2
Nov. 16-18 – HPAC Invite	Entries closed, but you can still attend!
Nov. 30-Dec. 1 – SWAT Distance Open	Nov. 10
Dec. 7-9 – SSTY Y-Finalist	Nov. 10
Dec. 15-16 – 11&U State	Nov. 15

Happy October Birthday!

Sarina Foster, Srushti Ingle, Bronte Jansen, Shaelyn Jensen, Lenna Karapetian, Angela Mrotek, Charlotte Wright, Quinn Wright, Neil Wright III.

Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
				Oct. 19 – Practice at Horlick	Oct. 20 – Practice at Sealed Air YMCA; EBSC meet	Oct. 21 –
Oct. 22 – Practice at Horlick	Oct. 23 – Practice at Horlick	Oct. 24 – Practice at Horlick	Oct. 25 – Practice at Carthage	Oct. 26 – Practice at Carthage	Oct. 27 – Practice at Sealed Air YMCA	Oct. 28 –
Oct. 29 – Practice at Horlick; Tryouts at Horlick, 6:00 PM	Oct. 30 – Practice at Horlick	Oct. 31 – Practice at Horlick	Nov. 1 – Practice at Horlick	Nov. 2 – Practice at Horlick	Nov. 3 – Practice at Sealed Air YMCA	Nov. 4 – SEA meet; Daylight Saving Time ends
Nov. 5 – Practice at Horlick	Nov. 6 – Practice at Horlick	Nov. 7 – Practice at Horlick	Nov. 8 – Practice at Horlick	Nov. 9 – Practice at Horlick	Nov. 10 – Practice at Sealed Air YMCA	Nov. 11 – SSTY Invite
Nov. 12 – Practice at Horlick; High School Swimming begins for boys	Nov. 13 – Practice at Horlick	Nov. 14 – Practice at Horlick	Nov. 15 – Practice at Horlick	Nov. 16 – Practice at Horlick; HPAC Invite	Nov. 17 – Practice at Sealed Air YMCA; HPAC Invite	Nov. 18 – HPAC Invite
Nov. 19 – Practice at Horlick	Nov. 20 – Practice at Horlick	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 – Practice at Horlick	Nov. 28 – Practice at Horlick	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