



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
October 25, 2018

Notes from Neil

I will take additional entries for our November 4th meet through 8:00 PM tonight, October 25. Please email me if you would like your swimmer(s) to participate in the meet!

Please remember we are practicing at Carthage College tonight and tomorrow. Bronze and Silver train 6:15-7:15 PM and Gold and Senior train 6:15-8:00 PM.

Our annual Halloween Swim-a-Thon party is this Tuesday! All swimmers should be on deck for the fun beginning at 5:30 PM at Horlick. We still need a few items donated (two fruit trays and two veggie trays ... please see the chart later in the newsletter. Pizza will be provided. Hope everyone can make it!

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! Last weekend's EBSC meet was awesome! We had some great times, only had 1 DQ, and had major technical improvements. The kids had such a fun time, especially when it started snowing!

Our very first SEA hosted meet is up next. This will be down at the Pleasant Prairie Rec Plex. We will be preparing for this all next week. Using whistles, to simulate a real meet! As well as fine tuning technique, starts, turns, and whatever else individual athletes need. We will make an effort to work one-on-one next week too.

Bronze had some guest coaching on Tuesday and Thursday by me, I think I pooped them out! They showed me some really great streamlines and we worked on the underwater dolphin kicks. Finally finishing practice doing some sprints in the diving well with the Silvers.

Silvers are probably very sick of kicking by now! But they are getting faster and stronger each time we do it. We have been working in longer distances and will continue to do so as we get further into our season. They are also doing great at participating in dryland exercises on Tuesdays and Thursdays.

For Golds I have promised them videotaping but I was having some technical difficulties. Which I have resolved and will be beginning again next week. I will post these videos on my YouTube channel and a link will be sent out when those are ready. I would like to compliment the practice crew on Wednesday, they kicked some serious butt!! Completing 3000 yards and racing a 500 for time at the end. They're we're some moans when I said the set but they dug in and did great! Keep up this momentum!

EBSC Highlights & Recap

Great efforts last weekend in Brookfield! As a team, we posted 69% best times and only one DQ. Keep up the great work at practice as we prepare for our team hosted meet on Sunday, November 4.

New USA State qualifying times were achieved by Nathaniel Foster in the 50 Backstroke and 50 Butterfly while his little brother missed the YMCA State qualifying time in the 25 Breaststroke by .01 touching in 25.00 – next time!!!

Event winners included Shaelyn Jensen in the 50 Breaststroke and Brady Moore in the 50 Freestyle. Nice job kids!

Posting all best times were Nicholas Foster, Lindsey Hohnl, and Claire Meiri.

Dropping more than five seconds in a single event included Nicholas Foster -11.10 in the 25 Butterfly, Lindsey Hohnl -5.04 in the 50 Freestyle, and Claire Meiri -18.14 in the 100 IM.

Congratulations to Emery Pitts on completing her first legal 100 IM – so cool!

Don't forget to sign-up for our upcoming Pentathlon meet – November 4 in Pleasant Prairie. Go SEA!!!

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 - Gilewski	Case of water - Peterman	Juice pouches/boxes - Mrotek	Juice pouches/boxes - Daniel
Fruit plate	Fruit plate	Veggie tray	Veggie tray
Brownies - Klepp	Cup Cakes - Klepp	Paper plates - Moore	Paper plates - Moore
Napkins - Foster	Napkins - Foster	Pretzels - Daniel	Popcorn - Mrotek

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
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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. 25 – Practice at Carthage, Bronze/Silver 6:15-7:15 PM; Gold/Senior 6:15-8:00 PM	Oct. 26 – Practice at Carthage, Bronze/Silver 6:15-7:15 PM; Gold/Senior 6:15-8:00 PM	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