



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
November 29, 2018

Notes from Neil

The Swim-a-Thon turned out great! Thanks to Jo Anne Mudry for spear heading this fun event, to all the families who donated items for the team dinner, and for the parents who stepped forward to help count laps. Here's a list of the laps our athletes covered during the hour-long swim and a key to help you figure out how many yards and miles your swimmer covered:

- 90 – Zack
- 89 – Megan
- 83 – Mac
- 82 – Hugo
- 76 – Natalie
- 72 – Zoe
- 68 – Jordan
- 67 – Alice
- 66 – Maddie
- 63 – Nathaniel
- 60 – Grace, Grace
- 58 – CJ
- 56 – Riley
- 54 – Callie
- 52 – Macie, Kinzie, Lindsey
- 51 – Claire
- 50 – Kendall, Jorja
- 49 – Nicholas
- 48 – Isabelle
- 47 – Cate
- 44 – Jack
- 43 – Sophia
- 42 – Shaelyn, Emery
- 41 – Nolan
- 40 – Alessandra
- 39 – Claire
- 38 – Sydnee
- 37 – Yash, Jessica
- 34 – Angela, Finley
- 33 – Marie, Madhura
- 32 – Ashton, Evelyn, Gabi
- 31 – Fiona
- 30 – Ella, Sophie

Laps to Yards

90 laps = 4500 yards
80 laps = 4000 yards
70 laps = 3500 yards
60 laps = 3000 yards
50 laps = 2500 yards
40 laps = 2000 yards
30 laps = 1500 yards
20 laps = 1000 yards
10 laps = 500 yards

Yards to Miles

1760 yards = 1 mile
3520 yards = 2 miles
5280 yards = 3 miles

27 – Zack, Sarina

22 – Erika

21 – Gavin

12 – Daxton

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.

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.

It can be said enough but thank you to all who helped out the make the Swim-A-Thon such a great event. If you did not participate in this awesome event, don't worry, there's always next year!

After the long holiday weekend we jumped right back into the swing of things. Focusing on great streamline and breakouts for this week. Learning to set ourselves up for success from the beginning of any race, or practice set. Using their powerful underwater dolphin kicks off of every wall or start (except breast).

Bronze have been increasing their intensity and distance to build endurance and prepare this athletes swimming at the meet this weekend. We are excited to see what these guys are capable of. After hearing how much they swam for the Swim-A-Thon I'd have no doubt they will succeed!

Silvers have also bumped up the yards and are doing sets structured like ones Gold's do. They love being able to see what the workout is on the whiteboard and are able to focus better at the drill or task. I look forward to challenging them with difficult sets in the future.

Golds have also kicked it up a notch, both in the pool and on land. So far dryland has mainly focused on getting these athletes more coordinated and aware of their body movements. We will now transition into more structured and focused dryland routines.

In the water, I have decided to supplement LTS on Wednesday's with more yards at race pace. I have discussed this change with the athletes and explained we will still do similar sets, I just want to make sure we get the most out of every practice.

This weekend is the SWAT meet at Greenfield High School, Friday and Saturday. Practice will be geared towards preparing for this meet. Fitting in time to work one-on-one with a coach, for last minute technique.

SWAT Meet Information

We are back in action this Friday and Saturday! We'll be racing at Greenfield High School located at 4850 S 60th Street in Greenfield.

Our focus Friday evening is the 500 Freestyle – it's the only event our athletes are swimming. Let's keep the streamlining tight and ensure we speed up into every wall.

We have assigned warm-ups – please be on time.

Coach Katie will be covering Friday evening and Saturday PM and Coach Neil will be covering Saturday AM. Good luck!

<i>Session</i>	<i>Warm-ups</i>	<i>Meet Begins</i>	<i>Meet Ends</i>
Friday (all ages)	4:30-5:30 PM	5:40 PM	7:02 PM
Saturday AM (8&U in lane 5, 13&O in lane 6)	8:00-8:30 AM	8:40 AM	12:08 PM
Saturday PM (9-12 in lane 8)	12:15-12:45 PM	1:25 PM	5:13 PM

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.

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 to practice diving off a starting block. 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 Titledown 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.

Holiday Practice Schedule

We will be training at Sealed Air YMCA during the upcoming school break. Practice times will be:

Senior, 2:30-5:00 PM

Bronze and Silver, 5:00-6:00 PM

Gold, 6:00-7:45 PM

Practice will be held December 26, 27, and 28. We will also conduct our normal practices on Saturday, December 22 and 29. Hope to offer practice on December 31 as well (sometime in the morning – still waiting on confirmation).

Practice will not be held on December 24, 25, and January 1.

Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
			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 TBA	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. 23 –

Extended Calendar

December 2018

3, Board meeting, 6:00 PM at Horlick, all welcome

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

Find SEA on Social Media

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