



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
November 9, 2018

Notes from Neil

Great swimming last Sunday during our Fall Starter meet. Thanks to Jose Arteaga (your Meet Director) for organizing a quality meet and to all the families for helping out too.

Heads-up ... one of our swimmers discovered lice in their hair. Please take a moment and check your swimmers! Of course, if your swimmer does have lice, please do not attend practice until it's taken care of.

It's time to declare your intentions for the SWAT and SSTY meets. Don't miss out!

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, we had such a great meet last weekend. Thank you to all the people who helped make this meet run smoothly. Coming up this weekend is the SSTY Fall up at Schroeder YMCA.

Be sure to check out the meet schedule and let Neil and/or I know if you plan on attending. If you are new and unsure if competition is your thing don't hesitate to sign up for one or two events, or talk to one of us about competing.

This week the Bronze group we're tackling the challenge of breaststroke. Coach D even got in the water on Wednesday to further assist athletes with this difficult kick. They have been doing great and looks like having a bunch of fun too!

Silvers kicked it up a notch this week, literally! We focused on kicking and creating good habits. I challenged them on Wednesday to swim longer yards, finishing with a 100 free non-stop. They did great! Finishing with a total of 850 yards for the night, great work Silvers!

Golds have been focusing on engaging their core and holding a steady bodyline. With lots of kicking and more work with fins. We will start to bump up dryland for them now that the gym is done, and looks amazing too!

Coach Alyssa and I have already started a countdown to Thanksgiving! 2 weeks until turkey, pie, mashed potatoes, and casseroles. Let's work hard so we can indulge on all of the best dishes in two weeks.

SSTY Invite Meet Information

This Sunday we travel to Brown Deer for the annual SSTY Invite. Remember, all swimmers compete at the same time. Warm-ups begin at 9:00 a.m., meet begins at 10:00 a.m., and is scheduled to end at 1:41 p.m. Coach Neil and Katie will attend this event. SEA you on deck!

SEA Pentathlon Recap & Highlights

Great efforts last Sunday during our first hosted meet of the season. Continue to attend practice regularly as we slide into November and the halfway point of our season at the end of December.

Congratulations to the Foster brothers on their new YMCA State qualifying times! Nathaniel picked up the 50 Freestyle, 50 Backstroke, and 50 Butterfly while Nicholas grabbed his first ever State cut in the 25 Breaststroke.

Achieving 100% best times included Maddie Cerny, Zoe Chartrand, Nathaniel Foster, Jorja Makovsky, Cate Mike, Ashton Moesch, Angela Mrotek, Madhura Patil, Yash Patil, Gabi Peterman, Marie Spang, and Arya Zore.

Cutting more than five seconds from a single event were Maddie Cerny -5.55 100 IM, Zoe Chartrand -10.51 50 Breaststroke, Nicholas Foster -21.72 100 IM, Kendall Gilewski -7.83 100 Freestyle, Jessica Gonzalez -10.51 25 Freestyle, Lindsey Hohnl -5.47 100 IM, Jorja Makovsky -22.20 200 IM, Angela Mrotek -5.40 50 Butterfly, Nolan Mrotek -10.21 50 Butterfly, Madhura Patil -6.69 50 Backstroke, Yash Patil -10.55 100 Butterfly, Gabi Peterman -14.63 100 IM, Adam Ries -56.54 200 IM, and Arya Zore -9.78 25 Butterfly.

Athletes taking home a High Point award included Nicholas Foster 3rd place 86 points, Nathaniel Foster 1st 91 points, Zoe D'Alessandro 3rd 71 points, Nate Mudry 2nd 80 points, Zack Kopsea 3rd 75 points, and Ethan Brannen 3rd 78 points.

Posting victories were Zoe D'Alessandro 100 Breaststroke, Nathaniel Foster 50 Backstroke, 50 Butterfly, 50 Freestyle, Nicholas Foster 25 Breaststroke, Nolan Mrotek 50 Breaststroke, and Nathan Mudry 100 Breaststroke, 100 Butterfly, 100 Freestyle, 200 IM.

KENO Invite Recap & Highlights

This event was a YMCA National requirement for some of our high school boys. Nate Mudry notched the fifth fastest time in our team history for 13-14 boys 200 Freestyle (1:54.01 – he also won the event). Scott Palmer won the same event for the Senior boys.

Officials Update & Class Available

During our SEA hosted meets, parent volunteers are needed to fulfill many important jobs. One of those jobs is swim meet official. Every year we need to recruit new officials, especially from the younger age-groups.

As an official, you can be right on deck and even get free food! You don't have to have a background in swimming to officiate as you will be taught specifically what to look for when you watch swims.

The training consists of a 3-4-hour class, depending on the instructor and an online test. Once those are completed, you just need to apprentice four times with another stroke and turn official.

Becoming an official is a tremendous help to our team as we cannot run a meet unless we have enough officials on deck. If you have any interest please feel free to contact one of our current SEA officials.

If any current stroke and turn officials are interested in taking the Starter/Ref class, it will be offered November 18, 1:45-5:45 PM in Brown Deer.

Our current officials are:

Phil Eberle – Starter/Ref	Linda Eberle – Starter/Ref	Dave Krug – Starter/Ref
State Waite – Stroke/Turn & apprentice Starter/Ref	Tracy Stouffer – Starter/Ref	Jose Arteaga – Stroke/Turn & apprentice Starter/Ref
Ana Arteaga – Stroke/Turn	Eric Bergemann – Stroke/Turn	Trina Cain – Stroke/Turn
Ben Foster – Stroke/Turn & apprentice Starter/Ref	Sarah Foster – Stroke/Turn & apprentice Starter/Ref	Christy Klepp – Stroke/Turn
Ashutosh Patil – Stroke/Turn	Amanda Rubio – apprentice Stroke/Turn	Maybe you – apprentice Stroke/Turn

Please contact Tracy Stouffer if you are interested in becoming an official; she can be reached at 414.881.9040 or st.stouffer@yahoo.com.

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.

Fundraising Updates

Elegant Farmer Pie Pick-up – NEW DATE – Wednesday, November 14 at Horlick High School (Note: All items arrive frozen ... please make arrangements to pick-up in person or have another family pick-up if you cannot make it on the evening of the 14th)

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. SEA you there!

Swim-a-Thon – Event date: Tuesday, November 27

Raise at least \$25 by Friday, November 16 to earn a limited edition SEA t-shirt (show your form to your coach and email Jo Anne Mudry your t-shirt size)

Early Bird Prizes! The swimmer for each practice group who has the most pledges Tuesday, November 13 will earn a special Early Bird Prize (show your pledge form to your coach).

Remember, 100% of your pledges will count toward fulfilling your fundraising obligation!

Tryouts!

Our next Tryouts will be held at Horlick High School on Monday, November 26 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>
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>
Nov. 11 – SSTY Fall Invite	Entries closed
Nov. 16-18 – HPAC Invite	Entries closed
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 November Birthday!

Jonah Bouy, Nolan Mrotek, Ella Pierce, and Kaylee Staniger.

Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
				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 – Swim-a- Thon	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