



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
December 14, 2018

Notes from Neil

The holiday season is right around the corner ... please don't forget to declare your intentions to attend meets in January before everyone gets really busy! We have a fun travel meet planned to Green Bay you don't want to miss out on!

If you would like to order a Swim-a-Thon t-shirt you have until Sunday! The order form was emailed out with this newsletter.

Don't forget about Duck Pin Bowling schedule for late January – read all about it later in this newsletter.

We had a great practice and meet type experience Tuesday at Carthage. Katie, Jacob and Dana walked our Bronze and Silver swimmers through the process of attending a meet (warming-up, team meeting, team cheer, how to follow the whistles used during starts, and racing). Meanwhile, Alyssa and I ran a combined Gold and Senior practice ... fun times!

Julie Kopsea would like to remind everyone there's one more chance to order SCRIP prior to the holidays. Orders are due by Sunday, December 16 and will arrive December 19-20.

I'm in need a high school swimmer to serve as our Athlete Rep. This position required attending three meetings per year (usually in Oconomowoc on the fourth Tuesday's of January and October and a Saturday in late April). Let me know if you're interested.

Please read our Holiday Practice schedule closely (it's located towards the end of the newsletter). We will be practicing at Sealed Air YMCA, but our hours will be different. Hope you can take advantage of these practices!

Don't forget to sign-up for Duck Pin Bowling (will take place in January). Read more about this fun event later in this newsletter.

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.

Great job this past weekend to all the athletes that competed at the Y-Finalist meet. There were team records broken, new state cuts achieved, and a lot of best times. We had an awesome

meet! Next up, is the Single Age State Meet, where we will have two athletes competing. Good Luck this weekend to Brady Moore and Nicholas Foster!

Congratulations are in order for our very own Emery Pitts! If you have been following her in the Michael Phelps Foundation artwork contest you know how awesome her art was. Well last night during practice she found out she won! THE Michael Phelps and his wife called Emery and her mom to tell her the good news. Great job Emery!

On Tuesday we had practice at Carthage and held a mini meet with the Bronze and Silvers. This was a blast! They warmed up, practiced some starts, had a team meeting, did the team cheer, and got up and raced. We will be doing this regularly to help athletes become more comfortable with competing.

The Golds had the opportunity to practice with the seniors on Tuesday while the Bronze and Silvers were doing their meet. This was a great opportunity for them to dip their toes into what seniors do. As well as having some quality time with coach Neil and coach Alyssa. They were definitely tired after that night.

Don't forget to sign up for the Penguin Challenge coming up in January. Same with the Green Bay travel meet which will be a bunch of fun!

11&U State Information

This weekend Brady Moore and Nicholas Foster will represent TEAM SEA in the 11&U State meet that will be held the Augustine Prep pool. Be advised we are slotted into the second warm-up session (families may want to arrive early for better parking and seating). Katie will be on deck.

<i>Session</i>	<i>Warm-ups</i>	<i>Meet Begins</i>	<i>Meet Ends</i>
Saturday	12:20-12:40 PM	1:05 PM	3:36 PM

Titletown Freeze Hotel Information

TEAM SEA hits the road in January to return to Green Bay for GBY's annual Titletown Freeze meet. Rooms are reserved at the Tundra Lodge Resort and come with two queen beds and a pullout sleeper sofa. The rate is \$149.95 plus tax. Please call 877.886.3725 to reserve one of the twenty rooms reserved under South Eastern Aquatics.

Email Coach Neil if you are planning on attending this fun team travel event so he can sign-up your swimmer.

Y-Finalist Recap & Highlights

Team Records Drop, Arteaga Swims in Rarified Waters, and More State cuts too

Y-Finalist turned out to be an excellent meet for TEAM SEA! Quick highlights include Mac Thomas setting five team records, Hugo Arteaga becoming the first 11-12 TEAM SEA swimmer to post a sub :54 100 Freestyle, seven new State qualifying efforts, and Macie Ritter crack the minute barrier in the 100 Freestyle for the first time off the block (officially).

We continue to track high best time percentages and few DQs. As a team, we posted 59% best times last weekend and only five DQs (one each in the Butterfly, Backstroke, and IM and two in the Breaststroke events). Y-Finalist is a preview of YMCA State and included 17 of the 23 teams that will compete in YMCA State in March. TEAM SEA was the 12th largest team in last weekend's meet, but with our talent we finished 7th of 18 teams in the meet scoring 218 points. Let's keep our noses on the grind stone!

Mac Thomas broke five team records in the 11-12 age-group. Thomas broke Robyn Zastrow's 1996 50 Freestyle record of 25.68 with her effort of 25.63; broke Kinzie Reischl's 2016 100 Freestyle record of 56.50 with her swim of 56.10; broke her own 50 Breaststroke record of 32.71 touching in 32.01; broke Emily Bollendorf's 2012 100 Breaststroke record of 1:11.58 when she went 1:10.71; and broke Natalia Badillo's 2016 200 Breaststroke record of 2:37.78 with her effort of 2:34.05. Hugo Arteaga also broke a very old record! Arteaga posted a 53.75 in the 11-12 100 Freestyle to break Craig Lashley's 1996 mark of 54.13.

New State qualifying times were recorded by Hugo Arteaga (11-12 USA State in 200 Freestyle, 2:05.84), Zack Kopsea (13-14 USA State in the 500 Freestyle, 5:16.32 and 200 Backstroke, 2:12.60 and YMCA State in the 200 Butterfly, 2:35.43 and 100 Freestyle, 54.55), Brady Moore (11-year-old USA 11&U State in 50 Freestyle, 30.33), and CJ Trask (11-12 USA and YMCA State in 100 IM, 1:12.67). Mac Thomas just missed the 13-14 USA State qualifying time standard in the 100 Freestyle (by .01) – next time!

Fourteen swims cracked the Top Ten All-Time last weekend! Mac Thomas had two swims (4th in both 11-12 50 Backstroke, 29.80 and 200 Freestyle, 2:08.37), Megan Schultz (3rd in the 13-14 100 Breaststroke, 1:11.27), Natalia Badillo (4th in the 15-16 100 Breaststroke, 1:09.43, 7th in the 100 Backstroke, 1:02.74), Hugo Arteaga (2nd in the 11-12 50 Freestyle, 24.27, 2nd in the 50 Backstroke, 28.72, 2nd in the 100 Butterfly, 1:01.36, 3rd in the 100 IM, 1:03.50, 4th in the 50 Butterfly, 27.41, 5th in the 200 Freestyle, 2:05.84), and Zack Kopsea (5th in the 13-14 500 Freestyle, 7th in the 200 Backstroke, 7th in the 400 IM, 4:49.32).

Amazing amounts of time continue to be cut from individual swims! Alessandra Arteaga -39.03 in the 100 IM, 1:50.29, Hugo Arteaga -13.65 in the 200 Freestyle, Zoe D'Alessandro -13.98 in the 200 Freestyle, 2:13.44, Lindsey Hohnl -41.75 in the 200 Freestyle, 2:42.92, Shaelyn Jensen -25.89 in the 100 Butterfly, 1:39.13, Callie Klepp -5.77 in the 100 Butterfly, 1:40.77, Zack Kopsea -16.29 in the 200 Butterfly, 2:35.43, Brady Moore -21.16 in the 100 Butterfly, 1:28.48, Nolan Mrotek -17.54 in the 100 Butterfly, 1:32.71, Emery Pitts -17.79 in the 50 Breaststroke, 54.34, Hopking Uyenbat – 6.41 in the 500 Freestyle, 5:30.49, Natalie Vitek -8.15 in the 100 Breaststroke, 1:26.88, and Meg White – 7.11 in the 25 Butterfly, 36.47.

Four athletes managed to notch all best times in their events! Congratulations to Lindsey Hohnl, Ava Kerbawy, Brady Moore, and Nolan Mrotek.

Event winners last weekend included Hugo Arteaga (six events), Zack Kopsea (one event), Mac Thomas (two events), and CJ Trask (one event).

Nine swimmers comprise our list of unsung heroes this week ... Sofia Badillo looked sharp in her events even though she's super busy with basketball and volleyball, Jack Borzynski continues to chip away at the Backstroke State qualifying times (cut another .59 in the 50 Backstroke), Isabelle Buhler just missed best times in the 100 Breaststroke and 50 Freestyle, Evelyn Gutknecht continues to improve in just her second meet of her life, congratulations to her sister Sophie Gutknecht in her first meet ever, Claire Meiri dropped 3.98 seconds in the 100 Freestyle – not bad for not attending practice for a week, Fin Pitts rocked her first meet, Kinzie Reischl looked sharp in her three races closing in on personal bests in the process, and Macie Ritter broke the minute barrier in the 100 Freestyle for the first time officially from the block!

The coaching staff is so proud of everyone's efforts during the first three months of the season! Continue to attend practice regularly and consistently think about what you are doing in the water during practices!

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

Thanks to all of our families for all of your fundraising efforts this Fall! Here is a report of our earnings so far this season:

Elegant Farmer Pie Sale: \$763

Rustic Sign Painting Night: \$65

Swim-a-Thon: \$5,226

Swim-a-Thon wrap up notes: We officially reached our goal of \$5,000, which means Neil will be shaving his head! (Date TBA). There are a few families that need to turn in pledge money from the Swim-a-Thon. Please turn into your coach ASAP.

If anyone is interested in ordering one of the Swim-a-Thon t-shirts, please contact Jo Anne Mudry at 414.530.5037 or jmudry@earthlink.net. We need just a few more orders to have enough to reorder. Pricing is:

Option 1: design on front/blank on back = \$19

Option 2: design on front/name on back = \$25

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.

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 16	December 19-20
January 6	January 9-10
January 20	January 23-24
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>
Dec. 15-16 – 11&U State	Entries closed
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+	Jan. 22
Feb. 1-3 – PX3 Open	TBD
Feb. 9-10 – LAKE February Freeze	Jan. 20

Happy December Birthday!

Alessandra Arteaga, Caleb Bergman, Ethan Bergman, Nathaniel Foster, Cole Johnson, Ava Kerbawy, and Mac Thomas.

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.

Practice will be held on December 31 as well. Here's the practice times for December 31:

- Senior, 10:30 AM-12:30 PM
- Bronze, 10:30-11:30 AM
- Silver, 11:30 AM-12:30 PM
- Gold, 12:30-2:15 PM

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>
				Dec. 14 – Practice at Horlick	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 –
Dec. 24 – No practice	Dec. 25 – No practice	Dec. 26 – Practice at Sealed Air YMCA	Dec. 27 – Practice at Sealed Air YMCA	Dec. 28 – Practice at Sealed Air YMCA	Dec. 29 – Practice at Sealed Air YMCA	Dec. 30 –
Dec. 31 – Practice at Sealed Air YMCA	Jan. 1 – No practice	Jan. 2 – Practice at Horlick	Jan. 3 – Practice at Horlick	Jan. 4 – Practice at Horlick	Jan. 5 – Practice at Sealed Air YMCA	Jan. 6 –

Extended Calendar

January 2019

27, TEAM SEA Duckpin Bowling – you don't want to miss this event!

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

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).