



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
February 13, 2019

Daxton LaRue Needs Your Help

Bronze level swimmers Daxton LaRue is battling Leukemia and needs your help. Linked on the homepage of our website (www.sea-y.org) are a few links TEAM SEA families can visit to support Daxton and the LaRue family. Please take a moment now and show your support for Daxton. Thanks to the families who already donated!

WI LSC Regional Meet Information

We'll be racing at Augustine Prep this weekend (address is 2607 South 5th Street in Milwaukee).

In regards to Time Trials ... should your swimmer Time Trial? If your swimmer does not have a State qualifying and is close to one, yes. If your swimmer has three State qualifying times and is close to achieving another one, yes. If your swimmer has one or two USA State qualifying times already, it's probably not necessary to Time Trial since s/he will be able to select a Bonus event to swim at State. If you have questions or need clarification, please speak with Neil or Katie.

Drive safe, swim fast, have fun!

<i>Session</i>	<i>Warm-ups</i>	<i>Meet Start</i>	<i>Meet End</i>
Friday (all ages)	4:30-5:30 PM	5:35 PM	7:00 PM
Saturday AM (12&U)	7:00-8:00 AM	8:05 AM	10:49 AM
Saturday PM (13&O)	10:45-11:55 AM	12:05 PM	3:15 PM
Saturday Time Trials	3:00 PM	3:30 PM	
Sunday AM (12&U)	7:00-8:00 AM	8:05 AM	10:47 AM
Sunday PM (13&O)	10:45-11:55 AM	12:05 PM	3:45 PM
Sunday Time Trials	3:30 PM	4:00 PM	

Notes from Neil – It's Crunch Time!

Good luck this weekend in Milwaukee as we race in the WI LSC Regional meet! Drive safe, swim fast, have FUN!!

Handed out a ton of Crunch Bars this week for the Senior training group ... keep it up!

With the conclusion of high school boys swimming, Park High School is now available again. Beginning Monday, Seniors will begin training at Park (5:30-8:00 PM). Bronze, Silver, and Gold will continue training at Horlick (this will free-up lane space for all training groups –

which has been tight this week already). Please read the Calendar at the end of this newsletter as it lists where all training groups will swim on any given day (there are some days where #TEAMSEA is combined at Park). Please follow the Calendar carefully.

For the upcoming team hosted Wisconsin YMCA Regional meet, families are required to work two sessions. Great job signing-up!

Save the date!!! We will be heading back to Kentucky this summer to attend Lakeside Seahawks Invite in Louisville. If you thought our recent Green Bay travel meet was enjoyable and fun, wait until you attend this meet! July 11-13.

Seniors will be going out to breakfast on Saturday, February 23 after morning practice. We'll be heading over to Dynasty on Lathrop. 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.

If you need any help with the registration process, please reach out to Missy Reischl at mjreischl@outlook.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,

Next week I will be giving Daxon his gift, so I will still be taking donations though early next week. We are still looking for some gas gift cards and a pair of goggles. Thank you to those who have donated. Him and his family needs all the encouragement and love they can get!

Congratulations to Rylie Bergemann, Shaelyn Jensen, and Brady Moore on achieving new state qualifying times this past weekend. The February Freeze was full of best times, new events, and fun memories. A handful of athletes dropped 10 seconds or more in one event! Let's keep this momentum going into the USA Regionals this weekend.

This week has been dedicated to preparing for this weekend's USA Regional meet. We have been doing a lot of 25s this week, focusing on legal and fast finishes. Legal finishes are where we see a lot of our DQs, stroke infractions are second. There are relays this weekend! We have been dedicating the last 10 min of practice to starts and relay exchanges to prepare.

Golds took a break from dryland last week in order to fit more yards in the pool. We worked pretty hard last week and some will continue through next week. While others will slow I down to fine tune strokes, starts, turns, and finishes. This week we will do some yoga and meditation, feel free to bring a yoga mat. Keep up the great efforts and attendance!

Don't forgot to sign up for the SEA hosted YMCA Regionals meet March 9th & 10th!

February Freeze Recap & Highlights

We continue to "rock the blocks" on the weekends! During the February Freeze we posted a healthy best time percentage, 55% (72 of 130 swims) and only five DQs (three in Backstroke and one each in Butterfly and Breaststroke).

New State qualifying times were turned in by Natalia Badillo Open YMCA 200 Butterfly 2:29.12, Rylie Bergemann 11-12 YMCA and USA 50 Breaststroke 36.90, Shaelyn Jensen 9-10 USA 50 Breaststroke 42.84, Zack Kopsea 13-14 YMCA 50 Freestyle 25.41, and Brady Moore 11-12 YMCA and USA 50 Freestyle 28.68. Alessandra Arteaga is only .31 seconds away from the 8&U YMCA 25 Breaststroke standard!

Notching some of the fastest times in our team's history were Hugo Arteaga 11-12 100 Butterfly 3rd at 1:02.94 and 9th 50 Breaststroke at 34.78 and Zack Kopsea 13-14 200 Backstroke 8th at 2:13.07.

#TEAMSEA continues to slash loads of time in their events. Dropping five or more seconds in a single event included Alessandra Arteaga -5.52 50 Butterfly, Natalia Badillo -12.35 200 Butterfly, Rylie Bergemann -6.08 200 Freestyle, Zoe Chartrand -10.09 100 Freestyle, Leah Fallenbeck -10.96 100 Breaststroke, Evelyn Gutknecht -9.64 50 Backstroke, Lindsey Hohnl -7.58 200 Breaststroke, Sophia Marini -12.50 100 IM, and Alice Stratman -6.99 200 IM.

Lindsey Hohnl, Sophia Marini, Adam Ries, and Alice Stratman posted 100% best times during the two day meet while Hugo Arteaga won seven of his eight events!

Sofia Badillo achieved a PR in the 200 Backstroke 2:25.71, Nathaniel Foster went 2/3 for best times, Nicholas Foster had a best time in the 50 Backstroke 54.97, Sarina Foster slipped under her PR in the 25 Freestyle 35.83 (not bad for a 6-year-old), Sophie Gutknecht went 2/3 for best times, Fiona Marini posted 50% best times, Emery Pitts had some nice time drops in three events and swam the 200 IM legally for the first time, Fin Pitts swam the 100 Freestyle for the first time and did a great job, Jordan Stouffer went 4/7 for best times, Elizabeth Stratman raced hard and had a club PR in the 100 Breaststroke, Hopking Uyenbat PRed in the 200 Breaststroke 2:43.32, and Claire Wolfe swam the 100 IM for the first time!

Good luck in Milwaukee this weekend!

WIAA Sectionals Recap & Highlights

Our high school boys raced during the WIAA Sectional meet last Saturday in Kenosha. As a group, they posted 14 best times out of 18 swims (78% best times) and no DQs.

Although no one made it to State (next year will be a different story), there were some amazing swims!

Congratulations to Josh Abel on this YMCA and USA State qualifying time in the 100 Backstroke 58.10 and his YMCA State qualifying time in the 100 Butterfly 56.42.

Nathan Mudry dropped one second in the 200 Freestyle touching in 1:51.69 while Austin Lentz cut four seconds and finished in 2:03.86 (Austin also raced a great 500 Freestyle touching in 5:39.45 – a 14 second improvement).

Scott Palmer posted a PR in the 200 IM 2:15.92 (dropping close to two seconds).

AJ Wampole and Joe Abel notched best times in the 100 Butterfly (1:02.26 and 1:04.96 respectively).

Ethan Bergman broke the minute barrier during the 100 Freestyle touching in 58.56 – his first time under a minute and 59 seconds too!

Ethan Brannen (1:02.68), AJ Wampole (1:07.46), and Tim Riegelman (1:14.62) PRed in the 100 Breaststroke.

Congratulations to Drew Esson on his efforts in all three relays (200 Freestyle Relay missed qualifying for State by .72 seconds).

There are still five weeks of the season left and the coaching staff hopes to see all high school boys back in the water soon!

Locker Room Use at Horlick ... During Basketball Games

When a high school basketball game is schedule at Horlick High School, we will lose use of either of the girls' or boys' locker room. The small bathroom (with shower) in the pool office will be available on those nights, however.

On the following nights, the girl's locker room will not be available: February 14.

On the following nights, the boy's locker room will not be available: February 21.

Thanks for your understanding and keep up the great locker room behavior!

Fall/Winter Fundraising Updates

The Short Course season is in the home stretch, which means that all fundraising season is as well. The family fundraising requirement for this season is \$150. To learn more about the requirement, visit the SEA website, head to the Members Tab > Fundraising > General Information.

Thank you to everyone who has fulfilled their fundraising requirements already. There are several families that did not submit a guarantee check this season. Our Fundraising Chair, Jo Anne Mudry, will be reaching out to families via email or phone towards the end of the season with an update. If you did not submit a guarantee check, or you would like an update on your progress, contact Jo Anne at jmudry@earthlink.net.

There are still two ways to earn money this season:

1. Order a custom car decal (info in this newsletter)
2. Earn rebates from any Scrip orders place before February 28. There are two more orders scheduled:
 - a. Order February 6, pick-up February 9
 - b. Order February 20, pick-up February 23

In addition to these two order dates, ScripNow ecard, ReloadNow, and purchase made through the MyScripWallet App before the end of February will also qualify toward their season's earnings.

On March 1, our team's Scrip Coordinator will create a family report that will be imported into the fundraising spreadsheet, and Jo Anne will send one final update.

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.

Order Your Custom Car Decal

Show your team spirit with a custom car decal! Add your swimmer's last name, first name, or nickname in your choice of three colors: reflective blue, glossy white, or glossy green. Cost is \$10 each or \$8 each for two or more with the same art. 100% of your sale will go towards your fundraising fees! (Thanks to Lindsey Thomas for donating your time and materials!)

Orders are due on February 14. See our website or Facebook for order form.

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>
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>
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Feb. 15-17 – WI LSC Regionals	Entries closed
Feb. 22-24 – 12&U State	Feb. 17
Feb. 28-Mar. 3 – 13&O State	Feb. 17
Mar. 9-10 – Wisconsin YMCA Regionals	Mar. 3
Mar. 15-17 – Wisconsin YMCA State	Mar. 10
Apr. 1-5 – YMCA Nationals	Mar. 17

Happy February Birthday!

Paul Amundson, Ethan Brannen, Maddie Cerny, Matt Creuziger, Cale Elcano, Drew Esson, Jessica Gonzales, Jacob Hendricks, Zarah Herron, Ava Knaus, Sophia Marini, Mila Prpa, Megan Schultz, and AJ Wampole.

Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
		Feb. 13 – Practice at Horlick	Feb. 14 – Practice at Horlick	Feb. 15 – Practice at Horlick, WI LSC Regionals	Feb. 16 – Practice at Sealed Air YMCA, WI LSC Regionals	Feb. 17 – WI LSC Regionals
Feb. 18 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Feb. 19 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Feb. 20 – Bronze, Silver, Gold @ Horlick Senior @ Park	Feb. 21 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Feb. 22 – Combined @ Park, 12&U State	Feb. 23 – Practice at Sealed Air YMCA, 12&U State	Feb. 24 – 12&U State
Feb. 25 – Combined @ Park	Feb. 26 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Feb. 27 – Bronze, Silver, Gold, @ Horlick, Senior @ Park	Feb. 28 – Combined @ Park, 13&O State	Mar. 1 – Combined @ Park, 13&O State	Mar. 2 – Practice at Sealed Air YMCA, 13&O State	Mar. 3 – 13&O State
Mar. 4 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Mar. 5 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Mar. 6 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Mar. 7 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Mar. 8 – Combined @ Park	Mar. 9 – No practice, Wisconsin YMCA Regionals	Mar. 10 – Wisconsin YMCA Regionals

Mar. 11 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Mar. 12 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Mar. 13 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Mar. 14 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Mar. 15 – Combined @ Park, YMCA State	Mar. 16 – No practice, YMCA State	Mar. 17 – YMCA State
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Extended Calendar

February 2019

23, Senior breakfast @ Dynasty (2427 Lathrop Ave., Racine) after morning practice

March 2019

15, Last day of practice for the Fall & Winter Season

18, Team Picture, 5:30 PM @ Horlick

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).