



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
February 27, 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!

13&O State Meet Information

We'll be racing in Kenosha during the 2019 short course version of USA 13&O State. If you have any questions during the meet, please reach out to Coach Neil at 262.994.3157. Drive safe, swim fast, have fun!

Warm-up Schedule (please be in the water at your arrival time):

Thursday Prelims

Ethan, Nate = 8 AM
Josh, Zoe, Mac, Scott = 8:45 AM
Megan, Zack = 10 AM

Friday Prelims

Scott, Zack, Nate = 8 AM
Sofia, Natalia = 9 AM
Josh, Zoe, Mac, Megan, Matt, Ethan = 9:30 AM

Saturday Prelims

Zack = 8 AM
Sofia, Kinzie = 9 AM

Sunday Prelims

Sofia, Natalia, Kinzie = 7:30 AM
Josh, Zoe, Mac, Megan = 8 AM
Matt = 8:45 AM
Zack, Nate = 10:30 AM

Finals

Nate will swim Finals on Friday in the 400 IM (4:15 PM warm-ups) and Saturday in the 500 Freestyle (4:15 PM warm-ups). Anyone else competing in Finals should check with Coach Neil in regards to what time to warm-up.

Notes from Neil – It's Crunch Time!

Congratulations to our 12&U State team members on their success last weekend in Brown Deer. We are very proud of your dedication and hard work! Continue to attend practice regularly as we gear-up for Wisconsin YMCA Regionals and YMCA State.

Our Senior training group continues to impress during their practices and attendance. Over the past three weeks we have went from handing out seven Crunch Bars to 18! We have some illness making its way through the squad, but hopefully it clears up quick.

Mark your calendars for our annual team picture which will take place on Monday, March 18 at Horlick beginning at 5:30 PM. Order forms will be handed out soon.

This Saturday will be our last Saturday morning practice for the season – don't miss out! Please contact me to declare your intentions to have your son or daughter compete in the team hosted Wisconsin YMCA Regional meet (this meet is open to ALL swimmers and they are permitted to swim any events). Deadline is March 3. Take advantage!

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.

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,

What a weekend team SEA had this past weekend! We have a 4-time state champ in our pool now, congratulations Hugo on your first-place finishes in the 50 free, 100 free, 100 IM, and 100 fly. CJ had an outstanding weekend as well, finishing top 8 in every one of his events and dropping time in all but one of his races. His 200 free was my favorite swim of the weekend, dropping 8+ seconds and touching in 3rd place. Rylie was so focused on her 100 breast and successfully achieved both the Y and USA state cuts. She showed up on Saturday with a big scrape on her knee, but she didn't let that slow her down. Brady worked hard last week on nailing his turns and it really helped out, especially in his 100 back on Friday where he got a best time and looked great. The relay teams both days had safe starts and great swims, swimming right at their times or better!

This week we have a funky schedule with 13&Over State. We will be combined and working a lot on breakouts, starts, and turns. Regionals is next weekend and we need all the extra practice we can get. We will get in some fast pace work later this week and next to help get the athletes pumped up and ready to race next weekend. Golds will continue to have modified workouts for those swimming state or regionals. It is much easier to have individualized

workouts when we have more lane space. When we are combined, I will have to modify this a little. We have been using our snorkels and paddles a lot lately if you do not have equipment, I highly recommend checking out our equipment list on Swimoutlet.com. I would also recommend washing their snorkel every week or so, especially with colds going around. Snorkels are my new favorite swimming tool! Don't forget to sign up for our SEA hosted Regional meet next weekend!!

12&U USA State Recap & Highlights

TEAM SEA posted solid results last weekend in Brown Deer during 12&U State. As a team, we posted 67% best times (14 of 21 swims), only one DQ, and finished 15th of 50 teams scoring 222 points.

Hugo Arteaga lead the way winning four events (50 Freestyle, 100 Freestyle, 100 Butterfly, 100 IM) and brought home the 2nd place high point trophy for 11-12 boys. Hugo reset two team records, 50 Freestyle at 23.44 and 100 IM at 1:00.58. He also posted some of the quickest times in our team's history – 2nd in the 100 Backstroke at 1:01.16, 2nd in the 50 Butterfly at 26.34 and 2nd in the 100 Butterfly at 58.37. Hugo also posted 13-14 USA State qualifying times in the 100 Backstroke and 100 Butterfly.

CJ Trask podiumed in five of six events and dropped 8.35 seconds in the 200 Freestyle where he finished 3rd at 2:02.81. He had many Top Ten times in our team's history during the meet – 6th in the 50 Freestyle at 25.57, 4th in the 200 Freestyle, 3rd in the 50 Backstroke at 28.94, and 3rd in the 100 Backstroke at 1:02.29.

Rylie Bergemann achieved two best times out of three swims and notched a new YMCA and USA State qualifying time in the 100 Breaststroke finishing in 1:18.68.

Shaelyn Jensen did great during her first USA State meet and posted a PR time in the 100 Breaststroke dropping .74 seconds.

Brady Moore had a nice time drop in the 100 Backstroke finishing in 1:19.84, a 2.08 second improvement.

Good job to Nathaniel Foster and Nolan Mrotek on the relays they competed during the meet and congratulations to all the swimmers, parents, and coaches on their efforts this year and during the meet. Continue to attend practice regularly as we gear-up for Wisconsin YMCA Regionals, YMCA State, and the 14&U ISCA Elite Showcase!

Shop our AmazonSmile Account

Shop our AmazonSmile account and support the team! <https://smile.amazon.com/ch/39-1580537>.

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 placed 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.

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>
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>
Feb. 28-Mar. 3 – 13&O State	Entries closed
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. 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,	Mar. 12 – Bronze, Silver, Gold @ Horlick,	Mar. 13 – Bronze, Silver, Gold @ Horlick,	Mar. 14 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Mar. 15 – Combined @ Park, YMCA State	Mar. 16 – No practice, YMCA State	Mar. 17 – YMCA State

Senior @ Park	Senior @ Park	Senior @ Park				
Mar. 18 – Team Picture @ Horlick, 5:30 PM						

Extended Calendar

March 2019

15, Last day of practice for the Fall & Winter Season
 18, Team Picture, 5:30 PM @ Horlick
 25, Board meeting, 6:00 PM @ Sealed Air, all welcome

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).