



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
March 22, 2019

Offseason Clinics

TEAM SEA will bridge the gap between the end of this season and the beginning of our Spring & Summer Season with four weeks of offseason clinics that will run Monday-Thursday at Park High School.

The cost is \$30 per week or \$100 for all four weeks.

Bronze and Silver will go 5:30-6:30 PM.

Gold and Senior will go 5:30-6:30 PM for the first three weeks and then 5:30-7:00 PM during week four.

Email Coach Neil if you are planning on attending.

Here's the focus for each week:

March 25-28, Starts (will cover all four strokes including breakouts)

April 1-4, Turns for Back and Free (includes the approach, turn, and breakout)

April 8-11, Turns for Breast and Fly (includes the approach, turn, and breakout)

April 15-18, Conditioning for the start of the Spring & Summer Season

Notes from Neil

We are currently on break between the Fall & Winter Season and the upcoming Spring & Summer Season. Those athletes who don't want to take a break can participate in any of the upcoming clinics beginning March 25. Read all about them above.

Great job this season TEAM SEA. It's really amazing to look back on the season and marvel at what we accomplished. Let's keep on rolling as we enjoy this "down time" and gear-up for the long course season!

The official start to our Spring & Summer Season is Monday, April 22. I will be updating our website and online registration process in the next two weeks and will email members when everything is updated and ready.

Jose Arteaga has posted the sign-ups for our Spring & Summer meets. If you have any questions you can call or email him at josaharteaga@gmail.com or 773.469.2241.

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 at YMCA State! Neil has a detailed recap on our Facebook page. We had a ton of best times, new team records, and a National cut from the age group side. Great job to all who competed! Some athletes will continue to train for Nationals and the ISCA TYR Elite Showcase in April.

Our fall and winter season has come to an end. We got all dolled up and put on big smiles for our annual team picture on Monday. Followed by a 'Bring-friend' day on Tuesday, we had a great turn out and hope to see some new faces this spring. We will also be offering weekly clinics in March/April to fine-tune; starts and turns, and some technique at the end of April. THEN WE WILL HOLD TRYOUTS FOR ANY NEW ATHLETES APRIL 29th! Stay in the loop during off-season by following us on Instagram @seaswimteam or join our Facebook page! Email Neil or I with interest in the clinic, or questions.

Coachkatiejames@gmail.com

YMCA State Recap & Highlights

As a team we finished 10th of 23 teams with 1,030 points while posting 52% best times (54 of 104 swims) and two DQs (one Backstroke and one Butterfly).

Gold medalist were Hugo Arteaga in the 11-12 100 IM at 1:00.12, 50 Butterfly at 26.03, 100 Butterfly at 58.92, and 50 Freestyle at 23.81 and Mac Thomas in the 11-12 100 IM at 1:02.57 and 100 Breaststroke at 1:07.94.

Silver medalist were Hugo Arteaga in the 11-12 100 Freestyle at 52.87, Zack Kopsea in the 13-14 200 Backstroke at 2:09.52, Nathan Mudry in the 13-14 400 IM at 4:24.36, 500 Freestyle at 4:58.65 and the Open 1000 Freestyle at 10:18.05, and Mac Thomas in the 11-12 50 Breaststroke at 31.57 and 50 Freestyle at 24.75.

Bronze medalist were Nathan Mudry in the Open 1650 Freestyle at 17:22.97 and 13-14 200 Freestyle at 1:51.74, Mac Thomas in the 11-12 100 Freestyle at 55.62, and CJ Trask in the 11-12 100 Backstroke at 1:04.20.

YMCA National qualifying times were achieved by quartet of Kinzie Reischl, Megan Schultz, Natalia Badillo, and Mac Thomas in the 200 Medley Relay (1:50.51), Natalia Badillo in the 200 Breaststroke (2:26.78), and Mac Thomas in the 100 Breaststroke (1:07.01).

USA State qualifying times were achieved by Josh Abel in the Senior 400 IM (4:34.14), Sofia Badillo in the Senior 100 and 200 Backstroke (1:01.64 and 2:14.58 respectively), Megan Schultz in the Senior 200 Freestyle (1:58.34), and Mac Thomas in the 13-14 100 Freestyle (55.62).

Twelve team records fell during the three day meet.

- 1) Mac Thomas broke her own 11-12 record in the 50 Freestyle, 24.75
- 2) Mac Thomas broke her own 11-12 record in the 100 Freestyle, 55.62
- 3) Mac Thomas broke her own 11-12 record in the 50 Breaststroke, 31.45

- 4) Mac Thomas broke her own 11-12 record in the 100 Freestyle, 1:07.01
- 5) Mac Thomas broke her own 11-12 record in the 100 IM, 1:02.57
- 6) Natalia Badillo broke the Senior record in the 200 Breaststroke, 2:26.78 – previous record was held by Leann Lousier from 1997, 2:27.43
- 7) Hugo Arteaga broke the 11-12 record in the 50 Freestyle, 23.81 – previous record was held by Chris Lashley from 1997, 24.11
- 8) Hugo Arteaga broke his own 11-12 record in the 100 Freestyle, 52.87
- 9) Hugo Arteaga broke the 11-12 record in the 100 IM, 1:00.12 – previous record was held by Jake Trask from 2014, 1:02.76
- 10) Nathan Mudry broke his own record in the 13-14 500 Freestyle, 4:58.65
- 11) Nathan Mudry broke his own record in the 13-14 1000 Freestyle, 10:18.05
- 12) Nathan Mudry broke his own record in the 13-14 1650 Freestyle, 17:22.97

Numerous swimmers posted times in the top ten all-time for TEAM SEA.

- 1) Megan Schultz 13-14 age-group, 9th 100 Freestyle at 55.89, 2nd 200 Freestyle at 1:58.34, 2nd 100 Breaststroke at 1:10.04, 2nd 200 Breaststroke at 2:31.39, and 7th 200 IM at 2:19.95
- 2) Sofia Badillo 13-14 age-group, 4th 100 Backstroke at 1:01.64 and 4th 200 Backstroke at 2:14.58
- 3) Isabelle Buhler 15-16 age-group, 5th 1000 Freestyle at 11:36.69, 5th 1650 Freestyle at 19:17.32, and 7th 400 IM at 5:02.11
- 4) Natalia Badillo 15-16 age-group, 4th 100 Backstroke at 1:00.63, 3rd 100 Breaststroke at 1:08.36, 2nd 100 Butterfly at 1:00.27, and 10th 200 IM at 2:18.72
- 5) Kinzie Reischl 15-16 age-group, 5th 100 Backstroke at 1:01.18 and 5th 200 Backstroke at 2:13.87
- 6) Nicholas Foster 8&U age-group, 3rd 50 Breaststroke at 49.83
- 7) Nathaniel Foster 9-10 age-group, 9th 100 Backstroke at 1:21.11, 10th 50 Butterfly at 34.02, and 7th 100 Butterfly at 1:24.38
- 8) CJ Trask 11-12 age-group, 9th 50 Freestyle at 25.87, 6th 500 Freestyle at 5:45.19, 3rd 100 Backstroke at 1:04.20, 8th 100 Butterfly at 1:06.51, 5th 100 IM at 1:04.91, and 3rd 50 Backstroke at 29.32
- 9) Hugo Arteaga 11-12 age-group, 2nd 50 Butterfly at 26.03 and 2nd 100 Butterfly at 58.92
- 10) Nathan Mudry 13-14 age-group, 3rd 200 Freestyle at 1:51.74, 2nd 400 IM at 4:24.36, and 100 Freestyle at 52.29
- 11) Zack Kopsea 13-14 age-group, 8th 200 Freestyle at 1:54.91, 2nd 500 Freestyle at 5:05.66, 5th 200 Backstroke at 2:09.52, 5th 400 IM at 4:40.10, and 2nd 1000 Freestyle at 10:27.83
- 12) Matt Krug 17-18 age-group, 9th 200 Breaststroke at 2:26.07

13) Josh Abel 15-16 age-group, 7th 200 Butterfly at 2:08.17 and 7th 400 IM at 4:34.14

Posting best times in all of their events included Arev Buchaklian, Nathaniel Foster, Callie Klepp, Zack Kopsea, Nolan Mrotek, Jordan Stouffer, Mac Thomas, and Grady Trask.

Dropping more than five seconds in a single event were Josh Abel -13.23 400 IM at 4:34.14, Isabelle Buhler -16.67 1650 Freestyle at 19:17.32, Zoe D'Alessandro -10.13 400 IM at 5:07.53, Callie Klepp -7.28 100 IM at 1:18.73, Zack Kopsea -9.04 1000 Freestyle at 10:27.83, CJ Trask -11.77 500 Freestyle at 5:45.19, and Grady Trask -10.72 500 Freestyle at 5:49.30.

Our next meet will be our team hosted Early Bird event in Brown Deer on May 4-5. Get ready for long course!

Shop our AmazonSmile Account

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

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

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.

This Sunday will be the last Scrip physical card order that will be placed until the Spring & Summer Season begins. Julie will be contacting families next week where they can pick-up their orders when it arrives. Future order dates are listed below. Remember, you can always do Scrip E-cards at anytime.

<i>Orders Due</i>	<i>Orders Available</i>
March 17	March 20-21
April 28	
May 12	
May 26	
June 9	
June 23	
July 7	
July 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>
Apr. 1-5 – YMCA Nationals	Entries closed
Apr. 10-13 – Elite Showcase Classic	Entries closed
May 4-5 – SEA Early Bird	Entry deadline Apr. 25
May 10-11 – MMSC Open	Entry deadline Apr. 5
May 31-Jun. 2 – SEA Pirate Plunge	Entry deadline May 24

Happy March Birthday!

Isabelle Buhler, Zoe Chartrand, Grace Gross, Carter Johnson, Zack Kopsea, Brady Moore, Nathan Mudry, Gabi Peterman, Gavin Pierce, and Aarya Zore.

Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
			21 – Y-Nat & ISCA Practice at Park	22 – Y-Nat & ISCA practice at Park	23 – No practice	24 –
25 – Y-Nat, ISCA, and Start Clinic @ Park	26 – Y-Nat, ISCA, and Start Clinic @ Park	27 – Y-Nat, ISCA, and Start Clinic @ Park	28 – Y-Nat, ISCA, and Start Clinic @ Park	29 – Y-Nat and ISCA @ Park	30 – No practice	31 –
1 – ISCA and Back/Free Turn Clinic @ Park and Y-Nats	2 – ISCA and Back/Free Turn Clinic @ Park and Y-Nats	3 – ISCA and Back/Free Turn Clinic @ Park and Y-Nats	4 – ISCA and Back/Free Turn Clinic @ Park and Y-Nats	5 – ISCA and Y-Nats	6 – No practice	7 –

Extended Calendar

March 2019

25, Board meeting, 6:00 PM @ Sealed Air, all welcome

April 2019

23, Charcoal Grill fundraiser

29, Tryouts @ Park, drop-in between 5:30-8:00 PM

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).