



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
May 17, 2019

Notes from Neil

Did you know there are only nine meets remaining in our Spring & Summer Season – and this includes the championship portion of our season? Don't walk, but run to your phone or computer and email me right away to declare your intentions to attend any of the remaining meets on our meet schedule. Attending practice regularly is important, but attending meets is where we put our nose on the grindstone to see if what we have been working on in practice relates to a meet-type situation. Take advantage of these great opportunities to race!

The deadline to sign-up to attend our summer travel meet is fast approaching – May 21. We will be racing in Kentucky, Thursday-Saturday (July 11-13). This is a great family trip as it's the only meet that I'm aware of where parents can float next to the competition pool. If you have never attended this meet, you want to go and experience this very fun meet. Email me if you would like your swimmer(s) entered.

Summer Season begins Monday already. Looking forward to seeing all our Summer Season swimmers back in the pool next week!

Take a moment to sign your swimmer(s) up for our upcoming Pirate Plunge. It's a 2.5-day meet held in Brown Deer and it's one of the highlights of the Spring Season (lots of swimmers, cool awards, great competition, and a real live pirate). Email me your intentions. Also, don't forget to sign-up to work the meet.

As we move into Summer Registration, please don't forget to forward your guarantee checks (especially if you are taking advantage of online registration).

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

We hope all our SEA Mother's were spoiled this past Mothers Day. Spring is starting to show itself and the sun is shining, until today. Hopefully we have clear sunny days when summer season starts. Otherwise, morning practices will be chilly!

There were great swims this past weekend at the MMSC Open, down at the RecPlex. What is most impressive is our ability to have ZERO DQ's! I cannot remember the last meet we achieved this, great job athletes!

This weekend I will be down in Illinois at the Central States Swim Clinic. There is an awesome line-up of speakers and athletes. Including Texas Men's Coach, and 3x Olympic Head Coach, Eddie Reese. USC Men's and Women's Head Coach, Dave Salo. Olympian's Aaron Peirsol, 5x Olympic gold medalist, and backstroke specialist. Breeja Larson who is an American Record Holder, Olympic gold medalist, and breaststroke specialist. This is going to be a fun weekend!

Girls showers at Horlick are too hot to be used for long periods of time. I ask that they only be used to rinse off after practice, 5 minutes at most. We have worked with the engineer and he has attempted to maintain a lower temperature, with the outdated fixtures we have not had any success. We apologize for any inconvenience this may cause.

Bronze may be small but they are getting big things done with Coach D. Working on strengthening their legs and perfecting their kick for each stroke. Everything is easier with a strong and effective kick.

Silvers have also been working a lot on building a solid kicking base for each stroke. Along with maintaining the proper bodyline. Having a strong kick allows for proper propulsion and increased stroke efficiency. Focusing the last 10 to 15 minutes on starts, turns, finishes, or breakouts with Coach D and the Bronze.

Gold's had a rough time with dryland on Monday, they were chatting more than squatting or jumping. So we ended early and hopped in the pool. Wednesday was much better, we need to remember to wear tennis shoes (not converse, slides, or vans) in order to properly execute dryland.

Don't forget to sign up for our SEA Pirate Plunge, the deadline is May 21st! While you are checking out the calendar, look ahead for upcoming meets. The Lakeside Invite, down in Kentucky, has a fast approaching deadline. This meet is swum in an old quarry, with room for parents to float in the water while their athlete races. Email Neil or I with your intentions in these meets or others.

Pirate Plunge Meet Information

More information coming soon.

Friday warm-ups: 4:30-5:30 PM, meet begins 5:35 PM, ends

Saturday 13&O warm-ups: , meet begins at 8:35 AM, ends

Saturday 12&U warm-ups:

Sunday 13&O warm-ups: , meet begins at 8:35 AM, ends

Sunday 12&U warm-ups:

Drive safe, swim fast, have fun!

Bring the Heat Highlights and Recap

We had a quality showing last weekend in Kenosha during the Bring the Heat event. TEAM SEA finished 9th of 15 teams with 420 points and achieved 62% best times while posting zero DQs. Way to go!

Shaelyn Jensen established a new team record in the 9-10 200 Breaststroke finishing the event in 4:05.98!

Congratulations to Jack Borzynski (10&U 100 Breaststroke and 100 Butterfly) and Zack Kopsea (13-14 200 IM) on their State qualifying times.

Posting some of the fastest times in our team's history included Rylie Bergemann (10th 11-12 400 IM), Kinzie Reischl (10th 17-18 100 Backstroke), Jack Borzynski (7th 9-10 100 Butterfly), Zack Kopsea (6th 13-14 200 Free and 200 IM), and Nathan Mudry (5th 15-16 400 Freestyle, 7th 15-16 200 Breaststroke and 400 IM, 8th 15-16 400 IM).

Cutting five or more seconds from a single event: Rylie Bergemann -12.21 400 Freestyle, Maddie Cerny -23.28 400 Freestyle, Zoe D'Alessandro -8.70 400 Freestyle, Shaelyn Jensen -9.20 100 Breaststroke, Zack Kopsea -5.37 200 Breaststroke, and Hopking Uyenbat -5.17 200 Breaststroke.

Notching 100% best times were Maddie Cerny, Lindsey Hohnl, and Shaelyn Jensen.

Gold medalists – Zack Kopsea 400 Freestyle, 200 and 400 Freestyle.

Silver Medalists – Zack Kopsea 100 Freestyle, Nathan Mudry 100 and 400 Freestyle, 400 IM.

Bronze Medalists – Rylie Bergemann 400 IM, Jack Borzynski 100 Butterfly.

Two weeks until our next meet ... attend practice regularly and be intense and consistent in your efforts!

Spring & Summer Practice Schedule

April 29-June 7 @ Horlick High School (except Fridays @ Park High School), Saturday @ Sealed Air YMCA

Bronze - Monday-Thursday, 5:30-6:30 PM

Silver - Monday-Friday, 5:30-6:30 PM, Saturday, 8:00-9:30 AM

Gold - Monday-Friday, 6:15-8:00 PM, Saturday, 8:00-9:30 AM

April 29-June 7 @ Park High School, Saturday @ Sealed Air YMCA

Senior - Monday-Friday, 5:30-8:00 PM, Saturday, 8:00-9:30 AM

June 10-July 31 AM practice @ Johnson Aquatic Center, Saturday @ Sealed Air YMCA

Bronze - Monday-Thursday, 8:45-9:45 AM

Silver - Monday-Friday, 8:45-9:45 AM, Saturday, 8:00-9:30 AM

Gold - Monday-Friday, 7:00-8:45 AM, Saturday, 8:00-9:30 AM

Senior - Monday-Friday, 7:00-9:00 AM, Saturday, 8:00-9:30 AM

June 10-July 31 PM practice @ Horlick High School, Saturday @ Sealed Air YMCA

Bronze - Monday-Thursday, 5:30-6:30 PM

Silver - Monday-Friday, 5:30-6:30 PM, Saturday, 8:00-9:30 AM

Gold - Monday-Friday, 6:15-8:00 PM, Saturday, 8:00-9:30 AM

Senior - Monday-Friday, 4:00-6:30 PM, Saturday, 8:00-9:30 AM

LCM practices will be held for Gold and Senior on the following dates @ RecPlex in Kenosha

June 11, 13, 18, 20, 25, 27, July 2, 9, and 11, 10:30 AM-12:30 PM

Spring & Summer Fundraising

- **Milaeger's Money** – Visit <https://www.sea-y.org/milaegers> for more info
- Orders and Payment Due May 8
- “Money” delivery will take place during practice on May 16

- **Kenosha Kingfish Game** – Visit <https://www.sea-y.org/kenosha-kingfish> for more info
- Game is Saturday, June 15 – 6:05 PM game (Fireworks after!)
- Order and payment Due by May 29

- **Scrip** – See schedule below

- **Heat Sheet Advertising** – Visit <https://www.sea-y.org/heat-sheet-advertisements> for more info

Contact Jo Anne Mudry with questions about fundraising or your family's fundraising totals for this season. 414-530-5037 or jmudry@earthlink.net.

Other ways to support SEA

- Shop via our Amazon Smile Account: <https://www.sea-y.org/general-information>
- Shop via the TEAM SEA Store on Swimoutlet.com: <https://swimout.com/seawi>

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 any time.

<i>Orders Due</i>	<i>Orders Available</i>
May 26	May 29-30
June 9	June 12-13
June 23	June 26-27
July 7	July 10-11
July 21	July 24-25

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>
May 31-Jun. 2 – SEA Pirate Plunge	May 24
June 7-9 – SHOR Open	May 20
June 21-22 – SEA Summer Sizzler	June 11
June 28-30 – WGLO Invite	June 13
July 11-13 – Lakeside Invite	May 21
July 18-21 – Speedo Sectionals	July 7
July 19-21 – WI LSC Regionals	TBA
July 26-29 – 12&U State	TBA
August 1-4 – 13&O State	TBA

Happy May Birthday!

Joey Abel, Josh Abel, Jack Borzynski, Leah Fallenbeck, Kendall Gilewski, Sophie Gutknecht, Ericka Kaprelian, Haylee Macemon, Sydney Rybarik, Zack Steenrod, CJ Trask, and Hopking Uyenbat.

May Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
				17 – All groups @ Park	18 – Practice @ Sealed Air YMCA	19 –
20 – Age-Group @ Horlick; Seniors @ Park	21 – Age-Group @ Horlick; Seniors @ Park	22 – Age-Group @ Horlick; Seniors @ Park	23 – Age-Group @ Horlick; Seniors @ Park	24 – All groups @ Park	25 – Practice @ Sealed Air YMCA	26 –
27 – No practice	28 – Age-Group @ Horlick; Seniors @ Park	29 – Age-Group @ Horlick; Seniors @ Park	30 – Age-Group @ Horlick; Seniors @ Park	31 – Pirate Plunge, no practice	1 – Pirate Plunge, no practice	2 – Pirate Plunge, no practice

Extended Calendar

May 2019

20, Summer Season begins
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).