



**Weekly Newsletter**  
**Southeastern Aquatics**  
**Racine Family YMCA Swim Team**  
**Est. 1984**  
**May 8, 2019**

## Notes from Neil

Tomorrow we'll take a pause on practice to celebrate a year's worth of accomplishments and success in the pool as we come together for our annual Awards Banquet. I always look forward to our annual banquet. Swimming is a delayed gratification sport. There's usually an awful lot of time swimmers need to put into the sport before receiving any type of extrinsic reward. Because of this, coaches need to find ways to instill the intrinsic value of the sport, but during our banquet, it rains extrinsic rewards for a year's worth of hard work and dedication. If you have not signed up to attend, we would love to see you there. We have room for you! Feel free to take a night off from cooking dinner and join your TEAM SEA family for some fun.

Thanks to the D'Alessandro, Buhler, and Mike families for donating cupcakes for our banquet. We are still in need of at least four more dozen cupcakes. Please reach out to me if you're able to bring a dozen for two. Thank you in advance.

We ran a successful meet last weekend thanks to TEAM SEA families and Jose Arteaga leading the charge in organizing all our volunteers. Meet Director is a thankless job and Jose does a great job accommodating everyone's schedules and requests. Thanks to all our parent's flexibility in making TEAM SEA meets run smoothly. As we progress through May, please don't forget to sign-up to work our next meet, the Pirate Plunge. Our next meet is a full 2.5-day meet and we'll need "all hands-on deck" to run it!

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.

As we move into Spring & 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 [joharteaga@gmail.com](mailto:joharteaga@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](mailto: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](mailto:south.eastern.aquatics@gmail.com) or via mobile at 262.994.3157.

## Katie's Kickboard

Hello again,

Thank you to everyone who helped out at our first long-course meet of the season. We had some huge time drops with minimal DQs! This weekend we are going south to the RecPlex.

We also have our annual SEA banquet this Thursday. My little fish from last year's banquet has made it a whole year! Can't wait to see what's in store for this one.

Bronze have a small crew this season, but that is great for more individualized and focused work. Coach D has been pushing them more as well, with long-course season here longer swims will help build the endurance they need for competition.

Silver's also have a smaller group, which has been great since were short a lane line. We're getting back into the groove of practice, reviewing our drills and introducing some new ones. They are eating it up and asking for more. Challenging them with sets similar to Golds and more yards will be my goal for next week.

Golds started dryland this week, I still see Crocs or sandals instead of tennis shoes. **Please wear proper shoes and clothing for dryland, Monday, Wednesday, and Friday's!** We are doing some interval training this season, and also have added some new shoulder stretches.

Please check out the calendar for upcoming meets. Email Neil or I with your intentions, or with any questions. [Coachkatiejames@gmail.com](mailto:Coachkatiejames@gmail.com)

## Bring the Heat Meet Information

This Friday and Saturday we will be racing in Kenosha at MMSC's Bring the Heat Meet at the RecPlex. Please note that we have assigned warm-ups. Plenty of time on Friday to warm-up, but Saturday is a little tight with only 25-minutes of warm-up time. Make sure to be on time for warm-ups!

Friday warm-ups (lane 5): 5:00-5:55 PM, meet begins 6:00 PM, ends 8:35 PM

Saturday 13&O warm-ups (lane 8): 8:30-8:55 AM, meet begins at 9:00 AM, ends 11:42

AM

Saturday 12&U warm-ups (lane 4): 1:15-1:40 PM, meet begins at 1:45 PM, ends 4:58

PM

Drive safe, swim fast, have fun!

## Early Bird Highlights and Recap

Great results were recorded during our Early Bird meet last weekend. Even though we have only been in season for two weeks, we managed 73% best times as a team and only two DQs (both in Breaststroke). We even managed a team record! The coaching staff is looking forward to this weekend's meet and having three weeks of training under our belts!

Congratulations to Megan Schultz on matching our 15-16 200 Breaststroke team record. She posted a winning time of 2:56.04 and equaled Erin Wagner's 2005 record.

Jack Borzynski notched three 10&U State qualifying times (50 and 100 Backstroke, 50 Butterfly) while Zack Kopsea achieved the 13-14 State qualifying time in the 100 Backstroke.

A few swimmers posted some of the fastest times in our team's history. Alessandra Arteaga posted the 6<sup>th</sup> quickest time in the 8&U 100 Breaststroke, Zack Kopsea had the 9<sup>th</sup> best

time in the 13-14 100 Backstroke, and Nathan Mudry punched through the Top Ten in the 15-16 age-group (8<sup>th</sup> 200 Breaststroke and 200 IM and 9<sup>th</sup> 400 Freestyle).

100% best times were recorded by Nathaniel Foster, Sarina Foster, Kendall Gilewski, Jacob Hendricks, Lindsey Hohnl, Claire Meiri, Ashton Moesch, Emery Pitts, Megan Schultz, Alice Stratman, Jordan Stouffer, Natalie Vitek, Charlotte Wright, and Aarya Zore.

Loads of time was cut from most of the team. Cutting five or more seconds in a single event included: Alessandra Arteaga -29.64 100 Breaststroke, Rylie Bergemann -7.20 100 Breaststroke, Jack Borzynski -19.28 50 Butterfly, Maddie Cerny -5.49 200 Freestyle, Nathaniel Foster -15.48 100 Breaststroke, Nicholas Foster -14.99 100 Breaststroke, Sarina Foster -23.11 50 Freestyle, Jacob Hendricks -14.45 200 Freestyle, Lindsey Hohnl -9.88 200 Freestyle, Zack Kopsea -6.09 100 Breaststroke, Ashton Moesch -25.77 50 Freestyle, Nolan Mrotek -8.31 200 Freestyle, Emery Pitts -14.92 50 Breaststroke, Macie Ritter -5.40 100 Breaststroke, Megan Schultz -6.08 400 Freestyle, Jordan Stouffer -16.53 50 Butterfly, Alice Stratman -12.16 100 Backstroke, Natalie Vitek -5.93 200 Backstroke, Charlotte Wright, and Aarya Zore -12.44 100 Freestyle.

Congratulations to these athletes on competing in their first ever long course meet – Claire Meiri and Charlotte Wright.

Gold medalists – Zoe D’Alessandro 100 Breaststroke, Zack Kopsea 100 Breaststroke and 200 IM, Nathan Mudry 400 Freestyle, and Megan Schultz 200 Breaststroke.

Silver Medalists – Natalia Badillo 100 Backstroke and 100 Breaststroke, Jack Borzynski 50 Butterfly, Zoe D’Alessandro 200 Breaststroke, Zack Kopsea 100 Backstroke and 100 Freestyle, and Nathan Mudry 200 Breaststroke, 100 Butterfly, and 200 IM.

Bronze Medalists – Alessandra Arteaga 50 Breaststroke, Jack Borzynski 50 and 100 Backstroke, Zack Kopsea 200 Backstroke and 400 Freestyle, and Macie Ritter 100 Backstroke.

Great efforts and good luck this weekend!

## 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](mailto: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](mailto: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 12	May 15-16
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](mailto:south.eastern.aquatics@gmail.com) or speak with him at practice.

<i>Meet</i>	<i>Entries Due</i>
May 10-11 – MMSC Open	Entries closed
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	TBA
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>
		8 – Age-Group @ Horlick; Seniors @ Park	9 – No practice, Annual Recognition Banquet	10 – All groups @ Park; MMSC Bring the Heat Meet	11 – Practice @ Sealed Air YMCA; MMSC Bring the Heat Meet	12 –
13 – Age-Group @ Horlick; Seniors @ Park	14 – Age-Group @ Horlick; Seniors @ Park	15 – Age-Group @ Horlick; Seniors @ Park	16 – Age-Group @ Horlick; Seniors @ Park	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

9, Annual Banquet, no practice

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).