



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
June 27, 2019

Notes from Neil

It's always a good feeling once we finish hosting our Summer Sizzler. Why you ask? Because we will not be hosting another meet until November. It takes a lot of work to host meets and many key leaders to rally TEAM SEA. Thanks to all our leaders and every family who went above and beyond assisting with running our meets this Spring & Summer and a special tip of the 'ol swim cap for those families who volunteer a bit more to make ends meet in regards to meet workers! You guys are the best!!

Beginning Monday, July 1 we will move AM practices back outside at the Johnson Aquatic Center. Fingers crossed the weather cooperates. If we need to move practice to Horlick, the decision will be made at 6:30 AM (an email will be sent, a note posted on the homepage of our website, and posts via social media).

Here's an update on Friday practices – AM practices will be at the Johnson Aquatic Center and PM practices will be held at Sealed Air YMCA (except this Friday, we will be at the Lakefront Y). If practice has to be canceled Friday AM, we will not run practice (we no longer have a back-up pool – Horlick is no longer available).

We have four long course practices remaining – tomorrow, July 2, 9, and 11. Take advantage of these opportunities!

Don't forget to sign-up to swim Regionals. The deadline is July 5. This meet is open to all swimmers – the only caveat is swimmers are not allowed to swim in any events they have State qualifying times in (although age-group swimmers who do have State times can swim in the Senior division). Take advantage of this meet! (It will be held in Kenosha.)

We have SEA yard signs for families who live on a busy road or have access to businesses who reside on a busy road. Reach out to me if you would like yard sign!

We will have a float in Racine's 4th of July Parade! The Thomas family is lending a truck and flatbed and Coach Katie has been doing the legwork on getting us in the parade. We have 2-3 spots remaining if any swimmers would like to ride the float. We will decorate it on July 3 (probably late afternoon – more information to follow).

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

The weather is warming up and we are preparing for the heat of July, hopefully.

Thank you to everyone who lent a helping hand at our SEA Summer Sizzler this past weekend. We had a lot of big time drops, some first-time swimmers, and a new team record. Way to go SEA!

Parade Info: We will be tie-dyeing a white t-shirt for the parade. Please bring this to practice and we will be taking time to tie-dye them together Monday and Tuesday. Then Coach Katie will take them home and finish letting them dry and such. We will need some donations from families, here is my list:

- Bubble machine(s)/Bubbles
- Squirt guns
- Water Jugs (like the ones for sporting events - to refill squirt guns)
- Haybales (to line the trailer for riders)

Bronze have been working very well on pushing themselves out of their comfort zone. They have been doing longer swims and kicks, learning not to give up!

I would like Silvers to add a snorkel to their equipment list (Nose plug too). This is one of my favorite pieces of equipment to use. We have a lot of wiggly swimmers and the snorkel will help with this. It is challenging at first, but they will love using it!

Gold's have been working really hard in the pool, we did line tag and some races on Monday for dryland to reward them. I am still seeing improper shoes and attire for dryland; it will only hinder the athlete from performing at their best. Next Wednesday (4/3) My husband (Donnie) will be coming in to teach them Ultimate Frisbee in the morning.

Don't forget to sign up for the WI LSC Regionals meet! Email Neil or I with your intentions or any questions. coachkatiejames@gmail.com

WGLO Meet Information

This will be an exciting meet and the coaching staff is pumped to see some fast swimming from TEAM SEA athletes! We have assigned warm-ups so please be on time for warm-ups. Drive safe, swim fast, have fun!!

Friday Prelims (13&O) warm-ups: 7:00-7:30 AM, meet begins at 8:15 AM

Friday PM (12&U) warm-ups: 1:00-1:55 PM, meet begins at 2:00 PM

Friday Final warm-ups: check with Coach Neil/Katie, meet begins at 6:00 PM

Saturday Prelims (13&O) warm-ups: 7:30-8:00 AM, meet begins at 8:15 AM

Saturday PM (12&U) warm-ups: 1:00-1:55 PM, meet begins at 2:00 PM

Saturday Final warm-ups: check with Coach Neil/Katie, meet begins at 6:00 PM

Sunday 1500 warm-ups: 7:00-8:00 AM, meet begins at 8:05 AM

Sunday 14&U warm-ups: 10:00-10:55 AM, meet begins at 11:00 AM

Reminder: top 16 swimmers return for Finals in the 13-14 and Senior divisions and the top eight return for 10&U and 11-12.

Summer Sizzler Recap & Highlights

What a great meet TEAM SEA had last weekend in Kenosha. As a team we finished with a healthy 58% best times and only four DQs (two each in backstroke and relays).

Hugo Arteaga picked up State qualifying times in the 100 Breaststroke for 11-12 and 200 Freestyle for 13-14 and Hopking Uyenbat notched a State qualifying time in the 13-14 200 Freestyle too!

Hugo broke a 25-year old team record in the 11-12 200 Freestyle. He finished the race in 2:14.15 and smashed Micah Eberle's 1994 mark of 2:18.65.

Swimmers posting some of the fastest times in our team's history included Alessandra Arteaga 5th 8&U 200 IM, Zoe D'Alessandro 9th 13-14 200 Breaststroke, Kinzie Reischl 8th 17-18 100 Backstroke, Megan Schultz 3rd Senior 100 Breaststroke, 7th Senior 400 Freestyle, Hugo Arteaga 7th 11-12 100 Breaststroke, Hopking Uyenbat 10th 13-14 200 Freestyle, 9th 13-14 400 Freestyle, and Nathan Mudry 7th 15-16 200 Breaststroke.

Dropping five or more seconds in a single event were Hugo Arteaga -22.12 200 Freestyle, Rylie Bergemann -10.25 400 Freestyle, Ethan Bergman -82.15 400 Freestyle, Arev Buchaklian -5.57 100 Freestyle, Maddie Cerny -13.52 200 IM, Zoe D'Alessandro -5.91 200 Backstroke, Jessica Gonzalez -30.24 50 Backstroke, Grace Gross -9.96 100 Backstroke, Evelyn Gutknecht -6.80 50 Freestyle, Lindsey Hohnl -6.50 200 IM, Callie Klepp -9.64 100 Breaststroke, Madi Peterson -5.54 400 Freestyle, Jordan Stouffer -56.49 400 Freestyle, Alice Stratman -60.03 400 Freestyle, Elizabeth Stratman -25.12 200 IM, Hopking Uyenbat -6.50 400 Freestyle, and Natalie Vitek -25.81 200 IM,

Posting best times in all of their events were Ethan Bergman, Jack Borzynski, Arev Buchaklian, Maddie Cerny, Jessica Gonzalez, Grace Gross, Evelyn Gutknecht, Megan Schtulz, and Alice Stratman.

Congratulations to these swimmers on competing in their first long course meet ever! Jordan Borzynski, Tyler Keland, Lauren Michel, and Sophia Pettey.

Gold medalist – Hugo Arteaga (50 Freestyle, 50 Backstroke, 200 Freestyle), Natalia Badillo (200 Breaststroke), Nathan Mudry (200 Breaststroke, 200 Freestyle), Hopking Uyenbat (400 Freestyle)

Silver medalist – Zoe D'Alessandro (200 Breaststroke), Shaelyn Jensen (50 Breaststroke), Nathan Mudry (100 Breaststroke, 100 Butterfly, 400 Freestyle), Megan Schultz (100 Breaststroke, 400 Freestyle), Hopking Uyenbat (100 Freestyle, 200 Freestyle)

Bronze medalist – Hugo Arteaga (100 Breaststroke), Zoe D'Alessandro (100 Breaststroke), Nathan Mudry (100 Backstroke), Hopking Uyenbat (100 Butterfly)

Amazing efforts! Continue attending practice regularly so we keep on succeeding in the meets we attend. Good luck this weekend at WGLO!

Hotel Information for Kentucky meet

Rooms are reserved under SEA Swim Team at the Breckinridge Inn, 2800 Breckinridge Lane, Louisville, KY 40220. The deadline to secure your room is June 19. Arrivals are scheduled for July 11 and departure is July 13. The rate is \$135 and there are five single rooms and 15 double rooms.

OST Scheduled for August

August 5-29, Monday, Tuesday, and Thursday we will conduct Off-season Training for those swimmers and families who just can't get enough of swimming. These practices will be held at the outdoor pool.

Bronze and Silver will train 8:45-9:45 AM while the Gold and Senior swimmers will train 7:15-8:45 AM.

Practices will be relaxed in nature and cover all the little things that make for fast swimming – technique, breakouts, turns, finishes, and starts.

Cost is \$75 for Bronze and Silver and \$100 for Gold and Senior. Contact Coach Neil if you are interested.

Summer Practice Schedule

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

Friday PM practices will be held at 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

- Amazon Smile for SEA
- Turn your Father's Day shopping into a force for good. Shop at smile.amazon.com/ch/39-1580537 and Amazon donate to Southeastern Aquatics Inc.
- **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>
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>
June 28-30 – WGLO Invite	Entries closed
July 11-13 – Lakeside Invite	Entries closed
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 June Birthday!

Evelyn Gutknecht, Chloe Hovorka, Callie Klepp, Catherine Mike, Ashton Moesch, and Tim Riegelman, Jorgen Stouffer.

Extended Calendar

July 2019

4, No practice

29, TEAM SEA board meeting, Horlick, 6:00 PM, all welcome

Find SEA on Social Media

SEA is on Facebook (SEA Swim Team – closed group, must request to join), Twitter (@SEAWisconsin), and Instagram (SEASWIMTEAM).