



**Weekly Newsletter**  
**Southeastern Aquatics**  
**Racine Family YMCA Swim Team**  
**Est. 1984**  
**July 19, 2019**

## Notes from Neil

Good luck this weekend in Kenosha and Minnesota! Final meet information (warm-up times and the like) can be found on page two of this newsletter.

A few reminders as the season slowly begins to wind-down: 1) Off-Season Training will be held during the month of August beginning on August 5 (more information can be found later in this newsletter – take advantage!), 2) high school girls are encouraged to swim the first week of Off-Season Training to bridge the gap between the end of the club season and the start of high school season, 3) Tryouts for the upcoming Fall & Winter Season will be held at Horlick High School on Monday, September 23 beginning at 6:00 PM – tell all your friends, and 4) the first practice for the Fall & Winter Season will be held Tuesday, September 24 at Horlick.

The 2<sup>nd</sup> Annual TEAM SEA Bags Tournament is schedule for Saturday, August 17 at the Franksville Biergarten 3:00-9:00 PM. Online sign-up is open and was emailed today – link is also available via our Facebook page and on the home page of our website. Hope to SEA you there!

Here's a note about SCRIP from Julie Kopsea –

Final call for Physical Scrip Fundraising Cards

This Sunday will be the last chance to order your physical scrip cards. You can order e-scrip cards all summer like always. The next physical scrip card order will not be placed until the Fall swim season starts. So, don't miss out if you need a Kwik Trip gas card. Final orders will be placed at 11 PM this Sunday and handed out at Wednesday or Thursday practice. If you have any questions don't hesitate to call or email. Julie 414.530.5399 or [jkopsea@yahoo.com](mailto:jkopsea@yahoo.com)

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

We wanted summer, well here comes the heat! It is important that we are hydrating and wearing sunscreen as the temperature rises. Keeping yourself safe and healthy is one of your most important jobs. Another one is fueling your body, by eating breakfast before morning practice, or dinner before PM practice can set yourself up for success. A car cannot run without gas, neither can the human body.

Last week team SEA took a road trip to Louisville, or Lou-ville. This was my first time attending this meet, the facility was nothing like I have seen before. Check out the pictures from our trip on Facebook, and think about adding this travel meet to your calendar next summer.

Regionals is this weekend and most of the athletes have been preparing to compete in their last meet before state. I will be on deck at the RecPlex Friday all day, Saturday all day, and Sunday morning. Make sure you take a look at the arrival times for all athletes, and pack some snacks for extra fuel!

Bronze and Silvers have been getting use to their snorkels, they really enjoy using them! This week was all about meet preparations, working on starts, turns, finishes, and some technique. I was also able to work one-on-one with some athletes on specific skills.

Gold's are a little unique, there are some that are swimming Regionals who do not have state cuts. These athletes have been tapering this week, focusing on specific stroke technique and all of the small things. Then there are those who have state cuts, they will not be tapering until the week of their competition. It is very important that their attendance stays as regular as it has been, in order to get the most out of their taper for competition.

Good luck to those swimming Speedo or Regionals! Don't forget to sign up for off-season training.

## **Speedo Sectional Meet Information**

This week (Wednesday-Saturday), we'll head to the University of Minnesota to compete in the Speedo Sectional meet. This meet represents the start of our championship season! (Along with the Regional meet.)

The meet will begin Thursday, but we'll meet at 4:00 PM for a practice on Wednesday. Warm-ups for each day of the meet beginning on Thursday will be 8:00 AM with a 9:00 AM meet start time. Coach Neil will cover this meet.

Drive safe, swim fast, have fun!

## **Regional Meet Information**

This weekend we'll travel to Kenosha to compete in Regionals at the RecPlex. This meet represents the start of our championship season! (Along with the Speedo Sectional meet.)

Friday warm-ups (all swimmers): 4:30-5:30 PM, meet begins 5:35 PM, meet ends 7:43 PM

Saturday AM warm-ups (12&U swimmers): 7:30-8:30 AM, meet begins 8:35 AM, meet ends 11:59 AM

Saturday PM warm-ups (13&O swimmers): Noon-1:00 PM, meet begins 1:05 PM, meet ends 5:20 PM

Sunday AM warm-ups (12&U swimmers): 7:30-8:30 AM, meet begins 8:35 AM, meet ends 11:19 AM

Sunday PM warm-ups (13&O swimmers): 11:15 AM-12:20 PM, meet begins 12:25 PM, meet ends 4:39/4:59 PM depending on how many heats of the 1500 run (currently two heats which will end the meet around 4:59 PM – one scratch and the meet will end at 4:39 PM)

Time Trial information – swimmers who plan to Time Trial should only sign-up for one Time Trial event per day.

Coach Katie will coach Friday, Saturday, and Sunday AM and Coach Neil will coach Sunday PM.

Drive safe, swim fast, have fun!!!

## Kentucky Recap & Highlights

The pool was hot and the sun was in full force for our team travel meet to Kentucky, but a lot of fun was had during the trip. Thanks to all the parents who assisted with the team dinner!

We posted 21% best times as a team, posted one DQ (Breaststroke), and finished sixth of 16 teams scoring 193 points.

Hugo Arteaga set or broke four team records and broke the Wisconsin LSC State record in the 50 Freestyle! Hugo broke the old Wisconsin LSC State record of 26.79 with this effort of 26.45. He broke Ivar Iverson's 2010 team record in the 400 IM, 5:36.45 with his swim of 5:32.73. He reset his team record in the 50 Freestyle dropping it from 27.02 to 26.45. He reset his team record in the 50 Backstroke dropping it from 31.43 to 31.29. He broke Jake Trask's 2014 team record in the 50 Butterfly, 29.22 with his effort of 29.02. Hugo also achieved the State qualifying time in the 400 IM for the 13-14 age-group.

Notching some of the fastest times in our team's history were Alessandra Arteaga 5<sup>th</sup> 8&U 50 Freestyle and 8<sup>th</sup> 8&U 100 Freestyle and Nathan Mudry 6<sup>th</sup> Senior 400 IM.

Dropping five or more seconds in a single event included Alessandra Arteaga -8.53 100 Freestyle, Hugo Arteaga -11.39 400 IM, and Nathaniel Foster -6.96 100 Freestyle.

Gold medalist – Alessandra Arteaga (50 Freestyle), Hugo Arteaga (50 and 100 Freestyle, 50 and 100 Backstroke, 50 and 100 Butterfly), Zoe D'Alessandro (100 Breaststroke), and Nathan Mudry (400 Freestyle)

Silver medalist – Zoe D'Alessandro (200 Breaststroke) and Nathan Mudry (400 IM, 200 Freestyle)

Bronze medalist – Alessandra Arteaga (50 Breaststroke) and Nathan Mudry (200 IM)

Good luck this weekend in Kenosha during Regionals!

# Opening on the Parent Board

Parents interested in serving on the Parent Board here at SEA in the capacity of Fundraising Chair now have an opportunity to do so. Jo Anne Mudry will be stepping down at the end of this season and TEAM SEA is in search of a replacement. If you are interested in learning more about this position and possibly throwing your name in the hat as a potential nominee, please reach out to Jeff Peterson at 262.498.2394 or via email at [petersoj12@gmail.com](mailto:petersoj12@gmail.com).

# 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. Caleb Bergman, Austin Lentz

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. Ethan Bergman, Cate Mike

# 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

# Spring & Summer Fundraising

- **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>
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>
July 11-13 – Lakeside Invite	Entries closed
July 18-21 – Speedo Sectionals	Entries closed
July 19-21 – WI LSC Regionals	Entries closed
July 26-29 – 12&U State	July 21

# Happy July Birthday!

Hugo Arteaga, Natalia Badillo, Arev Buchaklian, Austin Lentz, Claire Meiri, Madhura Patil, Emery Pitts, Elizabeth Stratman, and Natalie Vitek.

## Extended Calendar

### July 2019

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).