



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
July 31, 2019

Notes from Neil

This evening we will conclude our Spring & Summer Season with one final PM practice at Horlick. OST begins Monday and runs Monday, Tuesday, and Thursday at the Johnson Aquatic Center and finishes up on August 29. Reach out to me if you would like to have your swimmer(s) attend or simply show up on Monday!

If you didn't see on the homepage of our website or via social media, Katie and I have scheduled a TEAM SEA Beach Day for Friday, August 9 from 11:00 AM to 3:00 PM. All families and swimmers are encouraged to attend. Coaching staff will be there the entire time so you are welcome to drop-off and pick-up your swimmer(s). Hope to SEA you there!

New for 2020 Summer Season – at last Monday's Parent Board meeting, it was decided to scale back the number of practices offered for Bronze and Silver swimmers. Years ago, we lost use of all three high schools at RUSD during the summer. As a way to lessen that impact, AM practices were offered for Bronze and Silver since all practices during the PM were moved to Carthage College. Prior to this, Bronze and Silver never practiced during the AM practices in the Summer. Now that RUSD has been leaving at least one pool open during the summer, we can begin to cut back the AM practices for Bronze and Silver. For 2020, Bronze and Silver will have AM practices offered on Tuesday and Thursday. Please reach out to me if you need additional information in regards to this topic.

NEW – TEAM SEA has a “finders fee” for families bringing new swimmers to the team. For year's its been \$25, but at Monday's Parent Board meeting the fee has been increased to \$50. So, what does this mean to you? Beginning in the Fall, if you encourage of family friend to join SEA and they do, your escrow account will be credited \$50. We have two Tryouts scheduled where you could bring new swimmers to the team. Tryouts will be held at Horlick High School in a drop-in fashion on Monday, September 23 and Monday, October 28 from 5:30 PM to 6:30 PM. Tell everyone!!!

If you would like a yard sign, please let me know. I have a few left.

The 2nd Annual TEAM SEA Bags Tournament is scheduled for Saturday, August 17 at the Franksville's Biergarten 3:00-9:00 PM. Online sign-up is open and available via our homepage. Hope to SEA you there!

It's been a pleasure working with all swimmers and parents this past season and I'm sure I speak for the entire coaching staff and parent board when I say we are really looking forward the coming year here at SEA as we continue to push our top athletes to bigger meets, push our developing swimmers to state qualifying times, and to BUILD the BASE. SEA you at OST!

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

Wow! We are already in our in the final days of our summer season, I feel like it just began. But 13 & Over State is upon us and we have been preparing all week. There are 3 age group athletes competing this weekend; Hugo, Zoe, and CJ. This is the boy's 13 & Over State debut, they will be swimming 3 of the 4 days. Zoe is our breaststroke specialist, she will compete in both the 100 and 200. This is a prelim/final meet, which means if they place in the top 16 they will have another opportunity to swim at night in finals. Wish them luck!

Rylie and I had a very relaxing weekend at the RecPlex, she performed very well and her technique looked great! It was definitely strange having just one swimmer to focus on, it was much simpler. I had a wonderful time getting to know her and watching her compete. Lets get more 12 & Unders here next year so we have some cheerleaders!

Neil and I have scheduled a beach day for August, we are crossing our fingers for great weather and warm water. This will be August 9th 11 am - 3 pm, at North Beach in Racine. Bring some beach toys, chairs, and a lunch. We will organize some activities and might just have a sand castle contest!

Bronze and Silvers have been working together this last week and they have been doing very well. We are still kicking butt, literally, they spend a majority of practice working on strengthening their kick and maintaining a steady bodyline. We always make time for something fun, after all they are still kids.

Gold's have been a little weird because some are done racing for the season while others prepare for state. But there are only a few days left in the season before we can take a break from competing and get ready to start school again. Don't forget you can sign up for OST in August so that you can stay in shape.

13&O State Meet Information

Beginning tomorrow and running through Sunday we will be racing in Brown Deer during this summer's 13&O State Championships!

Warm-ups are assigned in nature and during our team meeting this morning we discussed the possibility of swimmers warming-up at Sealed Air YMCA prior to arriving in Brown Deer if their first event is later in the session. If in doubt, please contact Coach Neil at 262.994.3157 (otherwise, be behind the block five minutes prior to our warm-up period beginning).

Thursday Prelims: lane 5, 8:05-8:30 AM, meet begins 9:00 AM

Friday Prelims: lane 1, 7:40-8:05 AM, meet begins 9:00 AM

Saturday Prelims: lane 2, 7:40-8:05 AM, meet begins at 9:00 AM

Sunday Prelims: lane 6, 7:15-7:40 AM, meet begins at 9:00 AM

Thursday-Saturday Finals begin at 5:30 PM and Sunday Finals begin at 5:00 PM. Swimmers moving through to Finals should check with Coach Neil on what time to return for warm-ups.

Time final events include the 400 Freestyle, 800 Freestyle, and 400 IM. Swimmers seeded in the top 8 for 13-14 and the top 16 for Senior will race during Finals. Nathan Mudry will be racing the 400 IM during the Final session. All other time final events will race during Prelims.

All races 200-meters and less will race in Prelims with the top 16 13-14 swimmers moving to Finals and the top 32 Senior swimmers moving to Finals.

Drive safe, swim fast, have fun!

12&U State Recap

Congratulations to Rylie Bergemann on her swims last weekend in Kenosha during the 12&U State Championships. She was right on her times in the 50 Breaststroke and 50 Butterfly and posted a best time in the 100 Breaststroke.

Beginning Thursday, our 13&O athletes take to the pool in Brown Deer during the 13&O State Championships. Good luck!

Opening on 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.

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 8:30-9:30 AM while the Gold and Senior swimmers will train 7:00-8:30 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.

Bronze & Silver: Ethan Bergman, Cate Mike, Jordan Brozynski, Matthew Thornton, Emery Pitts, Sarina Foster, Nicholas Foster

Gold & Senior: Caleb Bergman, Austin Lentz, Jack Brozynski, Nathaniel Foster

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.

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>
TBA	TBA

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>
August 1-4 – 13&O State	Entries closed

Happy July Birthday!

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

Extended Calendar

August 2019

19, TEAM SEA board meeting, Sealed Air YMCA, 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).