



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
August 14, 2019

Notes from Neil

Good times during the TEAM SEA Beach Day last week. The weather was perfect! We played volleyball, Corn Hole, buried some swimmers in the sand, dug deep holes until we reached water, and the Lake Michigan water temperature wasn't terrible. 😊

OST has been going great! Doing some light training and breaking down the strokes along with deep reviews of breakouts, turns, and finishes. If you would like your swimmers to attend, just swing on by and your fees will be prorated. OST ends on August 29.

We will be off the week of September 2, but beginning Monday, September 9th we'll begin running a Start, Turn, and Finish Clinic and the week of Monday, September 16th we'll conduct a conditioning clinic. Both clinics will run Monday-Thursday, 5:30-7:00 PM. Cost is \$30 for one week of \$50 for both. Do not forward payment! We will bill your escrow account. If you would like your swimmer(s) to attend, please contact me.

Tell all your friends, Tryouts for the Fall & Winter Season will take place on Monday, September 23 at Horlick High School, 5:30-6:30 PM. Swimmers interested in helping with Tryouts are welcome to attend!

Our first day of practice will take place on Tuesday, September 24. Online registration will open September 9 and in person registration will take place at Horlick High School – dates will be announced soon.

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! As a bonus, there will be a live band too!

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

Our first annual team SEA beach day was a success! We couldn't have asked for better weather and company. They dug huge holes, made sand castles, played volleyball, and of course took a dip in the lake. I am already looking forward to next summer already!

Off season training is going great, we still have 3 more weeks left it's not too late to sign up! There will also be weekly clinics offered in September. The first week we will be focusing on starts and turns, then the next week will be conditioning to get ready for our fall season.

Coach Neil and I have worked on scheduling team activities and 'bring-a-friend' days for our fall/winter season. Keep an eye out for information coming soon!

I have stepped into the role of Head Coach for the Horlick Girls Swim and Dive team. SEA will continue to be my priority, but I will be off deck regularly until mid November. Coach

Alyssa will step in to help run practice when i'm gone. We have very similar coaching styles and she has more of an expertise on butterfly. We will work together to kick their butts(not too much), and have some fun!

If you have any questions or concerns, don't hesitate to email me,
coachkatiejames@gmail.com.

13&O State Recap & Highlights

TEAM SEA had a solid outing at this summer's long course 13&O State Champs last weekend in Brown Deer. As a team, we posted 76% best times (26 of 34 swims), no DQs, and finished 21st with 87 points (we placed 27th in 2018). Thank you to the Skantz, D'Alessandro, and Arteaga families for volunteering as timers during the meet and to all families for supporting their sons and daughters!

Three team records were broken during the 4-day meet. Zoe D'Alessandro broke her own 13-14 100 Breaststroke record with a Prelims swim of 1:19.30 (old mark was 1:21.34 from earlier this summer) and the 13-14 200 Breaststroke with an effort of 2:53.62 (she also held the old record at 2:56.74) and Hugo Arteaga broke the 13-14 50 Freestyle team record with his Finals swim of 26.17 (he broke Brian Michalowski's 1990 record of 26.37).

We picked up a handful of new long course State qualifying times during the meet. Natalia Badillo Senior 200 Breaststroke, Sofia Badillo 13-14 100 Backstroke, Zoe D'Alessandro Senior 200 Breaststroke, and CJ Trask 13-14 100 Backstroke.

Posting some of the fastest times in our history included Sofia Badillo 9th Senior 100 Backstroke 1:12.68, Zoe D'Alessandro 2nd Senior 100 Breaststroke 1:19.30, 3rd Senior 200 Breaststroke 2:53.62, Natalia Badillo 6th Senior 100 Backstroke 1:11.78, 6th Senior 100 Breaststroke 1:20.14, 2nd Senior 200 Breaststroke 2:52.24, 4th Senior 100 Butterfly 1:08.93, Hugo Arteaga 3rd 13-14 100 Freestyle 58.17, 9th 13-14 200 Freestyle 2:14.58, 5th 13-14 100 Backstroke 1:08.96, 6th 13-14 100 Butterfly 1:05.33, 3rd 13-14 200 IM 2:28.35, Zack Kopsea 6th 13-14 200 Freestyle 2:10.46, 5th 13-14 400 Freestyle 4:39.35, 5th 13-14 800 Freestyle 9:45.45, 4th 13-14 200 IM 2:29.08, 4th 13-14 400 IM 5:21.14, and Nathan Mudry 4th 15-16 800 Freestyle 9:25.43, 9th Senior 200 Freestyle 2:05.39, 7th 15-16 100 Butterfly 1:03.63, 8th Senior 200 IM 2:21.94.

Dropping more than five seconds in a single event was Hugo Arteaga in the 200 Freestyle, -5.06.

Notching 100% best times were Natalia Badillo and CJ Trask.

Congratulations to Joe Skantz on breaking the minute barrier in the 100 Freestyle and to all our athletes on a great season!

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 18-20 – OZ Open	TBA

Happy August Birthday!

Rylie Bergemann, Najee Jones, Tyler Keland, Lilie Larson, Jorja Makovsky, Madi Peterson, Margaret White, William Buhler, Erin Cain, Matt Krug, and Alina Pitts.

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).