



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
January 10, 2019

Daxton LaRue Needs Your Help

Bronze level swimmers Daxton LaRue is battling Leukemia and needs your help. Linked on the homepage of our website (www.sea-y.org) are a few links TEAM SEA families can visit to support Daxton and the LaRue family. Please take a moment now and show your support for Daxton.

Notes from Neil – It's Crunch Time

Best and goal times will not be handed to any of us and it's that time of the season ... CRUNCH TIME. Every practice is more important than ever since the end of the season is near (nine weeks to YMCA State). If we want to excel when Regionals/State/Nationals roll around, we need to double our efforts and maintain our focus during every remaining practice.

For the remainder of the season, every athlete attending four practices per week (three for Bronze) will be awarded a Crunch Bar for their efforts. These will be handed out beginning Monday for this past week's attendance. Since Crunch Bar's are made in a facility that also processes peanuts, any swimmer allergic to peanuts can collect a Hershey Bar. Let's CRUNCH this season out in style TEAM SEA!!!



We have a nice sized group heading to **Green Bay** in January for our annual team travel meet. To date, 21 swimmers are entered in the meet. **Deadline to sign-up is TODAY.** These meets are always a blast ... hope you can attend and don't forget to reserve a hotel room at the Tundra Lodge! (Our block of rooms has expired, but rooms are still available at the house rate.)

You have until January 20 to declare your intentions for the PX3 or the LAKE meets. Take advantage!

Don't forget about Duck Pin Bowling scheduled for later this month – read all about it later in this newsletter. (12 spots remain.) Please plan on arriving by 12:45 PM on the day of the event!

On Monday, January 21 we will train at Carthage College. The pool is only available 5:30-7:30 p.m. Practice times will run as follows: Bronze/Silver 5:30-6:30 p.m. and Gold/Senior 5:30-7:30 p.m. Gold & Senior will train together this evening!

I'm in need a high school swimmer (or will be entering high school in the Fall or 2019) to serve as our Athlete Rep. This position requires attending three meetings per year (usually in Oconomowoc on the fourth Tuesday's of January and October and a Saturday in late April). Connect me if interested.

Do you need a TEAM SEA swim cap? You can purchase them from myself or Katie ... \$5 for latex or \$12 for silicone.

Parents, please remember to check the end of this newsletter for practice locations. Most practices will be held at Horlick High School (there are a few oddball dates that still need to be figured out).

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

Hello again,

We're in the final days before our SEA Penguin Challenge up in Brown Deer. This is a single session meet that will run fairly quick. This week has been dedicated to preparing.

Bronze have been working really hard on their streamline with Coach D, her hula-hoop is very helpful. She has also done a great job working on finishes and last-minute stroke work.

Silvers were also preparing for the meet with a lot of 25s of fast finishes. Making sure they have legal touches before they compete. The last 15 minutes of practice have also been dedicated to starts or turns.

Golds have stepped back on the intensity and yards this week to also prepare for the meet. Some athletes are tackling new and scary events this weekend. So, I have made a point to work one-on-one with them to help them feel more confident in their performance this weekend.

There is still time to sign up for our team Duck Pin Bowling outing at the end of the month. Email Neil if you are interested. This should be a really fun team bonding event.

Penguin Challenge Meet Information

This weekend we'll be hosting our annual Penguin Challenge in Brown Deer. Please arrive on time for warm-ups and worker spots!

Warm-ups will begin at 8:00 AM, meet begins on 9:05 AM, and is scheduled to end at 12:00 PM both days.

Here are the arrival times for meet workers:

Admissions 7:20am doors open at 7:30am

Users 7:30am

Announcer 7:45am

Head timers 8:20am

Timer runner 8:45am

Scoring 8:45am

Computer runner 8:45

Kitchen 7:15am

Stagers 8:45am

Officials 8:20am

Awards 8:45am
Swim fast, drive safe, have fun!

GBY Tiletown Freeze Team Dinner Information

Hi Team SEA!

It's almost time for the Green Bay Tiletown Freeze!! There are so many families making the trip, that I thought it would be fun to have a team dinner! On Saturday, January 19th, at 6:00pm we will come together, over pizza, to celebrate our team's accomplishments, all while pumping Team SEA up for Sunday's events. I need to provide the Tundra Lodge with a headcount to reserve the space and order the food. Please email or text me (Shay Borzynski, Sborzynski@gmail.com or 262.498.7470) with the number of adults and kids that will be there from your family, on or before January 15th. The details are below.

Pizza Buffet @ \$12.00++ per person Adult, \$8.00++ per child ages 3-12, 3 Under 3 are Free

Assortment of One Topping & Specialty Pizzas

Mixed Greens Salad with Ranch and French Dressing

Fresh Baked Breadsticks/Garlic Bread

Assorted Cookies & Brownies

Pitchers of Ice Water & Assorted Soda

Go Team SEA!

Mid-States All-Star Recap & Highlights

Hugo Arteaga was in action last weekend in Indiana on the campus of IUPUI representing Team Wisconsin in the Mid-States All-Star meet, faced some great competition, and held his own.

He broke his own team record in the 100 Freestyle finishing in 52.93 (previous record of 53.75).

Hugo also broke the 11-12 50 Freestyle record when he touched in 3rd place at 24.09. He broke Chris Lashley's 1997 record of 24.11.

He went on to swim some of the fastest times in our team history in three events. In the 50 Backstroke he posted the 2nd fastest time (29.32), in the 50 Butterfly he posted the 2nd fastest time (26.88), and in the 100 IM he posted the 3rd fastest time (1:03.84).

Hugo finished the meet with three best times out of six efforts and Team Wisconsin finished third overall out of the six LSCs in attendance. Way to go Hugo and congratulations to Coach Katie on serving as a Team Wisconsin Coach.

Duck Pin Bowling Scheduled

You don't want to miss this!

Duck Pin bowling is scheduled for Sunday, January 27 from 1:00 PM to 2:00 PM at the Thirsty Duck in Wauwatosa (address is 11320 W. Bluemound Rd.) – roughly 30-40 minutes from Racine depending on where you live.



If you think traditional bowling is fun, wait until you try Duck Pin Bowling (similar to regular bowling, but the lane is a lot shorter – the pins are smaller and wider than regular pins, the ball can fit in your hand, and there are people working behind the lane setting up your pins). It's a ton of fun!

The cost for this event is \$12 per person and will include one hour of bowling, the world's largest pretzel for each lane to share along with some cheese curds. Attendees are responsible for their drinks. Fees for this event will be added to your escrow account (similar to how meet fees are added/collected).

This event is limited to 36 people. Email Coach Neil if you are planning on attending!

Attending to date include:

Coach Neil	Coach Katie	Coach Alyssa	Coach Jake	Coach Dana	Zoe Chartrand
Neil Wright III	Quinn Wright	Charlotte Wright	Kim Wergin	Cate Mike	Gabi Peterman
Justin Peterman	Marie Peterman	Nick Wolfe	Betsy Wolfe	Claire Wolfe	Jameson Wolfe
Luke Wolfe	Eleanor Wolfe	Lindsey Hohnl	Ian Hohnl	Melissa Hohnl	Mike Hohnl

Locker Room Use at Horlick ... During Basketball Games

When a high school basketball game is schedule at Horlick High School, we will lose use of either of the girls' or boys' locker room. The small bathroom (with shower) in the pool office will be available on those nights, however.

On the following nights, the girl's locker room will not be available: January 18, 23, and February 1, 5, 14.

On the following nights, the boy's locker room will not be available: January 11, 15, 22, 31, and February 1, 8, 21.

Thanks for your understanding and keep up the great locker room behavior!

Fundraising Updates

Thanks to all of our families for all of your fundraising efforts this Fall! Here is a report of our earnings so far this season:

Elegant Farmer Pie Sale: \$763

Rustic Sign Painting Night: \$65

Swim-a-Thon: \$5,226

Swim-a-Thon wrap up notes: We officially reached our goal of \$5,000, which means Neil will be shaving his head! (Date TBA). There are a few families that need to turn in pledge money from the Swim-a-Thon. Please turn into your coach ASAP.

If anyone is interested in ordering one of the Swim-a-Thon t-shirts, please contact Jo Anne Mudry at 414.530.5037 or jmudry@earthlink.net. We need just a few more orders to have enough to reorder. Pricing is:

Option 1: design on front/blank on back = \$19

Option 2: design on front/name on back = \$25

Heat Sheet Advertising

Do you own a business or work for a business in the area? Heat Sheet Advertising is a great marketing tool and a great way to meet your fundraising requirement. Advertise your business in the heat sheets for all the SEA hosted meets for an entire year! 100% of the cost goes directly toward your fundraising goals.

Full Page Ad (8x10.5 inches)	\$250
Half Page Ad (8x5 (inches)	\$175
Quarter Page Ad (3.75x5 inches)	\$125
Business Card Ad (3.5x2 inches)	\$75
Friendship Ad (1.75x2 inches)	\$50

Please submit your print-ready black-and-white ad to jmudry@earthlink.net. Deadline to submit for the upcoming SEA Pentathlon is Friday, October 26.

SCRIP Schedule through December

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.

<i>Orders Due</i>	<i>Orders Available</i>
January 6	January 9-10
January 20	January 23-24
February 3	February 6-7
February 17	February 20-21
March 3	March 6-7
March 17	March 20-21

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>
Jan. 12-13 – SEA Penguin Challenge	Entries closed
Jan. 18-20 – GBY Titletown Freeze	Jan. 11
Feb. 1-3 – SSTY A+	Jan. 22
Feb. 1-3 – PX3 Open	Jan. 20
Feb. 9-10 – LAKE February Freeze	Jan. 20
Feb. 15-17 – WI LSC Regionals	Feb. 1
Feb. 22-24 – 12&U State	Feb. 17
Feb. 28-Mar. 3 – 13&O State	Feb. 17
Mar. 9-10 – Wisconsin YMCA Regionals	Mar. 3
Mar. 15-17 – Wisconsin YMCA State	Mar. 10
Apr. 1-5 – YMCA Nationals	Mar. 17

Happy January Birthday!

Sofia Badillo, Kate Brown, Nicholas Foster, Nolan Greb, Fiona Marini, Emaleigh Neo, Scott Palmer, Tessa Pias, Marlee Reischl, Kayeley Rubio, Jordyn Tran, and Jameson Waite.

Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
			Jan. 10 – Practice at Horlick	Jan. 11 – Practice at Horlick	Jan. 12 – No practice, SEA Penguin Challenge	Jan. 13 – SEA Penguin Challenge
Jan. 14 – Practice at Horlick	Jan. 15 – Practice at Horlick	Jan. 16 – Practice at Horlick	Jan. 17 – Practice at Horlick	Jan. 18 – Practice at Horlick, GBY Tittletown Freeze	Jan. 19 – Practice at Sealed Air YMCA, GBY Tittletown Freeze	Jan. 20 – GBY Tittletown Freeze
Jan. 21 – Practice at Carthage	Jan. 22 – Practice TBA	Jan. 23 – Practice at Horlick	Jan. 24 – Practice at Horlick	Jan. 25 – Practice at Horlick	Jan. 26 – Practice at Sealed Air YMCA	Jan. 27 – Duck Pin Bowling
Jan. 28 – Practice at Horlick, Parent Board meeting	Jan. 29 – Practice at Horlick	Jan. 30 – Practice at Horlick	Jan. 31 – Practice at Horlick	Feb. 1 – Practice at Horlick, SSTY A+ & PX3 meet	Feb. 2 – Practice at Sealed Air YMCA, SSTY A+ & PX3 meet	Feb. 3 – SSTY A+ & PX3 meet

Extended Calendar

January 2019

27, TEAM SEA Duckpin Bowling – you don't want to miss this event!

28, Board meeting, 6:00 PM at Horlick, all welcome

March 2019

15, Last day of practice for the Fall & Winter Season

18, Team Picture

May 2019

4-5, SEA Early Bird Meet

9, Annual Banquet

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).