



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
January 17, 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. Thanks to the families who already donated!

Notes from Neil – It's Crunch Time

It's still CRUNCH TIME! We handed out our first round of Crunch bars this week ... to 17 swimmers! Keep coming to practice and working hard!! Remember, four practices per week (Silver, Gold, Senior) and three practices a week (Bronze) scores a Crunch bar every Monday for the remainder of the season!!! (We have Smarties to handout if anyone has a peanut or tree nut allergy.)



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. (only 11 spots remain.) Please plan on arriving by 12:45 PM on the day of the event! **Deadline to sign-up is January 22.**

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! We will also train at Carthage on Tuesday, January 22 – same times for all training groups.

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,

Our Penguin Challenge was very successful, with best times, new state cuts, and tattoos all around! We had a fair amount of DQs, that help us determine what we need to focus more on in practice. A theme that I saw was on butterfly (simultaneous arm recovery), and staying on our backs for backstroke. We will make sure to correct this in practice this week.

This weekend we head north to the frozen tundra to complete in the GBY Titledown Freeze. We have a fun team dinner planned for Saturday night and a water park to decompress in after a hard race day. I am very excited to swim fast and hang out in the hot tub!

Bronze have been strapping on their fins and pumping up the yards. Coach D is doing great at keeping the motivated and engaged. Working on the timing of relay starts and turns.

Silvers have also been working on their endurance in longer events. 100s are this week's poison and we have ended every practice with them, yesterday we raced 100 IMs off the blocks. They had a great time!

Gold's have followed suit and amped up the intensity. We have been working on more sprints but lots of them. Monday, we did 32x50s and they exceeded my expectations. No one complained or asked to use the bathroom half way through the set. Next week we will continue to work hard in the water as we prepare for the A+ meet and PX3 Invite. These athletes are determined to reach their goals this season and it shows!

Titletown Freeze Meet Information

This weekend we are in action at the Ashwaubenon Community Pool located at 2319 S. Ridge Road in Green Bay. We are excited to be swimming in the Titletown Freeze again and this time it's at the new community pool. It's going to be a great weekend of swimming and team bonding. Swim fast, drive safe, have fun!

<i>Session</i>	<i>Warm-ups</i>	<i>Meet Start</i>	<i>Meet End</i>
Friday (all swimmers)	4:30-5:25 PM	5:30 PM	7:52 PM
Saturday AM (9-10, 11-12)	7:00-7:25 AM	7:55 AM	11:19 AM
Saturday PM (8&U, 13-14, Open)	11:30-12:00 PM	12:30 PM	4:19 PM
Sunday AM (9-10, 11-12)	7:00-7:25 AM	8:00 AM	10:06 AM
Sunday PM (8&U, 13-14, Open)	10:45-11:15 AM	11:15 AM	2:08 PM

Penguin Challenge Recap & Highlights

What a great meet we put together last weekend in Brown Deer! Congratulations to all the swimmers on their efforts and thanks to all the parents who pitched in and helped run a quality meet. As a team, we finished with 63% best times (171/271 swims) and 14 DQs (one Freestyle, three Backstroke, two Breaststroke, three Butterfly, and five IM).

Hugo Arteaga continues to lay down the gauntlet in the sprint Freestyle events – this time breaking the 24-second barrier in the 50 Freestyle touching in a team record 23.98 (broke his team record of 24.09). He also notched some new State qualifying times! Hugo picked up the 50 Breaststroke (35.33) and the 100 Breaststroke (1:15.52) cuts while Nathaniel Foster posted a State qualifying time in the 100 Freestyle, 1:12.80.

Achieving some of the fastest times in our history included Megan Schultz, 4th 13-14 200 Breaststroke, 2:35.37, Hugo Arteaga 7th 11-12 200 Freestyle, 2:06.51, 2nd 50 Backstroke, 28.93, 2nd 100 Backstroke, 1:02.87, 9th 100 Breaststroke, 6th 100 Butterfly, 1:04.94, 10th 200 IM, 2:25.77, and CJ Trask, 5th 11-12 50 Backstroke, 30.55.

Congratulations to Paul and Sarah Amundson and Claire Wolfe on their competing in their first meet!

We continue to make huge improvements in terms of cutting time ... here's a list of swimmers who dropped five or more seconds in a single event last weekend – Hugo Arteaga -14.68 100 Breaststroke, Maddie Cerny -23.74 100 Butterfly, Zoe Chartrand -29.31 100 Backstroke, Zoe D'Alessandro -7.13 200 Backstroke, Leah Fallenbeck -11.45 100 Freestyle, Nicholas Foster -7.25 50 Breaststroke, Sarina Foster -16.27 50 Backstroke, Jessica Gonzales -18.42 50 Freestyle, Grace Gross -34.74 200 IM, Callie Klepp -10.75 200 IM, Jorja Makovsky -5.10 100 Backstroke, Fiona Marini -29.69 100 Freestyle, Claire Meiri -5.19 50 Breaststroke, Ashton Moesch -5.74 50 Backstroke, Nolan Mrotek -6.13 200 Freestyle, Grace Neumann -10.41 100 Backstroke, Yash Patil -21.32 200 Butterfly, Gabi Peterman -17.27 100 Freestyle, Emery Pitts -5.33 100 Backstroke, Adam Ries -31.57 200 Freestyle, Megan Schultz -11.34 200 Backstroke, Marie Spang -54.44 100 Backstroke, Zack Steenrod -13.16 25 Backstroke, Jordan Stouffer -25.66 100 Butterfly, Alice Stratman -81.66 200 Backstroke, and Aarya Zore -25.79 100 IM. You guys are amazing!!! Keep it up!!!

A handful of swimmers posted 100% best times and included Zoe Chartrand, Leah Fallenbeck, Kendall Gilewski, Jessica Gonzales, Grace Gross, Evelyn Gutknecht, Fiona Marini, Sophia Marini, Ashton Moesch, Nolan Mrotek, Yash Patil, Alice Stratman, and Elizabeth Stratman.

Event winners included Hugo Arteaga (six events) and Yash Patil, CJ Trask, and Hopking Uyenbat (with one event each).

Did you make the unsung hero list this week? Alessandra Arteaga is closing in on those Y-State 8&U cuts (so close to so many), Natalia Badillo PRed the 200 Freestyle dropping 4.96 seconds, Sofia Badillo raced tired, but raced tough (two sports will do that to a kid), Rylie Bergemann went six of eight for best times, Caleb Bergman rocked the 50 Freestyle, Jack Borzynski is ever so close to the 100 Butterfly State cut (this weekend buddy), Isabelle Buhler dropped 4.31 seconds in the 200 Backstroke, Sophie Gutknecht cut 2.42 seconds in the 25 Freestyle, Jacob Hendricks looked sharp in the 50 Backstroke trimming 4.62 seconds, Lindsey Hohnl missed PRing all her events by one event (went 7/8), Shaelyn Jensen raced a pretty sweet 100 IM almost breaking the 1:30 barrier, Lenna Karapetian broke one minute in the 50 Butterfly (her first time swimming it), Ava Kerbawy swam the 50 Freestyle for the first time, Cate Mike notched two best times, Brady Moore threw up three PRs during the meet, Madi Peterson scored points in all of her events but one, Fin Pitts achieved four best times out of six efforts, Kinzie Reischl raced tired and clean in all of her races (will be working on those Backstroke turns for the 200 though :), Macie Ritter scored points in all of her events but one, Mac Thomas raced a great 200 IM and almost break in the 2:20s (next time), and Natalie Vitek did great in her 200 Freestyle and 200 Backstroke!

Good luck this weekend in Green Bay!

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
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Neil Wright III	Quinn Wright	Charlotte Wright	Kim Wergin	Cate Mike	Gabi Peterman
Steven Hall	Marie Peterman	Nick Wolfe	Betsy Wolfe	Claire Wolfe	Jameson Wolfe
Luke Wolfe	Eleanor Wolfe	Lindsey Hohnl	Ian Hohnl	Melissa Hohnl	Mike Hohnl
Karen Chartrand					

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 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 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. 18-20 – GBY Titledown Freeze	Entries closed
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. 17 – Practice at Horlick	Jan. 18 – Practice at Horlick, GBY Tioletown Freeze	Jan. 19 – Practice at Sealed Air YMCA, GBY Tioletown Freeze	Jan. 20 – GBY Tioletown Freeze
Jan. 21 – Practice at Carthage	Jan. 22 – Practice Carthage	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
Feb. 4 – Practice at Horlick	Feb. 5 – Practice at Horlick	Feb. 6 – Practice at Horlick	Feb. 7 – Practice at Horlick	Feb. 8 – Practice at Horlick	Feb. 9 Practice at Sealed Air YMCA, LAKE meet, WIAA Sectionals	Feb. 10 – LAKE meet
Feb. 11 – Practice at Horlick	Feb. 12 – Practice at Horlick	Feb. 13 – Practice at Horlick	Feb. 14 – Practice at Horlick	Feb. 15 – Practice at Horlick, WI LSC Regionals	Feb. 16 – Practice at Sealed Air YMCA, WI LSC Regionals, WIAA State	Feb. 17 – WI LSC Regionals

Extended Calendar

January 2019

22, WI LSC Meeting, 7:00 PM in Oconomowoc
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).