



**Weekly Newsletter**  
**Southeastern Aquatics**  
**Racine Family YMCA Swim Team**  
**Est. 1984**  
**January 24, 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](http://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

Great times last weekend in Green Bay. Thanks to all the families who organized our team dinner, volunteered at the meet, and basically supported TEAM SEA on the road. The kids looked like they had a FUN time and the parents too for that matter!

Don't forget to sign-up your swimmers for the upcoming WI LSC Regional meet. This event is open to all swimmers. Deadline is approaching.

The high school boys' season is quickly winding down. Good luck to all of our boys as they race this weekend at the Racine Invite being held at Park High School and then at Conference, WIAA Sectionals, and WIAA State. Don't forget to sign-up for Regionals!

*Tonight is the deadline to sign-up for Duck Pin Bowling. We have 11 spots remaining ... if you have never done it, it's a blast!! Email me if you're 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](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

Hello again,

Thank you for being flexible with our practice schedule with the weather and cancellations. Carthage has worked great as our go to location. Plus, we were able to block certify another handful of athletes!

As you have read one of our swimmers had a tough battle ahead of him. I would like to put together a gift basket from SEA for him to enjoy. I will put together a list of items and

include it in next week's newsletter. The star attraction is the '25 day stronger' cap he earned for his attendance!

Last weekend we bared chilling weather and snowy roads to swim in Green Bay. We had such a great team bonding experience, with a pizza party, water slides, and arcade games. Thank you to all the parents that helped organize the dinner, coral kids, or officiate the meet.

Next week we do double duty with two meets. PX3 is hosting a meet down at the RecPlex and the A+ meet is up at Schroeder. Starts, turns, and sprints will be next week's theme.

Coach D is doing a great job of keeping the Bronze moving and engaged. They are really enjoying using their fins! There will be more work on starts, turns, and finishes this coming week.

Silvers are building their endurance and getting use to longer straight swims. In preparation for the upcoming meets there will be more focus on the little things. Starts and turns will become a daily routine.

Because it is crunch time, I expect the Golds to be more mentally engaged in practice. Creating good habits, like not breathing the first stroke, or holding tight streamline every time. Remembering to practice with a purpose and focusing on the process. This week the yards are long and the work is hard but that will give way to next week's practices that are sprint and technique based.

## **Titletown Freeze Recap & Highlights**

We were the smallest team in the meet, but managed to finish 11<sup>th</sup> of 12 teams scoring 867.50 points. The back-to-back meets caught up with TEAM SEA as we only managed 31% best times (43/137) and eight DQs (3 fly, 2 breast, 1 each free, back, and IM). No worries though, we'll continue working hard in the pool and focus our attention to our upcoming meets – SSTY A+ and PX3.

Congratulations to CJ Trask on picking up the 200 Freestyle USA State cut finishing in 2:11.16! He went on to post some of the fastest 11-12 times in our team's history – 9<sup>th</sup> 200 Freestyle, 8<sup>th</sup> 50 Backstroke 30.50, 5<sup>th</sup> 100 Backstroke 1:05.56, 8<sup>th</sup> 100 Butterfly 1:10.55, and 9<sup>th</sup> 100 IM 1:08.96.

Hugo Arteaga won all of his events and posted one of the fastest 11-12 times in our team's history too – 5<sup>th</sup> 100 Breaststroke 1:16.35. His little sister Alessandra notched the 8<sup>th</sup> fastest 8&U time in our history going 55.65.

Dropping more than five seconds in a single event were Rylie Bergemann -24.46 in the 500 Freestyle 6:36.12, Nicholas Foster -15.69 in the 100 Backstroke 2:02.58, Sarina Foster -8.12 in the 50 Freestyle 1:20.48, Sophie Gutknecht -5.59 in the 25 Backstroke 27.53, Callie Klepp -16.17 in the 500 Freestyle 7:00.56 (going under 7:00 next time), Gabi Peterman -6.69 in the 20 Freestyle 3:02.66, Alice Stratman -45.03 in the 200 Breaststroke 3:15.08 (WOW), Elizabeth

Stratman -27.50 in the 100 Butterfly 1:19.28 (who would have thought), and CJ Trask -5.03 in the 200 Freestyle.

Jack Borzynski continues to close in on State qualifying times (now only .43 from the 50 Butterfly standard), Isabelle Buhler posted many season best times and PRed in the 100 Butterfly, Nathaniel Foster looked sharp in the 100 Backstroke and 100 Butterfly (best times in both events), Evelyn Gutknecht completed the 50 Butterfly and 50 Breaststroke legally for the first time, Lindsey Hohnl continues to race hard and her talent show with Callie was AWESOME, Shaelyn Jensen grabbed two PRs in the 100 Backstroke and 50 Breaststroke, Zack Kopsea struggled in his two races and honestly, it's his first "bad" meet in years (he's looking to rebound at A+ next week!), Emery Pitts dropped 3.89 in the 100 IM, Fin Pitts PRed in the 25 Backstroke, and Jordan Stouffer picked up two best times (50 Butterfly and 50 Breaststroke).

Continue attending practice regularly and stay focused! Our next meets will be held February 1-3!!

## 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
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: February 1, 5, 14.

On the following nights, the boy's locker room will not be available: January 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](mailto: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
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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](mailto: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](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.

<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](mailto:south.eastern.aquatics@gmail.com) or speak with him at practice.

<i>Meet</i>	<i>Entries Due</i>
Feb. 1-3 – SSTY A+	Entries closed
Feb. 1-3 – PX3 Open	Entries closed
Feb. 9-10 – LAKE February Freeze	Entries closed
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. 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

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

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

29, WI LSC Meeting, 7:00 PM in Oconomowoc

### 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).