



**Weekly Newsletter**  
**Southeastern Aquatics**  
**Racine Family YMCA Swim Team**  
**Est. 1984**  
**October 10, 2018**

## Notes from Neil

Our first meet of the season is this weekend! The coaching staff is looking forward to seeing where we stand as a team compared to where we ended the last short course season back in March – even with only four weeks of training under our belts! Drive safe, swim fast, have fun!

**IMPORTANT** – If you are planning on attending the HPAC meet in Illinois, please email me your intentions by 8 PM tonight, October 10.

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).*

Practice at Horlick has been working out well. Please remember to stay out of the Fieldhouse. All swimmers, parents, and coaches should be entering and exiting the pool through the locker-rooms.

If you need any help with the registration process, please reach out to Missy Reischl at [mjreischl@wi.rr.com](mailto:mjreischl@wi.rr.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, I would like to thank my coaching staff and athletes for going with the flow on Monday and helping me out when I was sick. I'm still fighting the bug but will hopefully be at full strength by this weekend.

This weekend we head up to Homestead high school for the Oz swim your own age meet. He is our first taste of racing this season I'm anxious to see our results. This Sunday is my birthday so I will only be on deck for the Saturday PM session. Coach Jake and Neil will cover the other sessions.

Make sure to take a look at our meet schedule. The deadlines will creep up fast and I'd hate for athletes to miss out of some great opportunities. The HPAC meet in Highland Park should be a fun meet!

Bronze have been working really hard on kicking and streamline with Coach D. She is really emphasizing this at every practice. Later this week they will test their skills as diving and maybe some racing. They are also really enjoying the dryland that Coach D put together!

Silvers have also been putting their legs to work these last few weeks. They started dryland this week and did very well! This won't be anything too crazy, I just want them to be able to coordinate their body outside of the pool as well as inside.

Golds have a moderate focus week, working on starts, turns, and finishes to prepare of this weekend's meet. We have also started going over goal sheets and reviewing videos. I will post a link to my YouTube channel on Facebook so it's easier to find me. I'm very impressed with their work ethic and determine so early in the season. Keep up the good work!!

## OZ Meet Information & Timeline

This weekend (Friday-Sunday), we'll travel to Homestead High School in Mequon for the OZ SYOA (Swim Your Own Age) meet.

<i>Session</i>	<i>Warm-ups</i>	<i>Meet Begins</i>	<i>Meet Ends</i>
Friday PM	4:30-5:25 PM	5:30 PM	7:03 PM
Saturday AM (13&O)	7:00-8:00 AM	8:00 AM	10:59 AM
Saturday PM (12&U)	11:00-Noon	Noon	4:20 PM
Sunday AM (13&O)	7:00-8:00 AM	8:00 AM	10:43 AM
Sunday PM (12&U)	10:45-11:45 AM	11:45 AM	3:40 PM

Coach Neil will be on deck Friday PM, Saturday AM, and Sunday AM. Coach Katie will be on deck Saturday PM. Coach Jacob will be on deck Sunday PM.

We are offering practice this Saturday at Sealed Air YMCA – take advantage!

## Fundraising Updates

### Elegant Farmer Pie Sale

It's officially fundraising season and we're kicking it off with our popular Elegant Farmer FUNraiser. \$6-\$7 from each baked item sold goes to your families fundraising total.

Please submit your orders to your coach or to Jo Anne Mudry by Wednesday, October 24 – payment is due with your order.

Pick-up will be Thursday, November 15 at Horlick High School.

Note: All items arrive frozen, so please make arrangements to pick-up in person or have another family pick-up if you cannot make it on the evening of November 15. Download this year's order forms at <https://www.sea-y.org/elegant-farmer>

### 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](mailto:jmudry@earthlink.net). Deadline to submit for the upcoming SEA Pentathlon is Friday, October 26.

Rustic Board Sign Painting Night

Friday, November 16 at Sealed Air YMCA, 6-9 PM. Cost is \$50-\$55 (reservations and payment due by Monday, November 5).

## Tryouts!

Our next Tryouts will be held at Horlick High School on Monday, October 29 beginning at 6:00 PM. Tell all your friends and interested families about this event!

If potential families and friends cannot attend, please have them contact Coach Neil at [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com) and he'll be happy to rescheduled on another date.

## Diving Certification

USA Swimming's guidelines for learning to dive off the block is pretty black and white – water must be at least six feet deep. Since none of the RUSD pools have six feet of water on the diving side of the pool, we will offer diving practice & certification on Saturday's that we are not hosting meets.

Diving practice is for any athlete currently not certified to dive off the blocks at Horlick or Park. If you would like to attend, please reach out to Coach Neil at [south.eastern.aquatics@gmail.com](mailto:south.eastern.aquatics@gmail.com) and he'll schedule Coach Alyssa to meet with your swimmer at the Lakefront YMCA (8:00-9:30 AM). Take advantage!

## 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>
October 7	October 10-11
October 21	October 24-25
November 4	November 7-8

December 9	December 12-13
December 16	December 19-20

## 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>
Oct. 12-14 – OZ Swim Your Own Age	Entries closed
Oct. 20 – EBSC Swim Your Own Age	Oct. 7
Nov. 4 – SEA Pentathlon	Oct. 20
Nov. 4 – KENO Invite	Oct. 20
Nov. 11 – SSTY Fall Invite	Nov. 2

## Happy October Birthday!

Sarina Foster, Srushti Ingle, Bronte Jansen, Shaelyn Jensen, Lenna Karapetian, Angela Mrotek, Charlotte Wright, Quinn Wright, Neil Wright III.

## Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
		Oct. 10 – Practice at Horlick; Reschedule Parent Board meeting at Horlick, 6:00 PM	Oct. 11 – Practice at Horlick	Oct. 12 – Practice at Horlick; OZ meet	Oct. 13 – Practice at Sealed Air YMCA; OZ meet	Oct. 14 – OZ meet
Oct. 15 – Practice at Horlick	Oct. 16 – Practice TBA	Oct. 17 – Practice at Horlick	Oct. 18 – Practice at Horlick	Oct. 19 – Practice at Horlick	Oct. 20 – Practice at Sealed Air YMCA; EBSC meet	Oct. 21 –
Oct. 22 – Practice at Horlick	Oct. 23 – Practice at Horlick	Oct. 24 – Practice at Horlick	Oct. 25 – Practice TBA	Oct. 26 – Practice TBA	Oct. 27 – Practice at Sealed Air YMCA	Oct. 28 –
Oct. 29 – Practice at Horlick;	Oct. 30 – Practice at Horlick	Oct. 31 – Practice at Horlick	Nov. 1 – Practice at Horlick	Nov. 2 – Practice at Horlick	Nov. 3 –	Nov. 4 – SEA meet;

Tryouts at Horlick, 6:00 PM					Practice at Sealed Air YMCA	Daylight Saving Time ends
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