



**Weekly Newsletter**  
**Southeastern Aquatics**  
**Racine Family YMCA Swim Team**  
**Est. 1984**  
**October 5, 2018**

## Notes from Neil

Thank you to our great coaching staff for running quality practices this week while I was gone. Thanks for all your well wishes and prayers too.

I will take additional entries for the upcoming EBSC 12&U meet (Oct. 20) through Noon on Sunday, October 7.

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@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! We have been making Horlick our home for the last week, with a special appearance at Park on Tuesday. The front doors at Horlick are finicky and sometimes not unlocked. We are working on this situation and will make sure to let everyone in in the meantime.

October 7th is the deadline for the EBSC meet on October 20th, this is a really short fun meet for any level athlete (12&U). Our next deadline is October 20th for our very own SEA Pentathlon meet, don't forget to sign up!

Next weekend we head up to Homestead high school for the OZ swim your own age meet. This will be our first meet of the fall season. To prepare, all training groups will spend loads of time on starts, turns, finishes, breakouts, and learning the whistle commands.

Bronze have been doing great with Coach D, focusing mainly on kicking and breathing. We want them to be confident in the water and building a great kicking base will tremendously help with that.

Silvers will be adding dryland every Tuesday and Thursday starting next week. We will take the first 15 min of practice to work on strength and coordination outside of the water. Tennis shoes will not be required but highly recommended.

Golds started videotaping this week. I have created a YouTube channel, coachkatiejames. I will upload the videos to this channel with critiques and advice. This gives athletes a way to review on their own time and they can show their videos to friend and family. I am not as tech

savvy as some of my peers or even these athletes so this might take me awhile to get everything up and running.

Have a great weekend!

## 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. 5 – Practice at Horlick	Oct. 6 – Practice at Sealed Air YMCA	Oct. 7 –
Oct. 8 – Practice at Horlick	Oct. 9 – Practice at Horlick	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 –	Oct. 30 –	Oct. 31 –	Nov. 1 –	Nov. 2 –	Nov. 3 –	Nov. 4 – SEA meet;

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