



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
November 15, 2018

Notes from Neil

The hard deadline for declaring your intentions to swim at SWAT or SSTY is November 19. Take advantage of these December competitions – the last competitions of 2018!

If you have not heard via social media, our Treasurer Ben Scharff has successfully secured 501c3 tax exempt status for TEAM SEA. This was a long time coming! Thanks to Ben for all his due diligent in this process.

TEAM SEA now as an Instagram account and Coach Katie will manage it. Follow TEAM SEA at SEASWIMTEAM. Also, don't forget to join our Facebook page (search for SEA SWIM TEAM).

Don't forget the Swim-a-Thon is right around the corner. Continue to search out pledges for the best prizes! We will conduct our Swim-a-Thon on Tuesday, November 27. This evening all swimmers will swim for one hour beginning at 5:30 p.m. Practice will end at 7:30 p.m.

Combined Senior & Gold Practice Schedule – Tuesday, November 27 the Senior and Gold swimmers will train together, 5:30-8:00 p.m. Please make a note of this change. On the same evening, Silver and Bronze will have a meet type experience, 5:30-6:30 p.m.

If you are not receiving the team newsletter in your email inbox, please email me and I'll add your email address to my list.

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@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 or via mobile at 262.994.3157.

Katie's Kickboard

Hello again. We had some great swims last weekend and notched some best times with only one DQ! I'm very impressed by the determination of these athletes. Keep up the great work!

This weekend we head south to Highland Park Illinois. This is a brand new me in our calendar and I'm very excited what it has in store for us. Some of us are swimming longer events or new events this weekend and it should be fun!

The bronze have been tackling butterfly and breaststroke this week and have been kicking butt, literally! They have been doing lots of dryland in preparation for in water skills. Coach D has them working hard.

Silvers have really liked when I write the agenda on the board for them to follow. Helping them visually see why the plan is for practice helps some athletes and I'm happy to do that. We have been focusing on streamline and breakouts this week, making sure they execute a turn as well.

Golds have been taking it a little slow this week. Focusing on turns and breakouts. I have also videotaped every day this week and uploaded the clips to my YouTube channel. I will post a link on the Facebook page for easy access. I will add my critiques to the video and give drills that will be helpful.

HPAC Meet Information

This weekend we travel to Highland Park, IL to participate in a meet we have never been to before! We will swim at the Highland Park High School Aquatic Center, 433 Vine Avenue, Highland, IL (about an hour south of Racine).

We are required to time in lane 9 on Saturday (both AM and PM sessions). If you are able to assist, please email Coach Neil. We will need two timers to volunteer. Timers meeting will be held 30-minutes after the start of warm-ups.

Some rules for the venue to follow while at the meet:

- 1) No food or colored beverages allowed on the pool deck.
- 2) Swimmers must be dressed (more than a swim suit) and wear suits when walking in the hallways.

This weekend's meet will be positive check-in for all events. Positive check-in will close 30-minutes after the start of warm-ups. If you will be late, please text Coach Neil and he'll be happy to check you in (262.994.3157).

Coach Katie will cover Friday and the Saturday/Sunday AM sessions. Coach Neil will cover Saturday PM and Coach Alyssa will cover Sunday PM. Drive safe, swim fast, have fun!

<i>Session</i>	<i>Warm-ups</i>	<i>Meet Begins</i>	<i>Meet Ends</i>
Friday (all ages) – lane 9 comp pool	5:00-5:55 PM	6:00 PM	7:58 PM
Saturday AM (9-10, 11-12) – lane 9 comp pool, lane 4 warm down pool	8:00-8:55 AM	9:00 AM	1:02 PM
Saturday PM (8&U, Open) – lane 9 comp	1:00-1:55 PM	2:00 PM	5:47 PM

pool, lane 4 warm down pool			
Sunday AM (9-10, 11-12) – lane 9 comp pool, lane 4 warm down pool	8:00-8:55 AM	9:00 AM	12:37 PM
Sunday PM (8&U, Open) – lane 9 comp pool, lane 4 warm down pool	1:00-1:55 PM	2:00 PM	4:31 PM

SSTY Invite Highlights & Recap

Not sure I will compose a write-up like this for all our meets, but I was in the mood this morning.

Mudry breaks team record, Kopsea and Uyenbat record State qualifying standards while Borzynski takes a big step closer to this first State qualifying time

This year's installment of the Y-Invite in Brown Deer was fairly successful. TEAM SEA combined for 55% best times and only one DQ. (Leah Fallenbeck (in her first meet) picked up her first DQ and believe it or not, she came over to the coaches smiling while explaining she knew she got DQed – for pushing off the wall on her front after the turn. She handled her first DQ with grace and besides that bump in the road swam respectable times of 42.16 in the 50 Free and 1:44 in the 100 Free – not bad at all for an 11-year-old).

Nate Mudry picked up where the Short Course Season finished slipping under the five-minute barrier in the 500 Free (4:59.61). His time broke his team record from Y-State back in March of this year (5:03.39) and is only 1.01 seconds off his lifetime best. Mudry went on to swim solid times in the 100 Free (53.12) and 1650 Free (17:36.43) as well and now focuses his attention on swimming for Oak Creek during the high school boys' season where he will compete as a freshman. Good luck to Matt Krug as well as he heads off to Bradford during the high school season (he looked sharp in the 50 Free = 24.88 and the 50 Breast = 31.88 yesterday).

TEAM SEA managed four new State qualifying times. Hopking Uyenbat notched 13-14 Y-State qualifying times in the 200 Fly (2:27.43 – dropping a whopping 28.83 seconds) and the 200 Back (2:23.51). His teammate Zack Kopsea achieved a 13-14 Y-State and USA-State time in the 1650 Free (18:38.44 – dropping 67.95 seconds). Kopsea's time in the 1650 Free is a prime example of hard work and dedication to the process of improvement; since moving to the Senior training group at the beginning of this past Spring Season, he has slowly developed into one of the top trainers in the group and devours challenging sets like Pac Man chomping dots and ghost in the arcade classic.

Meanwhile, 10-year-old Jack Borzynski shined brightly as one of TEAM SEA's newest members. Borzynski dropped 10.10 seconds in the 100 Back posting a 1:30.57. Coaches witnessed a transformation during his race as he managed tight streamline positions off the wall, performed underwater dolphin kicks prior to breaking out, and truly raced each 25-yards of the race. With his effort, his new short-term goal is to achieve a State standard in the 100 Back (Y-State = 1:25.69, USA-State = 1:24.49). Loads of time remains to reach this goal and with his

regular practice attendance, it's all but a foregone conclusion. In addition, Y-State qualifying times are now on Alessandra Arteaga's radar (she's two seconds from the 25 Free and 25 Back cuts)!

TEAM SEA athletes cracked into the Top Ten all time for YMCA meets during the meet as well. Zack Kopsea posted the 10th (500 Free, 5:23.42), 6th (1650 Free), and 9th (200 Back, 2:14.60) times for 13-14, Hugo Arteaga posted the 7th (50 Back, 30.53) time for 11-12, and Hopking Uyenbat posted the 9th (200 Fly) time for 13-14. Also, Nate Mudry posted the 7th fastest Senior time in the 500 Free.

Four athletes achieved best times in all of their races! 7-year-old Alessandra Arteaga (19.50 25 Free, 23.31 25 Back, 50.82 50 Back). Jack Borzynski (100 Back, 45.66 50 Fly, 3:01.80 200 Free), 7-year-old Mila Prpa (21.47 25 Free, 29.51 25 Back, 1:06.28 50 Back), and 9-year-old Marie Spang (40.28 50 Free, 1:40.63 100 Free, 49.35 50 Back).

Seven TEAM SEA members cut five or more seconds from a single event: Alessandra Arteaga - 5.42 50 Back, Jack Borzynski -10.10 100 Back, Zack Kopsea -67.95 1650 Free, Emery Pitts - 6.29 100 Free, Mila Prpa -23.76 50 Back, Marie Spang -18.69 100 Free, and Hopking Uyenbat - 28.83 200 Fly.

A few of TEAM SEA's high school girls were back during this meet. Natalia Badillo, Sofia Badillo (not in high school yet, but returning from basketball), Isabelle Buhler, and Kinzie Reischl competed for the first time since the high school girls' season ended. It was great to see them back with their TEAM SEA family!

In the development front, 12-year-old Mac Thomas raced a solid 200 Free as she branched out of her 50- and 100-yard event comfort zone. She split a nice race (30.30 – 35.02 – 36.17 – 35.66) and finished in 2:17.15. The skies the limit for this up-and-coming swimmer in the 200 Free!

TEAM SEA will be in action this weekend as 17 athletes travel south of the boarder to Highland Park, IL to compete in the HPAC Fall Extravaganza. Results from yesterday are linked below. Thanks for reading.

Swim-a-Thon, November 27

This year's Swim-a-Thon will take place on Tuesday, November 27 at Horlick High School, 5:30-7:30 p.m. We will swim from roughly 5:30-6:45 p.m. and have dinner from 6:45-7:30 p.m. Volunteers will be needed to assist with counting laps.

Similar to our Halloween Party, donations are needed and pizza will be provided. Please reach out to Neil if you are willing to donate.

Case of water	Case of water	Juice boxes	Juice boxes
Veggie tray	Fruit plate	Brownies	Cupcakes
Veggie tray	Fruit plate	Brownies	Cupcakes
Napkins	Napkins	Paper plate	Paper plates
Pretzels	Cheese & cracker plate	Something else?	Something else?

Officials Update & Class Available

During our SEA hosted meets, parent volunteers are needed to fulfill many important jobs. One of those jobs is swim meet official. Every year we need to recruit new officials, especially from the younger age-groups.

As an official, you can be right on deck and even get free food! You don't have to have a background in swimming to officiate as you will be taught specifically what to look for when you watch swims.

The training consists of a 3-4-hour class, depending on the instructor and an online test. Once those are completed, you just need to apprentice four times with another stroke and turn official.

Becoming an official is a tremendous help to our team as we cannot run a meet unless we have enough officials on deck. If you have any interest please feel free to contact one of our current SEA officials.

If any current stroke and turn officials are interested in taking the Starter/Ref class, it will be offered November 18, 1:45-5:45 PM in Brown Deer.

Our current officials are:

Phil Eberle – Starter/Ref	Linda Eberle – Starter/Ref	Dave Krug – Starter/Ref
State Waite – Stroke/Turn & apprentice Starter/Ref	Tracy Stouffer – Starter/Ref	Jose Arteaga – Stroke/Turn & apprentice Starter/Ref
Ana Arteaga – Stroke/Turn	Eric Bergemann – Stroke/Turn	Trina Cain – Stroke/Turn
Ben Foster – Stroke/Turn & apprentice Starter/Ref	Sarah Foster – Stroke/Turn & apprentice Starter/Ref	Christy Klepp – Stroke/Turn
Ashutosh Patil – Stroke/Turn	Amanda Rubio – apprentice Stroke/Turn	Maybe you – apprentice Stroke/Turn

Please contact Tracy Stouffer if you are interested in becoming an official; she can be reached at 414.881.9040 or st.stouffer@yahoo.com.

Guarantee Checks

As we usher in online registration, we are going through growing pains in regards to putting the finishing touches on the entire process. With that said, if you registered online please don't forget to forward your Guarantee Checks to Missy Reischl. Thanks.

Fundraising Updates

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.

Rustic Board Sign Painting Night – Friday, November 16. SEA you there!

Swim-a-Thon – Event date: Tuesday, November 27

Raise at least \$25 by Friday, November 16 to earn a limited edition SEA t-shirt (show your form to your coach and email Jo Anne Mudry your t-shirt size)

Early Bird Prizes! The swimmer for each practice group who has the most pledges Tuesday, November 13 will earn a special Early Bird Prize (show your pledge form to your coach).

Remember, 100% of your pledges will count toward fulfilling your fundraising obligation!

Tryouts!

Our next Tryouts will be held at Horlick High School on Monday, November 26 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 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 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 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>
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 or speak with him at practice.

<i>Meet</i>	<i>Entries Due</i>
Nov. 16-18 – HPAC Invite	Entries closed
Nov. 30-Dec. 1 – SWAT Distance Open	Nov. 19
Dec. 7-9 – SSTY Y-Finalist	Nov. 19
Dec. 15-16 – 11&U State	Nov. 15
Jan. 4-6 – Mid State Championships	Dec. 16
Jan. 12-13 – SEA Penguin Challenge	Dec. 20
Jan. 18-20 – GBY Titledown Freeze	Jan. 10
Feb. 1-3 – SSTY A+	Dec. 1

Happy November Birthday!

Jonah Bouy, Nolan Mrotek, Ella Pierce, Finley Pitts, and Kaylee Staniger.

Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
			Nov. 15 – Practice at Horlick	Nov. 16 – Practice at Horlick; HPAC Invite	Nov. 17 – Practice at Sealed Air YMCA; HPAC Invite	Nov. 18 – HPAC Invite
Nov. 19 – Practice at Horlick	Nov. 20 – Practice at Horlick	Nov. 21 – Practice at Horlick	Nov. 22 – No practice; Happy Thanksgiving	Nov. 23 – No practice; No pools available	Nov. 24 – Practice at Sealed Air YMCA	Nov. 25 –
Nov. 26 – Practice at Horlick	Nov. 27 – Swim-a- Thon	Nov. 28 – Practice at Horlick	Nov. 29 – Practice at Horlick	Nov. 30 – Practice at Horlick; SWAT meet	Dec. 1 – Practice at Sealed Air YMCA; SWAT meet	Dec. 2 – SWAT meet
Dec. 3 – Practice at Horlick	Dec. 4 – Practice at TBA	Dec. 5 – Practice at Horlick	Dec. 6 – Practice at Horlick	Dec. 7 – Practice at Horlick; Y- Finalist	Dec. 8 – Practice at Sealed Air YMCA; Y-Finalist	Dec. 9 – Y-Finalist
Dec. 10 – Practice at Horlick	Dec. 11 – Practice at Horlick	Dec. 12 – Practice at Horlick	Dec. 13 – Practice at Horlick	Dec. 14 – Practice at Horlick; 11&U State	Dec. 15 – Practice at Sealed Air YMCA; 11&U State	Dec. 16 – 11&U State
Dec. 17 – Practice at Horlick	Dec. 18 – Practice at TBA	Dec. 19 – Practice at Horlick	Dec. 20 – Practice at Horlick	Dec. 21 – Practice at Horlick	Dec. 22 – Practice at Sealed Air YMCA	Dec. 22 –

Extended Calendar

January 2019

27, Team bowling party

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