



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
November 2, 2018

Notes from Neil

Remember ... we “fall back” at 2 AM this Sunday. Would hate for you to show up at our meet an hour earlier than you need to.

I'm told we are up to 16 orders for TEAM SEA towels so far. The minimum order amount is 24 ... deadline is this Sunday! Order form is linked on the homepage of our website.

Our Halloween Party was well attended and a lot of fun. Thanks to all the families who took time to donate. Katie and I posted a dozen pictures or so on the SEA Facebook page.

Remember, the Halloween Party represents the beginning of our Swim-a-Thon month – we have already received \$300 via our online giving link (homepage of our website). Good luck collecting pledges this month! Our goal is \$5,000 = a bald head coach.

Good luck to our high school girls this weekend as they compete in WIAA Sectionals. Good luck to all the high school coaches too. All high school girls should plan to attend the SSTY Invite on Sunday ... this is a great opportunity to post some times prior to taking a break – entries are due tonight, November 2.

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 hope you had a Spooktacular Halloween! Thank you to all who donated and helped out with our Halloween party this year. It was awesome to see everyone working together and having fun. I hope everyone got a lot of candy and treats this Halloween. We'll work on burning the candy calories this next week!

This Sunday we have all hands-on deck for our first SEA hosted meet of the season. This will take place at the Pleasant Prairie RecPlex. Remember to eat breakfast and prepare some snacks for fuel on race day. Warm clothing and extra towels might also benefit the athletes.

We were able to certify a couple more athletes at Carthage last week. Anytime we are at this pool we will be taking advantage of the depth, working on dives and certifying everyone we can! If you are unable to make it or need a little more work to get certificate contact Coach Neil and we will arrange a Saturday practice at the Lakefront YMCA.

You might have noticed (or heard) the Silvers learning the whistle commands they will hear at a meet. We want them to be confident when they get to a meet, know what to do, where to go, and how to race it. Preparation is key!

Coach D is very thorough in preparing her athletes for competition, streamlining and kicking are a huge focus. Bronze will also be learning the whistles this week, along with practice on dives and finishes.

Golds have a fairly easy week as they prep for this weekend's meet. Working hard on Monday, having a party on Tuesday, and a "Trick or Treat" workout on Wednesday. Thursday will be sprinting, starts, turns, finishes, and some last-minute fine tuning.

SEA Pentathlon Meet Information

We will be hosting our first meet of the season this Sunday at the RecPlex in Pleasant Prairie – don't forget to set your clocks back at 2 a.m. on Sunday.

Warm-ups begin at 8:00 a.m., meet begins at 9:05 a.m., and is scheduled to end at 12:03 p.m. Our finalized meet entries and entry fees are posted on our website.

Some reminders for our new swimmers attending their first meet:

- 1) Have fun!
- 2) Bring two towels – one to use during the meet and one to use after.
- 3) Pool decks can be cool or even cold, bring warm-ups to wear.
- 4) Bring snacks and a drink – it's a four-hour event.

Drive safe, swim fast, have fun! GO TEAM SEA!!

KENO Invite Meet Information

Warm-ups run 8:00-8:45 a.m. and the meet gets underway at 9:00 a.m. This event will be held at the Kenosha YMCA, 7101 53rd Street. Alyssa will be on deck.

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.

There is a stroke and turn class being offered this Sunday at the Schroeder Aquatic Center in Brown Deer. The class will be held from 2-5 PM. Our meet on Sunday will end at Noon. 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

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.

TEAM SEA Towels Available

Families interested in ordering TEAM SEA towels can do so through November 4. The order form can be found on the homepage of our website. Towels are 100% woven cotton, sized 30x70 inches and made in the USA. Delivery will be in time for Christmas!

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. 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, 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>
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 or speak with him at practice.

<i>Meet</i>	<i>Entries Due</i>
Nov. 4 – SEA Pentathlon	Entries closed
Nov. 4 – KENO Invite	Entries closed
Nov. 11 – SSTY Fall Invite	Nov. 2
Nov. 16-18 – HPAC Invite	Entries closed, but you can still attend!
Nov. 30-Dec. 1 – SWAT Distance Open	Nov. 10
Dec. 7-9 – SSTY Y-Finalist	Nov. 10
Dec. 15-16 – 11&U State	Nov. 15

Happy November Birthday!

Jonah Bouy, Nolan Mrotek, Ella Pierce, 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. 2 – Practice at Horlick	Nov. 3 – Practice at Sealed Air YMCA	Nov. 4 – SEA meet; Daylight Saving Time ends
Nov. 5 – Practice at Horlick	Nov. 6 – Practice at Horlick	Nov. 7 – Practice at Horlick	Nov. 8 – Practice at Horlick	Nov. 9 – Practice at Horlick	Nov. 10 – Practice at Sealed Air YMCA	Nov. 11 – SSTY Invite
Nov. 12 – Practice at Horlick; High School Swimming begins for boys	Nov. 13 – Practice at Horlick	Nov. 14 – Practice at Horlick	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