



**Weekly Newsletter**  
**Southeastern Aquatics**  
**Racine Family YMCA Swim Team**  
**Est. 1984**  
**December 20, 2018**

## Notes from Neil

Happy Holiday's TEAM SEA!

The entry deadline is fast approaching for our upcoming Penguin Challenge which will be held in Brown Deer on January 12-13. Please email your intentions to have your swimmers attend this team hosted event! (Please don't forget to sign-up to work during this event ... Saturday if pretty much full, but we could use some additional timing help on Sunday, January 13.)

Congratulations to Coach Katie on being selected as a coach for the upcoming Mid-States All-Star meet which will take place in Indiana on the campus of IUPUI the first weekend of January. We are very proud of the WI LSC recognizing her abilities and talents as a coach and selecting her as a Team WI coaching member. In addition, congratulations to Hugo Arteaga for making the team in six events and two relays!

We have a nice sized group heading to Green Bay in January for our annual team travel meet. To date, 18 swimmers are entered in the meet. Deadline to sign-up is January 10. These meets are always a blast ... hope to you can attend and don't forget to reserve a hotel room at the Tundra Lodge!

Don't forget about Duck Pin Bowling schedule for late January – read all about it later in this newsletter.

I'm in need a high school swimmer (or will be entering high school in the Fall or 2019) to serve as our Athlete Rep. This position requires attending three meetings per year (usually in Oconomowoc on the fourth Tuesday's of January and October and a Saturday in late April). Let me know if you're interested.

Please read our Holiday Practice schedule closely (it's located towards the end of the newsletter). We will be practicing at Sealed Air YMCA, but our hours will be different. Hope you can take advantage of these practices!

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](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're just days away from Christmas and I'm putting all the finishing touches on my gifts and workouts. I have some special things in store later this week and next for the holiday break.

Shout out to Hugo Arteaga! He was selected to represent Wisconsin and compete in the Mid-States All Star Championship Meet down at IUPUI in Indianapolis. He has worked very hard for this and we are very proud of him, Congratulations Hugo!

Along with Hugo, I have been asked to coach the All Star Meet in Indianapolis. I am very excited for this new experience as a coach. You will also get on deck updates during the meet in case anyone is biting their nails like I will be. ☺

Coach D has been working the "Bronze Club," as she calls them, harder this past week. She is having them use fins more often and race one another. They really look like they are having a great time.

Silvers have also kicked things up a notch. Continuing to do workouts structured similar to Golds. At the end of practice, they have been working on relay starts. Breaking down the timing and steps helps them execute a proper relay exchange.

This week golds have followed trend and kicked into high gear. Doing more longer distances of stroke, rather than free. They did a lot of breast and butterfly work these past few days and they deserve a fun end of the week!

Remember to look ahead at our upcoming meets for January and even February. Email Neil or I with your intentions or any questions.

## 11&U State Recap & Highlights

We sent a small contingent to this year's meet and our boys did a great job!

Nicholas Foster podiumed in the 25 Breaststroke touching in 23.73 (just off his personal best by .08 seconds) finishing eighth overall.

11-year-old Brady Moore posted two best times out of his three swims and just missed breaking the 30-second barrier in the 50 Freestyle touching in 30.06.

We have 3.5-weeks until our next meet ... take full advantage of every practice you can!

## Titletown Freeze Hotel Information

TEAM SEA hits the road in January to return to Green Bay for GBY's annual Titletown Freeze meet. Rooms are reserved at the Tundra Lodge Resort and come with two queen beds and a pullout sleeper sofa. The rate is \$149.95 plus tax. Please call 877.886.3725 to reserve one of the twenty rooms reserved under South Eastern Aquatics.

Email Coach Neil if you are planning on attending this fun team travel event so he can sign-up your swimmer.

# 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		

# 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: December 20, January 8, 18, 23, and February 1, 5, 14.

On the following nights, the boy's locker room will not be available: January 4, 11, 15, 22, 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
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>
December 16	December 19-20
January 6	January 9-10
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>
Jan. 4-6 – Mid State Championships	Entries closed
Jan. 12-13 – SEA Penguin Challenge	Dec. 20
Jan. 18-20 – GBY Titledown Freeze	Jan. 10
Feb. 1-3 – SSTY A+	Jan. 22
Feb. 1-3 – PX3 Open	TBD
Feb. 9-10 – LAKE February Freeze	Jan. 20

## Happy December Birthday!

Alessandra Arteaga, Caleb Bergman, Ethan Bergman, Nathaniel Foster, Cole Johnson, Ava Kerbawy, and Mac Thomas.

## Holiday Practice Schedule

We will be training at Sealed Air YMCA during the upcoming school break. Practice times will be:

Senior, 2:30-5:00 PM  
Bronze and Silver, 5:00-6:00 PM  
Gold, 6:00-7:45 PM

Practice will be held December 26, 27, and 28. We will also conduct our normal practices on Saturday, December 22 and 29.

Practice will be held on December 31 as well. Here's the practice times for December 31:

Senior, 10:30 AM-12:30 PM  
Bronze, 10:30-11:30 AM  
Silver, 11:30 AM-12:30 PM  
Gold, 12:30-2:15 PM

Practice will not be held on December 24, 25, and January 1.

# Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
			Dec. 20 – Practice at Horlick	Dec. 21 – Practice at Horlick	Dec. 22 – Practice at Sealed Air YMCA	Dec. 23 –
Dec. 24 – No practice	Dec. 25 – No practice	Dec. 26 – Practice at Sealed Air YMCA	Dec. 27 – Practice at Sealed Air YMCA	Dec. 28 – Practice at Sealed Air YMCA	Dec. 29 – Practice at Sealed Air YMCA	Dec. 30 –
Dec. 31 – Practice at Sealed Air YMCA	Jan. 1 – No practice	Jan. 2 – Practice at Horlick	Jan. 3 – Practice at Horlick	Jan. 4 – Practice at Horlick	Jan. 5 – Practice at Sealed Air YMCA	Jan. 6 –

## 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

### 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).