



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
December 6, 2018

Notes from Neil

Great efforts last weekend in Greenfield. Our best time percentage continues to track in the high 50s to low 60s. Continue to attend practice regularly and stay focused while training. Good luck this weekend in Brown Deer!

I'm in need a high school swimmer to serve as our Athlete Rep. This position required 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.

Our parent board is in search of a knowledgeable and dedicated parent to volunteer as our Treasurer. Ben Scharff has been filling the role for the past few years and his term ends on August of 2019. If you interested in serving on the parent board, please reach out to me.

The top three winners from last week's Swim-a-Thon were Shaelyn Jensen, Zack Kopsea, and Mac Thomas. Expect to receive a \$50 Visa card soon!

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!

Don't forget to sign-up for Duck Pin Bowling (will take place in January). Read more about this fun event later in this newsletter.

Combined Senior & Gold Practice Schedule – Tuesday, December 11 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. – This might change depending on pool availability – I'll keep everyone posted when I know more.

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.

Great job to all the athletes who swam this past weekend at the SWAT meet. Every meet I am more impressed with their performances. We are tackling new and scary events with ease, and accomplishment. They are growing into fine young athletes.

Don't forget that next Tuesday the 11th we will run a mini meet! I invite parents who are officials to come help us out, we may not have all the equipment but it's great for practice. During this time Golds will practice in a combined fashion with the Seniors.

Bronze have been using fins more and more, and they are in love with them. I've heard things like "look how fast I can go!" or "I feel like a mermaid." These are a great tool to have, and can really help strengthen many elements of their stroke.

Silvers are handling the harder workouts with ease, I might have to pull out the big guns to challenge them more. Coach Jake and I are getting more picky about what we expect from them this far into the season and we will be handing out push-ups or planks if they are not correct. Hopefully this will catch on quick and we have great streamline, dolphin kicks etc.

Golds had their first week with their modified LTS, which I thought ran very well. They still got up and raced, but we covered more yards overall. I also incorporated their dryland into their workout to give us some cross-training.

Don't forget to check out the meets coming up in January, we have our SEA hosted Penguin Challenge, and a fun travel meet to Green Bay! Email Neil or I with your intentions or any questions.

Y-Finalist Information

We head north to Brown Deer this weekend to compete in the Y-Finalist meet, Friday-Sunday at the Walter Schroeder Aquatic Center. Heat sheets are available on the meet landing page along with session reports too.

Neil will cover Friday and Saturday/Sunday AM sessions and Katie will cover Saturday/Sunday PM sessions. We will offer practice at Sealed Air YMCA Saturday! Swim fast, drive safe, have fun!

| <i>Session</i> | <i>Warm-ups</i> | <i>Meet Begins</i> | <i>Meet Ends</i> |
|--------------------|-----------------|--------------------|------------------|
| Friday (all ages) | 4:30-5:30 PM | 5:35 PM | 8:01 PM |
| Saturday AM (13&O) | 8:00-9:00 AM | 9:00 AM | 12:48 PM |
| Saturday PM (12&U) | 12:30-1:30 PM | 1:30 PM | 5:37 PM |
| Sunday AM (13&O) | 8:00-9:00 AM | 9:00 AM | 12:28 PM |
| Sunday PM (12&U) | 12:15-1:15 PM | 1:15 PM | 5:27 PM |

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.

SWAT Recap & Highlights

Five new State cuts and continued high PR percentage paces TEAM SEA during last weekend's meet

We continue to perform above and beyond expectations during the meets we attend and last weekend was no exception. As a team we posted 59% best times, won eight events, and only had 2 DQs. Let's continue to attend practice regularly and stay focused during training.

Hugo Arteaga, Nathaniel Foster, and Hopking Uyenbat achieved new State qualifying times. Arteaga grabbed the 11-12 500 Freestyle (5:54.81) and 200 IM (2:27.09) USA State times, Foster achieved the 9-10 200 IM (2:58.12) USA and YMCA State time, and Uyenbat picked up two cuts in the 100 Freestyle (54.88) and 200 IM (2:19.36) both for YMCA State. Uyenbat is closing in on his first 13-14 USA cut in the 100 Freestyle (less than one second from the cut – 53.89) and Nicholas Foster is .09 from the 25 Backstroke YMCA cut.

Arteaga notched two of the fastest times in our team's history for 11-12. He went 29.41 in the 50 Backstroke and 27.34 in the 50 Butterfly to post the third fastest times respectively.

Major time improvements continue to be recorded! Athletes dropping five or more seconds in a single event included Arteaga -22.61 in the 500 Freestyle, Rylie Bergemann -16.73 in the 200 Freestyle (2:31.79), Maddie Cerny -48.82 in the 500 Freestyle (6:58.85), Zoe D'Alessandro -13.81 in the 500 Freestyle (6:22.52), Foster -24.36 in the 200 IM, Shaelyn Jensen -6.21 in the 200 IM (3:28.00), Brady Moore -14.28 in the 200 Freestyle (2:43.49), Nolan Mrotek -10.64 in the 200 IM (3:15.70), Adam Ries -991 in the 200 IM (2:59.06), and Uyenbat -5.45 in the 200 IM.

This meet's unsung hero list included Alessandra Arteaga (she went 3/4 for best times and has the 25 Freestyle YMCA State cut on her radar), Leah Fallenbeck (this was her second meet and she managed to swim all strokes legally and quite fast), Sarina Foster dropped 4.78 in the 25 Freestyle and is beginning to use her legs when she swims Freestyle and Backstroke), Zack Kopsea (broke 5:20 for the first time in the 500 Freestyle and went 4/5 for best times), Zack Steenrod (rocked his first meet finishing in the top eight three times – 3rd place in the 50 Freestyle), Jordan Stouffer (dropped 2.47 in the 200 IM and PRed in the 50 Butterfly), and CJ Trask (had a nice time drop in the 200 Freestyle, -4.40). Good luck this weekend in Brown Deer!

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 | | |
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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. 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. Deadline to submit for the upcoming SEA Pentathlon is Friday, October 26.

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 to practice diving off a starting block. 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> |
|------------------------------------|--------------------|
| Dec. 7-9 – SSTY Y-Finalist | Entries closed |
| Dec. 15-16 – 11&U State | Dec. 10 |
| Jan. 4-6 – Mid State Championships | Dec. 16 |
| Jan. 12-13 – SEA Penguin Challenge | Dec. 20 |
| Jan. 18-20 – GBY Titletown 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. 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 TBA | 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. 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).