



**Weekly Newsletter**  
**Southeastern Aquatics**  
**Racine Family YMCA Swim Team**  
**Est. 1984**  
**February 21, 2019**

## Daxton LaRue Needs Your Help

Bronze level swimmers Daxton LaRue is battling Leukemia and needs your help. Linked on the homepage of our website ([www.sea-y.org](http://www.sea-y.org)) are a few links TEAM SEA families can visit to support Daxton and the LaRue family. Please take a moment now and show your support for Daxton. Thanks to the families who already donated!

## 12&U State Meet Information

We'll be racing in Brown Deer during the 2019 short course version of USA 12&U State. The 11-12 swimmers have assigned warm-ups. Shaelyn will arrive a bit before her first race and warm-up in the North pool. On Saturday, Nolan will arrive at 3:30 PM and warm-up in the North pool. If you have any questions during the meet, please reach out to Coach Katie at 608.576.9217.

Drive safe, swim fast, have fun!

<i>Session</i>	<i>Warm-ups</i>	<i>Meet Start</i>	<i>Meet End</i>
Friday (all ages)	2:55-3:20 PM	3:40 PM	6:36 PM
Saturday AM (10&U)	8:45-9:30 AM (Shaelyn's event is at 10:01 AM)	8:40 AM	10:09 AM
Saturday PM (11-12)	12:30-1:00 PM (Nolan arrive at 3:30 PM for warm-ups)	1:15 PM	5:16 PM
Sunday AM (10&U)	8:30-9:15 AM (Shaelyn swims her first event at 9:43 AM)	8:40 AM	10:22 AM
Sunday PM (11-12)	12:30-1:00 PM	1:45 PM	6:11 PM

## Notes from Neil – It's Crunch Time!

It's been a breath of fresh air having the Senior's train at Park and our age-group team at Horlick. The lane space is great for all swimmers now and that frees up the coaching staff to really ramp up individualized practices for the Senior and Gold swimmers!

With that being said, please remember we are combined tonight at Horlick and combined at Park tomorrow night. In addition, we are combined at Park this Monday!

Seniors will be going out to breakfast on Saturday, February 23 after morning practice. We'll be heading over to Dynasty on Lathrop. Hope everyone can make it!

Please contact me to declare your intentions to have your son or daughter compete in the team hosted Wisconsin YMCA Regional meet (this meet is open to ALL swimmers and they are permitted to swim any events). Take advantage!

Save the date!!! We will be heading back to Kentucky this summer to attend Lakeside Seahawks Invite in Louisville. If you thought our recent Green Bay travel meet was enjoyable and fun, wait until you attend this meet! July 11-13.

Do you need a TEAM SEA swim cap? You can purchase them from myself or Katie ... \$5 for latex or \$12 for silicone.

If you need any help with the registration process, please reach out to Missy Reischl at [mjreischl@outlook.com](mailto:mjreischl@outlook.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,

Practice this week has been so quiet, without the smacking of flip-turns from the seniors. It's been very nice to spread out and minimize the number of athletes per lane. Thursday we will practice in a combined fashion at Horlick once again. Hopefully doing little buddy day! Friday we will be combined at Park.

Last weekend we had some great swims and big time drops! Several athletes even dropped 10 or more second in a single event. I'm so impressed with the hard work and determination this season. They are excited to practice and proud when they complete a challenging set. They are a great bunch of athletes and kids!

Bronze and Silvers have bumped up the work this week. We have 3 weeks until our SEA hosted WI YMCA Regional Meet at Augustine Prep. If your swimmer is on the fence about competing, this is a fun and fast pool. They also are not required to swim the maximum number of races, one or two events will ease them into competition. Email coach Neil or I with your interest.

Golds have loved the extra lane space, 2-3 per lane is awesome! We have also been able to separate those State (taper) athletes. This helps because they have a completely different workout, in preparation for their individual races the weekend. Those who are not competing this weekend are building up the intensity again, laying down a path for Y Regionals.

Don't forget to email Neil or I with your interest In YMCA Regionals.  
Coachkatiejames1422@gmail.com.

# WI LSC Regionals Recap & Highlights

The #TEAMSEA freight train keeps on rolling with outstanding results during last weekend's WI LSC Regional meet in Milwaukee. As a team, we posted 61% best times (101 of 165), only three DQs (one each in IM, Backstroke, Breaststroke), and won 15 individual events and three relay events outright. Keep it UP!

Fifteen new YMCA and USA State qualifying times were recorded. Congratulations to Natalia Badillo YMCA Open 200 Backstroke 2:17.24 and 200 IM 2:18.05, Sofia Badillo YMCA 13-14 200 Backstroke 2:22.89 and USA 13-14 100 Backstroke 1:02.04, Zoe D'Alessandro YMCA 13-14 200 IM 2:24.77 and USA 13-14 100 Breaststroke 1:10.88, Zack Kopsa USA 13-14 200 Freestyle 1:57.77, Matt Krug YMCA Open 200 Breaststroke 2:25.19 and YMCA Senior 100 Breaststroke 1:05.03, Megan Schultz YMCA Open 1000 Freestyle 11:16.42, 200 Freestyle 2:01.82, 500 Freestyle 5:30.16, 100 Freestyle 55.21, 1650 Freestyle 19:13.22 and USA Senior 200 Breaststroke 2:29.73, and CJ Trask USA 11-12 200 Butterfly 2:41.83.

Highpoint Awards were won by Megan Schultz (1<sup>st</sup> for Senior girls with 139.50 points), Matt Krug (2<sup>nd</sup> for Senior boys with 86 points), and Zack Kopsa (3<sup>rd</sup> for 13-14 boys with 108 points).

Our Top Ten list was attacked during the meet (don't feel bad though :) Natalia Badillo posted the 8<sup>th</sup> 200 Backstroke and 6<sup>th</sup> 200 IM times for 15-16, Sofia Badillo 4<sup>th</sup> 100 Backstroke for 13-14, Zoe D'Alessandro 3<sup>rd</sup> 100 Breaststroke for 13-14, Zack Kopsa 7<sup>th</sup> 1000 Freestyle, 6<sup>th</sup> 1650 Freestyle for 13-14, Nathan Mudry 4<sup>th</sup> 200 Freestyle, 4<sup>th</sup> 100 Butterfly, 10<sup>th</sup> 100 Freestyle for 13-14, Megan Schultz 6<sup>th</sup> 1000 Freestyle, 9<sup>th</sup> 200 Freestyle, 2<sup>nd</sup> 200 Breaststroke, 9<sup>th</sup> 100 Freestyle, 9<sup>th</sup> 500 Freestyle, 8<sup>th</sup> 200 IM, 5<sup>th</sup> 1650 Freestyle for 15-16, and CJ Trask 9<sup>th</sup> 200 Butterfly for 11-12.

Fiona Marini joined the 8&U 21-and-under t-shirt club with her effort in the 25 Freestyle, 20.88.

Hard work and dedication continue to be demonstrated with the amount of time TEAM SEA athletes cut from their races. Rylie Bergemann dropped 6.48 in the 100 Backstroke, Maddie Cerny dropped 15.11 in the 200 IM, Leah Fallenbeck dropped 5.72 in the 100 Backstroke, Lindsey Hohnl dropped 19.67 in the 500 Freestyle, Shaelyn Jensen dropped 10.62 in the 200 IM, Matt Krug dropped 6.92 in the 200 IM, Austin Lentz dropped 27.82 in the 200 Backstroke, Fiona Marini dropped 6.43 in the 50 Freestyle, Megan Schultz dropped 173.36 in the 1650 Freestyle, Jordan Stouffer dropped 10.10 in the 200 Freestyle, Alice Stratman dropped 91.57 in the 500 Freestyle, CJ Trask dropped 26 in the 200 Butterfly, and Grady Trask dropped 17.44 in the 200 Backstroke. Amazing!

Notching 100% best times included Natalia Badillo, Sofia Badillo, Maddie Cerny, Grady Trask, and Meg White.

Event winners included Natalia Badillo (200 Backstroke, 200 IM), Sofia Badillo (100 Backstroke), Zoe D'Alessandro (100 Breaststroke), Zack Kopsa (200 Freestyle, 100

Backstroke, 100 Freestyle, 1650 Freestyle), Matt Krug (200 Breaststroke), Nathan Mudry (200 Freestyle), Megan Schultz (1000 Freestyle, 200 Breaststroke, 500 Freestyle, 100 Freestyle), Hopking Uyenbat (200 IM), Senior girls 200 Medley Relay team of Kinzie Reischl, Megan Schultz, Sofia Badillo, Isabelle Buhler, Senior boys 200 Medley Relay team of Zack Kopsea, Ethan Brannen, Nathan Mudry, Matt Krug, and the Senior girls 200 Freestyle Relay team of Zoe D'Alessandro, Megan Schultz, Natalia Badillo, Macie Ritter.

Jack Borzynski raced a solid 100 IM (loved the intensity on the Freestyle leg) and PRed in the race too, Evelyn Gutknecht went three of four for best times, Sophie Gutknecht swam the 50 Freestyle for the first time, Callie Klepp (feeling under the weather) managed three best times on Saturday, Sophia Marini went two of four for best times, Claire Meiri went two of three for best times, Scott Palmer raced hard in his two events as did Kinzie Reischl in her two events, and Elizabeth Stratman is looking forward to Wisconsin YMCA Regionals!

Keep coming to practice and working hard! Good luck in Brown Deer this weekend!!

## Fall/Winter Fundraising Updates

The Short Course season is in the home stretch, which means that all fundraising season is as well. The family fundraising requirement for this season is \$150. To learn more about the requirement, visit the SEA website, head to the Members Tab > Fundraising > General Information.

Thank you to everyone who has fulfilled their fundraising requirements already. There are several families that did not submit a guarantee check this season. Our Fundraising Chair, Jo Anne Mudry, will be reaching out to families via email or phone towards the end of the season with an update. If you did not submit a guarantee check, or you would like an update on your progress, contact Jo Anne at [jmudry@earthlink.net](mailto:jmudry@earthlink.net).

### **There are still two ways to earn money this season:**

1. Order a custom car decal (info in this newsletter)
2. Earn rebates from any Scrip orders placed before February 28. There are two more orders scheduled:
  - a. Order February 6, pick-up February 9
  - b. Order February 20, pick-up February 23

In addition to these two order dates, ScripNow ecard, ReloadNow, and purchase made through the MyScripWallet App before the end of February will also qualify toward their season's earnings.

On March 1, our team's Scrip Coordinator will create a family report that will be imported into the fundraising spreadsheet, and Jo Anne will send one final update.

### **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).

### Order Your Custom Car Decal

Show your team spirit with a custom car decal! Add your swimmer's last name, first name, or nickname in your choice of three colors: reflective blue, glossy white, or glossy green.

Cost is \$10 each or \$8 each for two or more with the same art. 100% of your sale will go towards your fundraising fees! (Thanks to Lindsey Thomas for donating your time and materials!)

Orders are due on February 14. See our website or Facebook for order form.

## 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>
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>
Feb. 22-24 – 12&U State	Entries closed
Feb. 28-Mar. 3 – 13&O State	Entries closed
Mar. 9-10 – Wisconsin YMCA Regionals	Mar. 3
Mar. 15-17 – Wisconsin YMCA State	Mar. 10
Apr. 1-5 – YMCA Nationals	Mar. 17

# Happy February Birthday!

Paul Amundson, Ethan Brannen, Maddie Cerny, Matt Creuziger, Cale Elcano, Drew Esson, Jessica Gonzales, Jacob Hendricks, Zarah Herron, Ava Knaus, Sophia Marini, Mila Prpa, Megan Schultz, and AJ Wampole.

## Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
			Feb. 21 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Feb. 22 – Combined @ Park, 12&U State	Feb. 23 – Practice at Sealed Air YMCA, 12&U State	Feb. 24 – 12&U State
Feb. 25 – Combined @ Park	Feb. 26 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Feb. 27 – Bronze, Silver, Gold, @ Horlick, Senior @ Park	Feb. 28 – Combined @ Park, 13&O State	Mar. 1 – Combined @ Park, 13&O State	Mar. 2 – Practice at Sealed Air YMCA, 13&O State	Mar. 3 – 13&O State
Mar. 4 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Mar. 5 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Mar. 6 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Mar. 7 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Mar. 8 – Combined @ Park	Mar. 9 – No practice, Wisconsin YMCA Regionals	Mar. 10 – Wisconsin YMCA Regionals
Mar. 11 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Mar. 12 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Mar. 13 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Mar. 14 – Bronze, Silver, Gold @ Horlick, Senior @ Park	Mar. 15 – Combined @ Park, YMCA State	Mar. 16 – No practice, YMCA State	Mar. 17 – YMCA State

## Extended Calendar

### February 2019

23, Senior breakfast @ Dynasty (2427 Lathrop Ave., Racine) after morning practice  
25, Board meeting @ Park, 6:00 PM, all welcome

### **March 2019**

15, Last day of practice for the Fall & Winter Season

18, Team Picture, 5:30 PM @ Horlick

### **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).