



**Weekly Newsletter**  
**Southeastern Aquatics**  
**Racine Family YMCA Swim Team**  
**Est. 1984**  
**February 6, 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!

## February Freeze Meet Information

We are back in action this weekend in Brown Deer at the Walter Schroeder Aquatic Center during the February Freeze. Drive safe, swim fast, have fun!

<i>Session</i>	<i>Warm-ups</i>	<i>Meet Start</i>	<i>Meet End</i>
Saturday AM (Open)	7:30-8:30 AM	8:35 AM	12:32 PM
Saturday PM (12&U)	11:50 AM-12:50 PM	12:55 PM	4:10 PM
Sunday AM (Open)	7:30-8:30 AM	8:35 AM	1:12 PM
Sunday PM (12&U)	12:25-1:25 PM	1:30 PM	4:31 PM

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

Coach Katie could use some help filling Daxton's gift basket. Please see the highlighted section of her update on page two of this newsletter. Thanks in advance for your efforts!

It was all hands-on deck last weekend as TEAM SEA (the little team that DOES) raced in Brown Deer and Kenosha and still made time to offer Saturday morning practice. Thanks to our coaching staff for stepping up and covering all the bases. I'm very proud of you and TEAM SEA is lucky to have such a caring, knowledgeable, and dedicated stable of coaches.

**The deadline to sign-up for USA Regionals (Feb. 15-17) is tomorrow (2/7). This meet is open to all swimmers and is the final opportunity to qualify for 12&U and 13&O USA State – take advantage!**

For the upcoming team hosted Wisconsin YMCA Regional meet, families are required to work two sessions.

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.

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.

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@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! What a busy weekend we had, there were two meets, new state cuts, new team records, best times, with minimal DQs. Great job to all those that competed and to our awesome coaches for their help!

This weekend we head back to Schroeder for the Lake February Freeze. We have a good bunch of athletes competing at this event. This is your second to last shot at those USA state cuts, so stay focused. Coach Alyssa and I will be attending this meet.

I am still looking for donations for Daxton's gift from the team. I have put a list of items I would like to include in the basket. If your family would like to donate one of these items or have an idea please let us know. We would like to give this to him and his family Feb 9th, at his Chipotle benefit. Hard deadline of items will be Feb 8th! (he loves Pikachu and Spiderman, to help spark other ideas). Yoga ball, Fuzzy socks (with grips), Gas Card(s), Gamestop Gift Card, Insulated water bottle, Beach Towel, Amazon Gift Card(s), Fuzzy blanket, Pair of Goggles, and Nintendo Gift Card.

In preparation for the upcoming meets Coach D has been spending more time on turns and finishes. Doing a somersault in the water is harder than it looks. They are determined to execute a turn, no matter how much water they get up their nose.

Silvers have made starts the regular end of practices ritual. Perfecting their streamlined entries, squeezing in some fun relays, and jumps off the diving board. They have been working very hard lately and I'm very proud of them. Keep up the great work!

Golds are working hard this week getting in 3-4000 yards every practice. We have stopped dryland for the week in order to get more time in the pool. I think this will definitely help in the meets to come. Looking through entries, athletes are swimming longer events and new events in these upcoming meets. The extra 15min in the water allows them to get in the yards they need to build endurance and skills for those events.\

Remember it's CRUNCH TIME! Keep up the awesome attendance and dedication!

## A+ Recap & Highlights

Solid results in Brown Deer during the 39<sup>th</sup> rendition of the A+ meet. We finished with a 49 best time percentage (17 of 35 swim), no DQs, and placed 23<sup>rd</sup> of 47 teams with 55 points.

Congratulations to Hugo Arteaga on his two team records. Hugo lowered his 11-12 100 Freestyle mark from 52.93 to 52.71 and broke Jacob Trask's 100 IM record of 1:02.20 from 2015 with his effort of 1:01.87. Hugo also won the 2<sup>nd</sup> place high point award at the end of the meet finishing with 44 points.

New State qualifying times were posted by Hugo in the 200 Freestyle 2:03.55, Zack Kopsea in the 1000 Freestyle 11:01.83, Megan Schultz in the 50 Freestyle 25.69, and Hopking Uyenbat in the 50 Freestyle 25.69.

Posting some of the fastest times in our team's history included Natalia Badillo (15-16) 6<sup>th</sup> in 100 Backstroke 1:02.06, 5<sup>th</sup> in 100 Breaststroke 1:10.17, 2<sup>nd</sup> in 200 Breaststroke 2:30.50, 5<sup>th</sup> in 100 Butterfly 1:00.98, Kinzie Reischl (15-16) 5<sup>th</sup> in 200 Backstroke 2:14.87, Megan Schultz (15-16) 3<sup>rd</sup> in 100 Breaststroke 1:09.45, CJ Trask (11-12) 9<sup>th</sup> in 50 Freestyle 26.04, 5<sup>th</sup> in 100 Freestyle 56.05, 4<sup>th</sup> in 50 Backstroke 29.50, 3<sup>rd</sup> in 100 Backstroke 1:04.08, 8<sup>th</sup> 50 Butterfly 28.35, Hugo Arteaga (11-12) 6<sup>th</sup> in 200 Freestyle, 2<sup>nd</sup> in 50 Back 28.75, 2<sup>nd</sup> in 50 Butterfly 26.63, 8<sup>th</sup> in 200 IM 2:23.02, and Zack Kopsea (13-14) 8<sup>th</sup> in 1000 Freestyle, 10<sup>th</sup> in 200 Backstroke 2:14.73.

Zack Kopsea dropped 15.65 seconds in the 1000 Freestyle, Hugo Arteaga won two events (100 IM, 50 Freestyle), and Megan Schultz and CJ Trask posted best times in all of their events.

Good luck this weekend in Brown Deer!

## February Invite Recap & Highlights

Great efforts in Kenosha last weekend. Our best time percentage was a solid 52% (48 of 93), only four DQs (one each in IM, Fly, Back, Free), and we finished ninth with 409.50 points out of 12 teams (not bad considering we were tenth largest team in the meet).

Congratulations to these athletes on their new State qualifying efforts – Jack Borzynski (9-10 YMCA & USA 50 Butterfly 37.46, 100 Butterfly 1:27.71) and Nathaniel Foster (9-10 YMCA 100 IM 1:21.19).

Notching 100% best times during the meet included Paul Amundson, his sister Sarah, and Rylie Bergemann.

Way to go Zoe D'Alessandro for breaking the minute barrier in the 100 Freestyle! She touched in 59.21 (almost skipped 59 altogether). Brady Moore also cracked through a milestone when he broke 30-seconds in the 50 Freestyle!

Seven athletes dropped more than five seconds in a single event! Rylie Bergemann -6.19 200 IM 2:46.49, Jack Borzynski -6.86 100 Butterfly, Ava Kerbawy -5.09 50 Freestyle 1:03.20, Callie Klepp -9.02 200 IM 2:56.35, Fiona Marini -13.76 50 Breaststroke 1:16.82, Brady Moore -9.09 100 IM 1:20.44, and Alice Stratman -6.54 100 Breaststroke 1:28.81.

Our unsung hero list consists of Alessandra Arteaga for breaking the minute mark in the 50 Butterfly (not bad for an 8&U), Nicholas Foster for finishing the 100 Breaststroke legally for

the first time, Sarina Foster for swimming the 50 Backstroke again (her tenth time, just need to remember to use those legs more), Shaelyn Jensen inching so close to a State cut (only .59 away), Claire Meiri for continuing to race all four strokes (leads to success down the line), Nolan Mrotek went two for four for best times, Adam Ries dropped 1.70 seconds in the 100 Breaststroke, Macie Ritter was a go-getter deck seeding in the 500 Freestyle after not originally being entered, Sydney Rybarik on a great job of swimming in her first meet, and Claire Wolfe for swimming the 50 Butterfly and 200 Freestyle for the first time in her young career.

Good luck this weekend in Brown Deer!

## Meet Etiquette

As a reminder, TEAM SEA parents who sign-up to work should work their position and be on time for it. In addition, if you are no volunteering at the meets we host, please plan on watching the meet in the stands. Thanks for following this meet etiquette guidelines.

## 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: February 14.

On the following nights, the boy's locker room will not be available: February 8, 21.

Thanks for your understanding and keep up the great locker room behavior!

## 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 place 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 marking 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 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>
Feb. 9-10 – LAKE February Freeze	Entries closed
Feb. 15-17 – WI LSC Regionals	Feb. 7
Feb. 22-24 – 12&U State	Feb. 17
Feb. 28-Mar. 3 – 13&O State	Feb. 17
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. 6 – Practice at Horlick	Feb. 7 – Practice at Horlick	Feb. 8 – Practice at Horlick	Feb. 9 Practice at Sealed Air YMCA, LAKE meet, WIAA Sectionals	Feb. 10 – LAKE meet
Feb. 11 – Practice at Horlick	Feb. 12 – Practice at Horlick	Feb. 13 – Practice at Horlick	Feb. 14 – Practice at Horlick	Feb. 15 – Practice at Horlick, WI LSC Regionals	Feb. 16 – Practice at Sealed Air YMCA, WI LSC Regionals, WIAA State	Feb. 17 – WI LSC Regionals

# Extended Calendar

## 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).