



**Weekly Newsletter**  
**Southeastern Aquatics**  
**Racine Family YMCA Swim Team**  
**Est. 1984**  
**March 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!

## YMCA Regional Meet Information

We'll be racing in Milwaukee at Augustine Prep during this year's team hosted Wisconsin YMCA Regional meet. Drive safe, swim fast, have fun! **Also, don't forget to "Spring Forward" this Sunday at AM.**

*Warm-ups for all swimmers will begin at 8:00 AM, meet begins at 9:05 AM, and is scheduled to finish around Noon both Saturday and Sunday. Good luck TEAMSEA!*

Anyone desiring to time trial during the meet must sign-up prior to the start of the 1000 Freestyle on Saturday and the 1650 Freestyle on Sunday. Time trials are \$10.

**Here are the arrival times for meet volunteers:**

- 7:15 AM admissions and kitchen
- 7:30 AM ushers
- 7:45 AM announcer
- 8:15 AM timers, timer runner, head timer, officials
- 8:45 AM scoring, stagers, awards

Please reach out to Jose Arteaga at [joseharteaga@gmail.com](mailto:joseharteaga@gmail.com) if you have not signed up to volunteer to avoid being charge for not meeting your volunteer requirements.

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

I really can't believe how fast the season goes! Here are some updates and reminders as we close in on Wisconsin YMCA Regionals ...

- 1) Our team picture will take place at Horlick on Monday, March 18 beginning at 5:30 PM – order forms will be handed out this Monday.
- 2) We will host an Open Swim for current members and their friends (invite as many as you want). It will take place at Horlick on Tuesday, March 19 from 5:30 PM to 7:00 PM.
- 3) The official start of the Spring & Summer Season will be Monday, April 22 and run to July 31. You can swim Spring only (April 22-June 23) or Summer only (May 20-July 31).

- 4) We will be running clinics the weeks of March 25, April 1, April 8, and April 15 (one week each of turns for Fly/Breast, turns for Free/Back, starts, and conditioning). More info will be posted soon.
- 5) Our meet schedule for the Spring & Summer is posted on the Meet Information page of our website.

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,

Congratulations to those athletes who swam this past weekend at 13 & Over State. All your efforts paid off because we swam great!

Up next is our SEA hosted YMCA Regional meet at Augustine Prep. We have been preparing all week for our last meet of the winter season. Wednesday Coach Jake will be coming back to visit and help us get ready for the meet. We are excited to have him back on deck, even for one night.

Bronze and Silvers are focusing on starts, turns, and finishes. The energy has been very high this week, they must be super excited to race this weekend.

Golds have also been in meet prep mode all week. Doing a lot of 50s and 25s working on breakouts, turns, finishes, and starts. Remembering to swim smart! Those who have a full plate of events at state will amp up the volume this week and relax(taper) for next week.

We are in the last two weeks of practice and it's CRUNCHTIME! We will be handing out crunch bars through the very last day of practice, so keep up the great attendance. I will also be handing out attendance caps, we have 25 days, 50 days, 75 days, and 100 days stronger caps.

Safe travels this weekend and we will SEA you on deck!

## 13&O USA State Recap & Highlights

TEAM SEA posted solid results last weekend in Kenosha during 13&O State. As a team, we posted 60% best times (24 of 40 swims), no DQs, eight new YMCA and/or USA State qualifying times, six new team records, and finished 25<sup>th</sup> of 48 teams scoring 313 points.

Our top finish was recorded by Nathan Mudry in the 1000 Freestyle, bronze medal. Nathan podiumed in five of his six events and went on to reset four of his team records in the 13-

14 age-group (500 Freestyle at 4:57.44, 1000 Freestyle at 10:19.22, 1650 Freestyle at 17:10.02, and 400 IM at 4:26.54). He also dropped 18.04 seconds in the 1650 Freestyle and posted some of the fastest times in our team's history – 4<sup>th</sup> in the 200 Freestyle at 1:51.19 and 3<sup>rd</sup> in the 200 IM at 2:05.29.

Josh Abel swam the 200 Butterfly as a bonus event and walked away with a 4.15 second time drop and the USA State qualifying time, 2:05.77 (8<sup>th</sup> fastest all-time for SEA swimmers).

Natalia Badillo is ever so close to punching her ticket to YMCA Nationals. She is only .07 off the 100 Breaststroke cut, .65 off the 100 Butterfly cut, and .78 off the 200 Breaststroke cut. She broke the 15-16 team record in the 100 Breaststroke swimming a 1:07.96 (old record was held by Taylor Herman from 2011, 1:08.30). Natalia also posted the 2<sup>nd</sup> fastest time in our history in the 200 Breaststroke in 2:28.37 and the 3<sup>rd</sup> fastest time in our history in the 100 Butterfly in 59.44 (first time under a minute).

Sofia Badillo went two of three for best times and cut 2.11 seconds off her 200 Backstroke PR. She also posted the 10<sup>th</sup> fastest time in our history in that event, 2:20.78.

Ethan Brannen notched a best time in the 50 Freestyle, 24.59.

Zoe D'Alessandro picked up the 50 Freestyle YMCA State cut, 26.56 and achieved the YMCA/USA Senior State cut in the 200 Breaststroke, 2:34.12 (4<sup>th</sup> all-time in our history). She also posted the 3<sup>rd</sup> fastest time in our history in the 100 Breaststroke at 1:10.08.

Zack Kopsea put together a solid outing during the four-day meet. He podiumed in the 1000 Freestyle finishing in 10:36.87 (a Senior USA State qualifying time) and he also posted Open YMCA State qualifying times in the 500 Freestyle in 5:09.84 and 200 Backstroke in 2:10.26. He dropped an amazing 22.88 seconds in the 1000 Freestyle and posted some of the quickest times in our team's history – 4<sup>th</sup> in the 500 Freestyle, 3<sup>rd</sup> in the 1000 Freestyle, 5<sup>th</sup> in the 1650 Freestyle in 18:23.78 and 5<sup>th</sup> in the 200 Backstroke.

Matt Krug went 1:04.49 in the 100 Breaststroke posting the YMCA State Open qualifying time.

Scott Palmer broke 24-seconds in the 50 Freestyle for the first time! (He touched in 23.95.)

Kinzie Reischl swam the 100 Backstroke three times and went 1:02 each time (about a second off her best time) and swam a pretty quick 100 Freestyle, 56.79 (not bad at all for coming off the flu).

Megan Schultz swam the 1000 Freestyle as a bonus event and posted the USA State cut touching in 11:10.37 (5<sup>th</sup> quickest in our history).

Mac Thomas is closing in on YMCA National cuts – only .48 off the 50 Freestyle, 25.17 and .47 off the 100 Breaststroke, 1:08.36. Her 50 Freestyle was the 7<sup>th</sup> fastest in team history for 13-14 and she also posted the 6<sup>th</sup> quickest time in the 200 Breaststroke, 2:35.89. Mac also broke Natalia Badillo's 13-14 100 Breaststroke team record from last year (1:09.93).

Great job #TEAMSEA!

# Shop our AmazonSmile Account

Shop our AmazonSmile account and support the team! <https://smile.amazon.com/ch/39-1580537>.

## 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).

# 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>
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>
Mar. 9-10 – Wisconsin YMCA Regionals	Entries closed
Mar. 15-17 – Wisconsin YMCA State	Mar. 10
Apr. 1-5 – YMCA Nationals	Mar. 17

## Happy March Birthday!

Isabelle Buhler, Zoe Chartrand, Grace Gross, Carter Johnson, Zack Kopsea, Brady Moore, Nathan Mudry, Gabi Peterman, Gavin Pierce, and Aarya Zore.

## Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
			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
Mar. 18 – Team Picture @	Mar. 19 – Open Swim @ Horlick,					

Horlick, 5:30 PM	5:30-7:00 PM; invite your friends					
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## Extended Calendar

### March 2019

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

18, Team Picture, 5:30 PM @ Horlick

19, TEAMSEA Open Swim – Invite your friends! @ Horlick

25, Board meeting, 6:00 PM @ Sealed Air, all welcome

### 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).