



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
April 18, 2019

Notes from Neil

Welcome to the Spring & Summer Season (although our weather is not very Spring like yet I'm sure things will warm-up around here soon ... if not outside, in the pool for sure).

Our season begins this Monday, April 22. (Right on top of RUSD's Spring Break.) With RUSD closed during Spring Break, we had to find pool time elsewhere and Sealed Air and Lakefront YMCA's will be accommodating our practices the week of April 22 until RUSD is back in session on April 29. Practice times and locations for the entire Spring & Summer Season are posted on our website and 2-4 weeks of our practice schedule is always listed at the end of each newsletter.

My family and I will be on vacation April 18-28. Coach Alyssa will be running the Senior training group while I'm gone.

You can order personalized swim caps through our Elsmore Swim Shop team page. Orders will be taken through April 29.

If you are in town during Easter Break, please consider stopping out at Charcoal Grill and Rotisserie on Tuesday, April 23 from 11 AM to 10 PM for lunch or dinner in support of TEAM SEA. Don't forget to present the flyer (attached to this week's newsletter email).

Elsmore Swim Shop at the RecPlex is looking for an Assistant Manager and Sales Associate. Call Kelly Hallmark at 262.853.4491 for more information.

As we move into Spring & Summer Registration, please don't forget to forward your guarantee checks (especially if you are taking advantage of online registration).

Jose Arteaga has posted the sign-ups for our Spring & Summer meets. If you have any questions you can call or email him at josaharteaga@gmail.com or 773.469.2241.

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 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

Welcome back!

It was great to see so many athletes continue (or brush up on) their skills during the off-season clinics. Coach D and Coach Alyssa did such a great job at keeping them engaged with new drills and cool videos. Thank you for being so flexible these last few weeks as Neil and I trained athletes for Nationals and the Elite Showcase.

Congratulations to those girls that worked hard and dedicated themselves, earning them tickets to YMCA Nationals. Our very own Age Grouper, Mac Thomas, earned her spot with an impressive swim on the 4x50 Medley Relay and her specialty the 100 Breast. We are very proud of her accomplishments!

I had the opportunity to travel to sunny Florida with CJ Trask and Hugo Arteaga, for the TYR International Elite Showcase. We had some impressive swims, with new best times, team record, and state cuts. But most of all we had some great team bonding, like those two could get any closer. Literally hanging out by the ocean in hammocks, or grilling out trying to avoid huge cockroaches! Let's make it a goal to get more SEA athletes down here next spring.

Next week we begin our spring season, a little differently as RUSD has spring break. Make sure to look at the calendar to see when and where practice is. We look forward to this coming season, and to warmer weather!

YMCA Nationals Recap & Highlights

TEAM SEA had a solid showing in Greensboro, North Carolina during this year's YMCA Nationals. It was a great opportunity for our young squad to gain valuable experience.

Natalia Badillo broke her Senior team record in the 200 Breaststroke touching in 2:25.97 (her previous record was 2:26.78).

Mac Thomas also broke a team record. She broke Natalia Badillo's 13-14 100 Breaststroke mark of 1:09.71 with her effort of 1:09.15. Mac also posted the 3rd quickest 50 Freestyle time for 13-14 girls too (24.93).

Megan Schultz notched the 4th fastest 200 Breaststroke time in our team's history (2:32.71) and the 6th quickest 100 Breaststroke time at 1:10.09 for the 15-16 age-group.

Kinzie Reischl raced well during the meet just missing best times by tenths of seconds in her three races (lead-off 50 Backstroke 28.67, 100 Backstroke 1:01.43, and 100 Freestyle 56.35).

Congratulations girls!

ISCA Showcase Recap & Highlights

We had a strong showing at the ISCA TYR Elite Showcase Classic last week down in St. Petersburg, FL.

Hugo Arteaga broke out 11-12 50 Backstroke team record finishing in 27.66 (old mark was held by Jacob Trask from 2015, 27.76). He also posted some of the fastest times in our team's history – 8th 50 Breaststroke 33.76, 2nd 200 IM 2:15.96 (cutting 7.06 seconds in the process), 2nd 100 Butterfly 57.95, 2nd 50 Butterfly 26.28, and 2nd 200 Freestyle 1:59.81. Hugo podiumed six of his nine events.

CJ Trask also notched some of the fastest times in our team's history – 6th 50 Freestyle 25.57, 3rd 50 Backstroke 28.19, 2nd 100 Backstroke 1:00.72, and 4th 200 Freestyle 2:02.36. CJ podiumed in both Backstroke events.

Way to go boys!

Spring & Summer Practice Schedule

April 22-25, 27 @ Sealed Air YMCA, April 26 @ Lakefront YMCA

Bronze - Monday-Thursday, 10:30-11:30 AM

Silver - Monday-Friday, 9:45-10:45 AM, Saturday. 8:00-9:30 AM

Gold - Monday-Friday, 8:00-9:45 AM, Saturday, 8:00-9:30 AM

Senior - Monday-Friday, 8:00-10:30 AM, Saturday, 8:00-9:30 AM

April 29-June 7 @ Horlick High School (except Fridays @ Park High School), Saturday @ Sealed Air YMCA

Bronze - Monday-Thursday, 5:30-6:30 PM

Silver - Monday-Friday, 5:30-6:30 PM, Saturday, 8:00-9:30 AM

Gold - Monday-Friday, 6:15-8:00 PM, Saturday, 8:00-9:30 AM

April 29-June 7 @ Park High School, Saturday @ Sealed Air YMCA

Senior - Monday-Friday, 5:30-8:00 PM, Saturday, 8:00-9:30 AM

June 10-July 31 AM practice @ Johnson Aquatic Center, Saturday @ Sealed Air YMCA

Bronze - Monday-Thursday, 8:45-9:45 AM

Silver - Monday-Friday, 8:45-9:45 AM, Saturday, 8:00-9:30 AM

Gold - Monday-Friday, 7:00-8:45 AM, Saturday, 8:00-9:30 AM

Senior - Monday-Friday, 7:00-9:00 AM, Saturday, 8:00-9:30 AM

June 10-July 31 PM practice @ Horlick High School, Saturday @ Sealed Air YMCA

Bronze - Monday-Thursday, 5:30-6:30 PM

Silver - Monday-Friday, 5:30-6:30 PM, Saturday, 8:00-9:30 AM

Gold - Monday-Friday, 6:15-8:00 PM, Saturday, 8:00-9:30 AM

Senior - Monday-Friday, 4:00-6:30 PM, Saturday, 8:00-9:30 AM

LCM practices will be held for Gold and Senior on the following dates @ RecPlex in Kenosha

June 11, 13, 18, 20, 25, 27, July 2, 9, and 11, 10:30 AM-12:30 PM

Shop our AmazonSmile Account

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

Fundraising Updates

Family Fundraising reports have been emailed. If you have not received yours, please contact Jo Anne Mudry at jmudry@earthlink.net.

DID YOU KNOW: SEA has an Amazon Smile Account?

Simply shop on amazon using your Amazon smile account (smile.amazon.com)! AmazonSmile offers all the same items, prices and benefits as the regular Amazon site.

How does it work?

All you need is an Amazon account. On your first visit to smile.amazon.com you will be asked to log in to your Amazon account with existing username and password (you do not need a separate account for AmazonSmile). You will then be prompted to choose a charity to support. Search for South Eastern Aquatics. *(The location will be Oak Creek, WI)* During future visits to smile.amazon.com, the site will remember your charity and apply eligible purchases towards your total contribution—it is that easy!

Already have an Amazon Smile account and want to switch your charity to SEA? Change your charity any time by logging into AmazonSmile and clicking “Accounts & Lists,” then scrolling down to “Your AmazonSmile.” From there, click “Change charity” under “Your current charity” on the top right. Search for South Eastern Aquatics.

Here are some other easy ways to support SEA:

1. Shop via the SEA Team Store on SwimOutlet.com: swimoutlet.com/seawi
2. Dine at Charcoal Grill April 23, during our Team Dining FUNdraiser event. ALL DAY: 11 am - 10 pm
Simply present the event flier to your server. 15% of your bill will be donated to the team!
3. Plan to Sell/Buy Mileager's Money for our upcoming fundraiser in May - details coming soon!

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.

SCRIP Schedule

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.

This Sunday will be the last Scrip physical card order that will be placed until the Spring & Summer Season begins. Julie will be contacting families next week where they can pick-up their orders when it arrives. Future order dates are listed below. Remember, you can always do Scrip E-cards at anytime.

<i>Orders Due</i>	<i>Orders Available</i>
April 28	
May 12	
May 26	
June 9	
June 23	
July 7	
July 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 or speak with him at practice.

<i>Meet</i>	<i>Entries Due</i>
May 4-5 – SEA Early Bird	Entry deadline Apr. 25
May 10-11 – MMSC Open	Entries closed
May 31-Jun. 2 – SEA Pirate Plunge	Entry deadline May 24

Happy April Birthday!

Kinzie Reischl, Marie Spang, Alice Stratman, Grady Trask, and Claire Wolfe.

Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
			18 – Final day of clinics @ Park	19 –	20 –	21 –
22 – Practice @ Sealed Air YMCA	23 – Practice @ Sealed Air YMCA	24 – Practice @ Sealed Air YMCA	25 – Practice @ Sealed Air YMCA	26 – Practice @ Lakefront YMCA	26 – Practice @ Sealed Air YMCA	27 –
29 – Age-Group practice @ Horlick; Senior practice @ Park	30 – Age-Group practice @ Horlick; Senior practice @ Park	1 – Age-Group practice @ Horlick; Senior practice @ Park	2 – Age-Group practice @ Horlick; Senior practice @ Park	3- All practices @ Park	4 – No practice; SEA Early Bird Meet	5 – SEA Early Bird Meet
6 – Age-Group practice @ Horlick; Senior practice @ Park	7 – Age-Group practice @ Horlick; Senior practice @ Park	8 – Age-Group practice @ Horlick; Senior practice @ Park	9 – Age-Group practice @ Horlick; Senior practice @ Park	10 – All practices @ Park; MMSC Bring the Heat Meet	11 – Practice @ Sealed Air YMCA; MMSC Bring the Heat Meet	12 –

Extended Calendar

April 2019

23, Charcoal Grill fundraiser

29, Tryouts @ Park, drop-in between 5:30-8:00 PM

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).