



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
May 3, 2019

Notes from Neil

After a great family vacation to Gulf Shores, AL and St. Louis, MS it's great to be back on deck coaching some of southeastern Wisconsin's most dedicated student-athletes. My only wish is for Spring to arrive. This rain is a real drag ... can't get in any soccer or baseball practices/games in!

Please remember, we will not offer practice this Thursday, May 9th. Instead, we'll celebrate a year's worth of performance and success during our annual Awards Banquet. You can still attend – email me your intentions if you have not done so yet (please do so by Monday, May 6).

This weekend we kickoff the long course season with our annual Early Bird event in Brown Deer. It's still early in the season, but I'm excited to see where we are in regards to some early long course action. There are 12 teams attending this weekend so a lot of great competition to be had. The meet landing page is fully updated and contains psych sheets, session reports, and heat sheets. See you on deck Saturday morning!

Because we are hosting a meet this weekend, we are not running Saturday practice. Please make a note of this.

The meet information page of our website is slowly coming together. I'm still waiting on a few more meets to post, but many meets are posted as of today. Please don't wait to sign-up to have your swimmers attend meets. We only have three months of the season remaining and we all know how fast summer's go here in Wisconsin.

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

Hello and welcome back.

We had a great turnout for our clinics in April. It's great to see so many athletes stay in the pool in the off season. We hope they gained a few pointers from Coach Alyssa and Coach D.

Our first week back to regular practice times at Horlick and were down a lane line (we were missing the eye-hook for the wall). Greg Peppers the engineer is awesome and is hunting one down. Meanwhile, during our kick set, Nolan Mrotek saw it dangling from the backstroke flags! How it got there? Who knows!

Coach Katie has Blue/Green hair thanks to a little bet with CJ and Hugo down in Florida. 4th day of racing and we're all tired, a little sunburned, and not looking forward to their 200 free. To motivate them I said if they both got best times, I would dye my hair a color of their choosing...well you can guess the outcome. I would love for more athletes to attend this meet next year. A beautiful location and it was a great team bonding opportunity.

I have been putting together a season plan for Silvers and Golds. This will be uploaded to the website as well. Gold also will be starting dryland next week. We will do about a half hour on Monday, Wednesday, and Friday's. **Please make sure you have the proper shoes and clothing**

Don't forget to check out our social media for updates too. Email Coach Neil or I with your intentions for future meets or questions. Coachkatiejames@gmail.com

Early Bird Meet Information

Our first meet of the long course season is already here! We will be hosting our annual Early Bird meet this weekend in Brown Deer. Please drive safe, have fun, and be respectful to each other and the facility.

This event is conducted as a single session meet so all swimmers will warm-up at the same time.

Saturday warm-ups begin at 10:00 AM, meet begins at 11:05 AM, and is scheduled to finish at 3:21 PM

Sunday warm-ups begin at 8:00 AM, meet begins at 9:05 AM, and is scheduled to finish at 12:24 PM.

Heat sheets, Psych Sheets, and Session Reports can be viewed on our meet landing page.

Spring & Summer Practice Schedule

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 May Birthday!

Joey Abel, Josh Abel, Jack Borzynski, Leah Fallenbeck, Kendall Gilewski, Sophie Gutknecht, Ericka Kaprelian, Haylee Macemon, Sydney Rybarik, Zack Steenrod, CJ Trask, and Hopking Uyenbat.

May Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
				3- All groups @ Park	4 – No practice; SEA Early Bird Meet	5 – SEA Early Bird Meet
6 – Age-Group @ Horlick; Seniors @ Park	7 – Age-Group @ Horlick; Seniors @ Park	8 – Age-Group @ Horlick; Seniors @ Park	9 – No practice, Annual Recognition Banquet	10 – All groups @ Park; MMSC Bring the Heat Meet	11 – Practice @ Sealed Air YMCA; MMSC Bring the Heat Meet	12 –
13 – Age-Group @ Horlick; Seniors @ Park	14 – Age-Group @ Horlick; Seniors @ Park	15 – Age-Group @ Horlick; Seniors @ Park	16 – Age-Group @ Horlick; Seniors @ Park	17 – All groups @ Park	18 – Practice @ Sealed Air YMCA	19 –

20 – Age-Group @ Horlick; Seniors @ Park	21 – Age-Group @ Horlick; Seniors @ Park	22 – Age-Group @ Horlick; Seniors @ Park	23 – Age-Group @ Horlick; Seniors @ Park	24 – All groups @ Park	25 – Practice @ Sealed Air YMCA	26 –
27 – No practice	28 – Age-Group @ Horlick; Seniors @ Park	29 – Age-Group @ Horlick; Seniors @ Park	30 – Age-Group @ Horlick; Seniors @ Park	31 – Pirate Plunge, no practice	1 – Pirate Plunge, no practice	2 – Pirate Plunge, no practice

Extended Calendar

May 2019

4-5, SEA Early Bird Meet
 9, Annual Banquet, no practice
 20, Summer Season begins
 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).