



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
June 14, 2019

Notes from Neil

Happy early Father's Day to all our swim Dads. I hope your swimmers spoil you on Sunday (I've been doing my best to give all the swimmers ideas)!

The morning temperatures have not been very corporative this week and the 10-day forecast looks like more the same. In light of this fact, we will move all AM practices to Horlick until further notice.

We will have a float in Racine's 4th of July Parade. The Thomas family is lending a truck and flatbed and Coach Katie has been doing the legwork on getting us in the parade. We'll need help decorating it and about 25 swimmers to ride it. Please reach out to me if you are interested (we are roughing together the details now and will have more information available soon).

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

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

School's out and its finally summer vacation! Well, at least I think it is? I had prepared a reminder about training outdoors in the heat, but looks like we have to bundle up and stay warm. Keep an eye out on social media for practice changes or cancellations.

We have a spot in the Racine 4th of July parade this summer, we will need 25 participants. Along with helpers to decorate the float! Please let Neil or I know ASAP if you want to join us.

Coach D will be coaching Bronze in the mornings. While, coach Alyssa and I will tag-team coaching in the afternoons. They have been focusing on kicking a lot these last few weeks. We will prepare them for our upcoming Summer Sizzler meet.

Silvers have really bumped up their workload. Long course is challenging and tiring, we are working on building up their endurance with longer straight swims. With the last 15-minutes of practice focusing on starts or turns.

Golds will continue to do dryland Monday, Wednesday, and Friday. **Please remind your athletes to wear tennis shoes and proper clothing.** Long course training will be offered at the RecPlex Tuesday and Thursdays. This summer I want to challenge them in and out of the pool.

Next week, with the help of coach Alyssa we will video tape and review. I will be doing goal sheets on Monday and review them with the videos.

Check out the calendar for upcoming meets and let Neil or I know if you're interested. In the meantime, let cross our fingers for warmer weather.

Summer Sizzler Meet Information

Friday & Saturday AM (12&U): 8:00-9:00 AM warm-ups, 9:05 AM meet begins,

Friday & Saturday PM (13&O): coming soon

SHOR Open Recap & Highlights

We sent five swimmers back to Brown Deer for some more long course action last weekend. When the waves settled, TEAM SEA posted a healthy 52% best time average and only one DQ (butterfly). Great job!

Scoring some of the fastest times in our team history were Alessandra Arteaga 4th 8&U 100 Breaststroke and Hugo Arteaga 2nd 11-12 50 Butterfly, 3rd 100 Butterfly, 3rd 400 Freestyle.

Dropping more than five seconds in a single event included Hugo Arteaga -5.38 400 Freestyle and Rylie Bergemann -13.61 200 Freestyle.

Jack Borzynski notched all best times!

Gold medalist – Hugo Arteaga, 11-12 50 Butterfly, 100 Freestyle

Silver medalist – Alessandra Arteaga, 8&U 100 Breaststroke, Hugo Arteaga 11-12 100 Backstroke, 100 Butterfly, 50 Backstroke, 50 Freestyle, Hopking Uyenbat 13-14 400 IM

Bronze medalist – Alessandra Arteaga 8&U 50 Breaststroke

Way to go swimmers!

Hotel Information for Kentucky meet

Rooms are reserved under SEA Swim Team at the Breckinridge Inn, 2800 Breckinridge Lane, Louisville, KY 40220. The deadline to secure your room is June 19. Arrivals are scheduled for July 11 and departure is July 13. The rate is \$135 and there are five single rooms and 15 double rooms.

Summer Practice Schedule

AM practices will be held at Horlick until further notice.

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

Spring & Summer Fundraising

- Amazon Smile for SEA
- Turn your Father's Day shopping into a force for good. Shop at smile.amazon.com/ch/39-1580537 and Amazon donate to Southeastern Aquatics Inc.
- **Scrip** – See schedule below
- **Heat Sheet Advertising** – Visit <https://www.sea-y.org/heat-sheet-advertisements> for more info

Contact Jo Anne Mudry with questions about fundraising or your family's fundraising totals for this season. 414-530-5037 or jmudry@earthlink.net.

Other ways to support SEA

- Shop via our Amazon Smile Account: <https://www.sea-y.org/general-information>
- Shop via the TEAM SEA Store on Swimoutlet.com: <https://swimout.com/seawi>

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 any time.

<i>Orders Due</i>	<i>Orders Available</i>
June 9	June 12-13
June 23	June 26-27
July 7	July 10-11
July 21	July 24-25

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>
June 21-22 – SEA Summer Sizzler	June 15, 9:30 AM
June 28-30 – WGLO Invite	June 17
July 11-13 – Lakeside Invite	Entries closed
July 18-21 – Speedo Sectionals	July 7
July 19-21 – WI LSC Regionals	TBA
July 26-29 – 12&U State	TBA
August 1-4 – 13&O State	TBA

Happy June Birthday!

Evelyn Gutknecht, Chloe Hovorka, Callie Klepp, Catherine Mike, Ashton Moesch, and Tim Riegelman, Jorgn Stouffer.

Extended Calendar

June 2019

21-22, SEA Summer Sizzler

July 2019

29, TEAM SEA board meeting, Horlick, 6:00 PM, all welcome

Find SEA on Social Media

SEA is on Facebook (SEA Swim Team – closed group, must request to join), Twitter (@SEAWisconsin), and Instagram (SEASWIMTEAM).