



**Weekly Newsletter**  
**Southeastern Aquatics**  
**Racine Family YMCA Swim Team**  
**Est. 1984**  
**June 20, 2019**

## Notes from Neil

Good luck tomorrow and Friday during our Summer Sizzler in Kenosha! Don't forget to sign-up to swim the WILSC Regional meet (will be held in Kenosha, July 19-21).

We will continue running AM practices at Horlick until further notice.

We will not offer practice on July 4 and will only currently offer AM practice at the outdoor pool on July 5 (weather permitting). In addition, RUSD is closing Horlick on the remaining Fridays during the remainder of our Summer Season. I'm waiting to hear back for the YMCA if we can run some type of PM practice at either Sealed Air or the outdoor pool. I will keep you posted.

Remember, long course practices are held at RecPlex on Tuesday and Thursday, 10:30 AM-12:30 PM for Gold and Senior swimmers. There are five more opportunities remaining (last practice will be held July 11). Take advantage!

We have SEA yard signs for families who live on a busy road or have access to businesses who reside on a busy road. Reach out to me if you would like yard sign!

**We will have a float in Racine's 4<sup>th</sup> 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 have 2-3 spots remaining if any swimmers would like to ride the float. We will decorate it on July 3 (probably late afternoon – more information to follow).**

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

Our last SEA hosted meet of the season is this weekend and we will have all hands-on deck. We got so many compliments on our Pirate Plunge; we are sure to rock this Summer Sizzler. Make sure to pack snacks and things to do, as there will be some down time between events.

This weather is really not cooperating with us, Mother Nature must not have gotten the memo that its June! Hopefully we will be swimming outside in the mornings again sometime this summer. Keep checking social media, emails, and listening for announcements at practice for updates.

Bronze have been getting a lot of individual attention from Coach D, she loves focusing on strengthening specific skills with each swimmer. We have also had the pleasure of having Daxton back in the water this week, man is he one strong kid!

Silvers have been working on a lot of starts, turns, and finishes this week. A lot of them would like to swim longer events and even the 500! We might have a little time trial next week to conquer these swims.

Golds have been given a goal sheet; this should be returned ASAP. coach Katie has more copies if you need them. We have also started video-taping, we will review next week and I will also upload the videos to my YouTube channel after we review.

Summer season will be done before you know it, be sure to make the most out of every practice. Swim smart and practice with a purpose!

## **Summer Sizzler Meet Information**

We are hosting our Summer Sizzler in Kenosha at the RecPlex. Good luck swimmers! Drive safe, swim fast, have fun!

Friday & Saturday AM (12&U): warm-ups 8:00-9:00 AM, meet begins 9:05 AM, ends at 11:47 AM Friday and 12:21 PM Saturday

Friday PM (13&O): warm-ups 11:45 AM-12:35 PM, meet begins 12:37 PM, ends 3:40 PM

Saturday PM (13&O): warm-ups 12:15-1:05 PM, meet begins 1:10 PM, ends 4:02 PM

## **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.

## **OST Scheduled for August**

August 5-29, Monday, Tuesday, and Thursday we will conduct Off-season Training for those swimmers and families who just can't get enough of swimming. These practices will be held at the outdoor pool.

Bronze and Silver will train 8:45-9:45 AM while the Gold and Senior swimmers will train 7:15-8:45 AM.

Practices will be relaxed in nature and cover all the little things that make for fast swimming – technique, breakouts, turns, finishes, and starts.

Cost is \$75 for Bronze and Silver and \$100 for Gold and Senior. Contact Coach Neil if you are interested.

# 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](https://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](mailto: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](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.

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 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](mailto:south.eastern.aquatics@gmail.com) or speak with him at practice.

<i>Meet</i>	<i>Entries Due</i>
June 21-22 – SEA Summer Sizzler	Entries closed
June 28-30 – WGLO Invite	Entries closed
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, Jorgen Stouffer.

# Extended Calendar

## June 2019

21-22, SEA Summer Sizzler

## July 2019

4, No practice

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).