



**Weekly Newsletter**  
**Southeastern Aquatics**  
**Racine Family YMCA Swim Team**  
**Est. 1984**  
**July 10, 2019**

## Notes from Neil

Thanks to the Thomas family for loaning TEAM SEA a truck and flatbed for Racine's 4<sup>th</sup> of July Parade, Coach Katie for taking the lead and organizing TEAM SEA in the decoration and participation process, and thanks to all of the families who had their swimmers ride the float and helped keep the water flowing for our squirt guns during the parade (Phil and Ana). We have some ideas for improvement next year!

Beginning tomorrow we'll be racing in the Seahawk Invite down in Kentucky. This is a great/fun meet that takes place in a quarry. If you have not been, you're in for a treat. Please drive safe!

It's hard to believe we only have three and a half week's left to the season. It sure has gone by quick. The last official practice will take place on July 31. As usual, we will offer Off-Season Training for swimmers who would like to keep the feel for the water during the month of August. Information is located later in this newsletter.

We have one long course practices remaining – July 11. Take advantage of this opportunity!

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!

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

Thank you to all who participated and helped with the 4th of July parade. Personally, I think we were the crowd favorite. Next year they want to put a pool on the trailer!

We are winding down the season, with only about three weeks left. We will be running off season training in August, don't forget to think ahead and sign up.

I'm sure no one is thinking about anything but our upcoming meet in Kentucky! I am very excited to be going this time; last time we went I was getting married. I hope the weather is beautiful and the water is just the right temperature. Good luck to all!

Bronze have been working a lot on dolphin kicking and butterfly this past week. They are catching on fast, and are very coordinated. Coach D has switched to coaching in the afternoons and we are so thankful.

Silvers are working on perfecting their streamlined and breakouts. We have created a fun competition out of it and we are doing great!

Golds got in some quality yards on Monday, getting their heart rates up and working endurance. Recently we have been working sprints and consistency in our breakouts and efforts.

Don't forget to think about off season training in August! Any questions please email Coach Neil or I, [coachkatiejames@gmail.com](mailto:coachkatiejames@gmail.com)

## Kentucky Meet Information

Safe travels and good luck to TEAM SEA as we travel to Kentucky to compete in one of the coolest meets around, Lakeside's Seahawk Challenge. Parents, don't forget to bring your floatation devices! You'll be able to float next to the 50-meter pool and watch your swimmers while they compete. Coach Katie will be on deck for all sessions and is looking forward to watching some fast SEA swimming. Drive safe, swim fast, have fun!

Warm-up schedule ...

Thursday, 3:30 PM warm-ups, meet begins at 4:30 PM, finishes 6:30 PM

Friday & Saturday AM (13&O), 7:00 AM warm-ups, meet begins at 8:00 AM, finishes 10:30 AM Saturday and 10:15 AM Sunday

Friday & Saturday PM (12&U), 10:30 AM warm-ups, meet begins at 11:30 PM, finishes 2:15 PM Friday and 2:00 PM Saturday

## 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. Caleb Bergman

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. Ethan Bergman

## Summer Practice Schedule

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

**Friday PM practices will be held at 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

- **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>
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>
July 11-13 – Lakeside Invite	Entries closed
July 18-21 – Speedo Sectionals	Entries closed
July 19-21 – WI LSC Regionals	Entries closed
July 26-29 – 12&U State	TBA
August 1-4 – 13&O State	TBA

## Happy July Birthday!

Hugo Arteaga, Natalia Badillo, Arev Buchaklian, Austin Lentz, Claire Meiri, Madhura Patil, Emery Pitts, Elizabeth Stratman, and Natalia Vitek.

## Extended Calendar

### 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).