



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
July 26, 2019

Notes from Neil

I can't believe we are just about finished with the Spring & Summer Season – it goes by so fast (especially since summer didn't arrive until July this year).

Attendance on the Senior side of the program continues to be great and we are in our final preparations for 13&O State. Swimmers need to do everything in their power to have the best possible results next weekend in Brown Deer (this includes hydration, nutrition, rest/sleep, staying out of the sun, and staying positive mentally).

We have been reading a great little book by Dr. Keith Bell titled The Nuts and Bolts of Psychology for Swimmers. There's a lot of great reminders in this book and two of the most important ones are to maintain a process focus versus an outcome focus and to not sabotage your swims by being negative and focusing on the uncontrollables (water temp of the competition pool, who you are swimming next to, what lane you are assigned to are examples of uncontrollables).

As a reminder, our final practice will be held on July 31. OST begins August 5th.

A few reminders as the season slowly begins to wind-down: 1) Off-Season Training will be held during the month of August (5-29, more information can be found later in this newsletter – take advantage!), 2) high school girls are encouraged to swim the first week of Off-Season Training to bridge the gap between the end of the club season and the start of high school season, 3) Tryouts for the upcoming Fall & Winter Season will be held at Horlick High School on Monday, September 23 beginning at 6:00 PM – tell all your friends, and 4) the first practice for the Fall & Winter Season will be held Tuesday, September 24 at Horlick.

The 2nd Annual TEAM SEA Bags Tournament is scheduled for Saturday, August 17 at the Franksville Biergarten 3:00-9:00 PM. Online sign-up is open and available via our homepage. Hope to SEA you there!

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

Well, we are in our last few days of practice for our summer season. Don't forget to sign up for our Off Season Training(OST) with Coach Neil. This is designed to bridge the gap between seasons and freshen up our turns, starts, or technique. We won't be doing anything to crazy workout wise, this is specifically for getting down to the basics and working technique.

Team SEA did very well at WI LSC Regionals this past weekend! It was great to see some of the Seniors compete because I usually am on the 12 & Under side of things. We did not

get any new state cuts on the Age Group side, but they scooted much closer to them. Setting themselves up for a successful fall and winter season.

This weekend all my attention will be on Rylie Bergemann, while she competes at 12 & Under States. If you see her, wish her luck, as she will be swimming the 50 breast, 100 breast, and 50 fly. Expect some silly selfies from us, we might get a little bored between races!

Bronze and Coach D have been working on learning the IM order, and building endurance to successfully (and legally) complete a 100 IM. As always, a majority of practice is devoted to kicking and working on their bodyline.

Silvers have also been working on their IM this past week. Doing drills or kicking in IM order, helps them learn and remember it. They also love our variable speed sets, which usually are 25s or 50s (1 = half fast/half easy, 2 = half easy/half fast, 3 = all easy, 4 = all fast) this helps all aspects of a race I'm so glad that they enjoy it!

Golds really enjoyed playing ultimate frisbee with my husband so much that I think I will add it to our dryland calendar for the fall and winter season. They were working together to achieve the same goal, with kids they normally don't talk to or swim in the same lane with. It was awesome to watch them work hard but have fun at the same time.

Don't forget to sign up for OST in August! Please email Coach Neil or I with any questions, coachkatiejames@gmail.com.

12&U State Meet Information

This weekend 12&U State will be hosted in Kenosha. Good luck to Rylie as she competes in the 50 and 100 Breaststroke and 50 Butterfly!

Saturday warm-ups (lane 1, 12:00-12:30 PM), meet begins at 1:05 PM.

Sunday warm-ups (lane 1, 12:30-1:00 PM), meet begins at 1:35 PM.

Drive safe, swim fast, have fun!

Speedo Sectional Highlights & Recap

Megan Schultz and Natalia Badillo gained some valuable experience racing against college aged swimmers and some of the Midwest top athletes in a big meet setting during Speedo Sectionals last Wednesday-Saturday at the University of Minnesota.

Natalia posted 100% best times and notched some of the fastest times in our history for 15-16 – 2nd 200 Breaststroke, 3rd 100 Butterfly (LC State qualifying time too), 4th 100 Breaststroke, and 6th 100 Backstroke.

Megan went 2 for 5 for best times and posted the fourth fastest time in our history in the 800 Freestyle for 15-16.

Great job girls!

Regional Highlights & Recap

What an excellent meet Regionals turned out to be for TEAM SEA. As a team we finished with 66% best times, seven new State qualifying times, two team records three DQs (two in Breaststroke, one in Butterfly), and finished seventh of 14 teams (682 points).

State qualifying times were turned in from Hugo Arteaga (13-14 200 IM), Zoe D'Alessandro (Senior 100 Breaststroke), Zack Kopsea (13-14 100 Breaststroke and 200 Breaststroke), Nathan Mudry (Senior 200 Butterfly and 200 IM), and Joe Skantz (Senior 50 Freestyle).

Zoe D'Alessandro set and broke two team records. She broke the 13-14 100 Breaststroke record with her effort of 1:21.34 (old record was held by Emily Bollendorf from 2013, 1:21.54) and she lowered her team record in the 13-14 200 Breaststroke from 2:57.24 to 2:56.74.

Notching some the quickest times in our team's history included Alessandra Arteaga 7th 100 Backstroke, Sofia Badillo 6th 200 Backstroke, Isabelle Buhler 5th 1500 Freestyle, 10th 400 Freestyle, 4th 800 Freestyle, Megan Schultz 5th 200 IM, Zack Kopsea 10th 100 Breaststroke, 8th 200 Breaststroke, 5th 400 Freestyle, 9th 200 Butterfly, Hugo Arteaga 7th 200 IM, 7th 50 Freestyle, 10th 200 Freestyle, 9th 100 Backstroke, Joe Skantz 9th 50 Freestyle, and Nathan Mudry 6th 200 Breaststroke, 7th 200 Butterfly, 6th 200 IM.

Posting 100% best times were Josh Abel, Jordan Borzynski, Najee Jones, Madi Peterson, Macie Ritter, Joe Skantz, and Alice Stratman.

Dropping more than five seconds in a single event included Alessandra -9.32 100 Backstroke, Hugo Arteaga -29.83 200 IM, Sofia Badillo -22.99 200 Backstroke, Rylie Bergemann -9.51 200 IM, Jack Borzynski -14.25 200 IM, Jordan Borzynski -5.78 50 Freestyle, Najee Jones -7.81 100 Backstroke, Callie Klepp -18.74 200 Freestyle, Zack Kopsea -20.67 200 Butterfly, Nathan Mudry -12.57 200 Butterfly, Madi Peterson -10.99 200 IM, Megan Schultz -18.55 200 IM, and Alice Stratman -13.58 400 Freestyle.

Gold medalist – Hugo Arteaga 200 IM, Zoe D'Alessandro 100 and 200 Breaststroke, Zack Kopsea 800 Freestyle, 100 Breaststroke, Nathan Mudry 200 Butterfly

Silver medalist – Josh Abel 100 Butterfly, Sofia Badillo 200 Backstroke, Jack Borzynski 100 Backstroke, Zack Kopsea 400 Freestyle, Nathan Mudry 200 IM, Megan Schultz 200 IM, Joe Skantz 50 Freestyle

Bronze medalist – Hugo Arteaga 100 Breaststroke, 200 Backstroke, Jack Borzynski 50 Backstroke, 100 Butterfly

Great efforts swimmers!

Opening on Parent Board

Parents interested in serving on the Parent Board here at SEA in the capacity of Fundraising Chair now have an opportunity to do so. Jo Anne Mudry will be stepping down at

the end of this season and TEAM SEA is in search of a replacement. If you are interested in learning more about this position and possibly throwing your name in the hat as a potential nominee, please reach out to Jeff Peterson at 262.498.2394 or via email at petersoj12@gmail.com.

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 8:30-9:30 AM while the Gold and Senior swimmers will train 7:00-8:30 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.

Bronze & Silver: Ethan Bergman, Cate Mike, Jordan Brozynski, Matthew Thornton, Emery Pitts

Gold & Senior: Caleb Bergman, Austin Lentz, Jack Brozynski

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.

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>
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>
July 26-29 – 12&U State	Entries closed
August 1-4 – 13&O State	Entries closed

Happy July Birthday!

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