



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

Notes from Neil

Happy early 4th of July! Remember, no practice tomorrow. We will back at practice Friday AM (weather permitting)!

As a reminder, all Friday PM practices will now be held at Sealed Air YMCA. In addition, Friday AM practices can only be held at the outdoor pool (since Horlick is closed on Fridays). If practice is canceled Friday AM, we will not offer practice at Horlick. Remember, the decision to cancel AM practices will be made at 6:30 AM. (Monday-Thursday we will transplant to Horlick, Friday practice would have to be canceled.)

We have two long course practices remaining – 9 and 11. Take advantage of these opportunities!

Don't forget to sign-up to swim Regionals. The deadline is July 5. This meet is open to all swimmers – the only caveat is swimmers are not allowed to swim in any events they have State qualifying times in (although age-group swimmers who do have State times can swim in the Senior division – as long as they don't have the Senior State qualifying time). Take advantage of this meet! (It will be held in Kenosha.)

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 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 Summer!

Finally, we have sunny skies and minimal thunderstorms! It feels great to be outside; soaking up the rays, and enjoying the fresh air. Make sure that your swimmer has eaten breakfast and packs a water bottle. It is difficult to practice at peak performance if there is no gas in their tanks.

4th of July Festivities!

We are #78 in the parade.

Decorating (7/3): at 5:30pm in the parking lot of Horlick High School.

Staging/Meeting (7/4): 8:15am on Augusta St. (Closer to Main St)

Pick-up (7/4): Athletes will need to be picked up at the end of the parade on Howe St.

- We are in need of 2 cases of water for them to drink while we are walking.
- Squirt guns
- Pool floats (Inner tube ones - so they can walk and still wear one)
- Shirts will be handed out during decorating.

This past week has been hectic for Coach Katie, getting all the final things ready for the 4th. Thank you to everyone who has helped with decorations, dying shirts, and just keeping me sane this last week!

Bronze and Silvers have been working together a lot lately, they are doing great! Kicking is my favorite thing to do, I know they don't agree. Don't forget to sign up for WI LSC Regionals coming up soon!

Gold's had a very successful morning of Ultimate Frisbee with Coach Katie's husband, Donnie. Donnie has always loved Ultimate Frisbee, he has been playing for about 10 years now. He works for the professional team out of Madison (Madison Radicals) as their field manager. I think we all had a great time learning about this really cool team sport!

WGLO Recap & Highlights

TEAM SEA put together an outstanding showing last weekend during the WGLO meet. As a team, we combined for 76% best times, two DQs (Breaststroke and a relay), and finished 14th of 22 teams scoring 193 points.

Hugo Arteaga broke the meet record in the 11-12 50 Freestyle touching in 27.02 (old mark was 27.04) while winning all of his events, posting 100% best times, and bringing home the 1st place high point award. He also broke four team records: 50 Freestyle (27.02 – broke his own mark 27.39), 100 Freestyle (1:00.17 – broke his own mark 1:00.96), 50 Backstroke (31.43 – broke his own mark 31.99), and 400 Freestyle (4:52.82 – broke Micah Eberle's 1994 mark of 4:58.53). Hugo also posted some of the fastest times in our team's history for 11-12: 2nd 100 Backstroke, 2nd 50 Butterfly, and 2nd 100 Butterfly. He also punched his ticket to State in the 13-14 100 Butterfly and dropped 7.91 seconds in the 400 Freestyle.

Natalia Badillo also achieved a State cut in the Senior 100 Breaststroke, dropped 8.74 seconds in the 200 IM, and posted some of the quickest times in our team's history: 5th Senior 100 Breaststroke, 10th Senior 100 Butterfly, 8th Senior 100 Backstroke and 8th Senior 200 IM.

Zoe D'Alessandro broke Natalia Badillo's 13-14 100 Breaststroke from 2016 of 2:58.10 with her swim of 2:57.24. She also achieved the 13-14 100 Breaststroke State qualifying time, dropped 11.96 in the 400 Freestyle, and notched the 8th 100 Breaststroke for Seniors in our team's history.

Zack Kopsea dropped 18.23 in the 1500 Freestyle and posted some of the fastest times in our team's history: 8th 13-14 200 Freestyle, 4th 13-14 200 Backstroke, 5th 13-14 200 IM, and 10th Senior 1500 Freestyle.

Nathan Mudry achieved some of the fastest times in our team's history: 6th 15-16 200 Freestyle, 4th 15-16 400 Freestyle, 4th 15-16 1500 Freestyle, 5th 15-16 800 Freestyle, 7th 15-16 200 IM, and 7th Senior 400 IM.

Kinzie Reischl posted some of the fastest times in our team's history: 10th 17-18 50 Freestyle, 7th 17-18 100 Freestyle, and 6th Senior 100 Backstroke.

Megan Schultz captured her first YMCA National and Speedo Sectionals qualifying times in the 100 Breaststroke and 200 Breaststroke – both times were team records and also posted 100% best times during the meet. She broke her own record in the 200 Breaststroke (from 2:49.73 to 2:47.08) and broke Caitlin Mertins team record in the 100 Breaststroke of 1:19.52 from 2015 with an effort of 1:16.64. She swam some of the fastest times in history too: 8th Senior 100 Freestyle and 7th Senior 200 Freestyle.

Good luck in Kentucky!

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. 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.

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 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>
July 11-13 – Lakeside Invite	Entries closed
July 18-21 – Speedo Sectionals	Entries closed
July 19-21 – WI LSC Regionals	July 5
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

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).