



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
September 21, 2018

Notes from Neil

Welcome back! It's hard to believe the short course season is upon us already. Where did the summer and long course season go? I hope everyone enjoyed OST and any last vacations you were able to squeeze in prior to school beginning and are excited as the coaches to be back in the water for another season of TEAM SEA swimming!

Unlike most Fall & Winter seasons, there is an awful lot going on in our swimming community – especially with the closing of the Case High School pool. The coaching staff and the parent board has discussed our options and currently we will continue to train in a combined fashion at either Park or Horlick High School (occasionally using Carthage College when no pools are available in Racine). Katie and I have discussed pool usage and between Senior and Gold dryland training, we should be okay in terms of any crowding issues. That being said, we will keep an eye on practices (especially our Monday and Tuesday practices – which tend to be our busiest days).

Here are a few helpful reminders as we get underway this season:

- a) Never drop your swimmer off at practice without ensuring a SEA coach is on deck
- b) Unless your swimmer brings a lock to practice, all items should be stored on deck until after practice – never leave bags/clothes/gear in the locker-room (unless it's locked up)
- c) Swimmers should exit the locker-rooms no more than 15-minutes at the conclusion of their practice
- d) If you are dropping off your swimmers for practice early, they should sit on the pool deck or in the stands and quietly read, do their home, chat with friends, or anything else that does not include horseplay, running, etc.
- e) Questions, concerns or comments should be directed to me in a timely manner – there are no dumb questions

With the rollout of online registration, there will be some “growing pains” as we figure out how to integrate all of the hardcopies used during in-person registration to the online process. Regardless of how you choose to register, please ensure your swimmer is registered prior to attending practice. If you need any help with the registration process, please reach out to Missy Reischl at mjreischl@wi.rr.com or call her at 262.989.9065,

Communication is important here at SEA and I will make every attempt to reach out to you via weekly newsletter and conversations at practice. Although I try to, I am not a mind-reader. If something is troubling you, please reach out to me so we can address the issue, make any necessary changes, and move on. You may email me ANYTIME and call/text me between the hours of noon and 8 PM. I can be reached at south.eastern.aquatics@gmail.com or via mobile at 262.994.3157.

Katie's Kickboard

Hello again and welcome back! We hope you had a great end to your summer and beginning to your new school year. It is wonderful to see so many familiar faces and new ones in the pool this season. I am very excited for what this season has in store for us and to introduce some new ideas or activities. You know how I love to be creative!

Unfortunately, we are down a pool this season so we will practice in a combined fashion at several pools. It is important to check emails, our Facebook page, and Twitter for up to date practice locations and details. But we are going to make the best of it, reintroducing 'little buddy day' every Thursday. For the first 15 minutes of practice Bronze and Silvers will be paired with a Senior level athlete or a coach. This is a great team bonding experience, as well as a way for athletes to focus on a developing skill.

This season Bronze practice has been extended 15 minutes. Coach D really wanted more time to work on dryland and other skills. She came back from the swim conference last May with a bunch of new creative skills. With our limited pool space, they will mostly practice in the diving well with plenty of time in the lanes, building up their strength and endurance.

Silvers will also be adding dryland to their practice routine every Monday, Wednesday, and Friday. We will conduct dryland right on deck so they won't need anything special. I would like them to start getting in the habit of bringing a water bottle to practice if they don't already.

Golds will be training similarly to last year with a few adjustments. Dryland will be on Monday, Wednesday, and Friday. For their safety I ask that they dress in workout gear with tennis shoes. Some may notice a new piece of equipment, a yellow stretch cord (Thera-band). This season I am introducing shoulder stability exercises, to strengthen their shoulders and prevent injury. I will send home a sheet of exercises so they can do them on their own time as well.

Neil and I are here to answer any questions you may have. Feel free to reach out to us through email or before or after practice. I hope to start this season off on the right flipper, and remembering to always practice with a purpose.

New Family Orientation and Registration

New Family Orientation and Registration will be held at Horlick High School on Monday, October 1 beginning at 6:00 PM. Missy Reischl along with some help from some of our board members will walk all new families through this process and be able to answer your questions. Please plan on meeting on the pool deck.

If you are unable to attend, please contact Missy at mjreischl@wi.rr.com or call her at 262.989.9065.

Top 16 YMCA National Rankings Posted

YMCA of the USA has released its Top 16 Rankings nationally for the previous short course season and SEA had 11 individuals and relay teams on the list. Congratulations swimmers and coaches on your success and good luck this season!

INDIVIDUALS:

Nathan Mudry – age 13

6th place 1000 Freestyle, 10:20.04

6th place 1650 Freestyle, 17:31.08

8th place 500 Freestyle, 4:58.60

10th place 200 Butterfly, 2:07.64

Hugo Arteaga – age 11

5th place 50 Freestyle, 25.04

6th place 100 Freestyle, 55.25

CJ Trask – age 11

10th place 100 Backstroke, 1:04.95

RELAYS:

CJ Trask, Hopking Uyenbat, Zack Kopsea, Hugo Arteaga – age 11-12

7th place 400 Freestyle Relay, 3:57.38

Hugo Arteaga, Hopking Uyenbat, Zack Kopsea, CJ Trask – age 11-12

10th place 200 Freestyle Relay, 1:45.74

CJ Trask, Hopking Uyenbat, Hugo Arteaga, Zack Kopsea – age 11-12

15th place 200 Medley Relay, 2:00.68

Zack Kopsea, Hopking Uyenbat, CJ Trask, Hugo Arteaga – age 11-12

16th place 400 Medley Relay, 4:36.68

SCRIP Schedule through December

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.

<i>Orders Due</i>	<i>Orders Available</i>
September 23	September 26-27
October 7	October 10-11
October 21	October 24-25
November 4	November 7-8
December 9	December 12-13
December 16	December 19-20

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>
Oct. 12-14 – OZ Swim Your Own Age	Sept. 30
Oct. 20 – EBSC Swim Your Own Age	Oct. 5
Nov. 4 – SEA Pentathlon	Oct. 20
Nov. 4 – KENO Invite	TBA
Nov. 11 – SSTY Fall Invite	Nov. 2

Happy Birthday!

Zoe D’Alessandro, Lindsey Hohnl, Nadya Muzyka, Claire Neumann, Grace Neumann, Yash Patil, and Adam Ries.

Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
				Sept. 21 – practice at Park	Sept. 22 – Practice at Sealed Air YMCA	Sept. 23 –
Sept. 24 – Practice at Park	Sept. 25 – Practice at TBA	Sept. 26 – Practice at Horlick	Sept. 27 – Practice at Horlick	Sept. 28 – Practice at Horlick	Sept. 29 – Practice at Sealed Air YMCA	Sept. 30 –
Oct. 1 – Practice at Horlick	Oct. 2 – Practice at TBA	Oct. 3 – Practice at Horlick; Parent Board Meeting at Horlick, 6:00 PM – all welcome	Oct. 4 – Practice at Horlick	Oct. 5 – Practice at Horlick	Oct. 6 – Practice at Sealed Air YMCA	Oct. 7 –