



Weekly Newsletter
Southeastern Aquatics
Racine Family YMCA Swim Team
Est. 1984
September 28, 2018

Notes from Neil

Well, so far crowding has not been an issue as we complete our second week of the 2018-2019 Fall & Winter Season. I'm still having a difficult time pinning down pool time at Carthage College when Horlick and Park are not available (they do have the certificate of insurance though). To that end, we have to cancel practice tonight since RUSD is closed today and pool time cannot be acquired at Carthage. Thank you for your patience and understanding ... our pool time will even out soon!

If you are wondering where we will be training, I have listed a calendar at the end of each week's newsletter. Please follow the pool locations listed in the calendar as we move forward.

This section was in last week's newsletter, but I think there are a lot of reminders here that should be reviewed (so we'll keep it here one more week). 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

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.

Don't forget to sign-up for the upcoming October meet meets! Email me if you are interested in having your swimmers entered!

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 thank you families and athletes for being flexible as we hop around from pool to pool this season. Remember to actively check your email and social media, especially on those TBD days.

We have successfully made it through the first 2 weeks of practice! Everyone has been working the fundamentals of swimming, streamline, kicking, diving, turns and the basic swimming etiquette. I'm impressed with how practices have been running so far.

You may have noticed that we were short a coach this past week. Unfortunately, our beloved Bronze coach (Coach D) threw out her back last week and is resting up, per doctor's orders. We hope she has a speedy recover, because we miss her terribly!

In her absence Coach Alyssa has been working with the Bronze group this week. She has been really focusing on building a strong kick for these athletes. She even went back to the basics and had them floating! Showing them the proper body line and having some fun along the way.

Silvers we're working on butterfly and breaststroke this week. These strokes tend to be the most challenging of the 4 strokes. Kicking was still the main focus of this week, strengthening their motors (their legs). Coach Katie was able to work one on one with some athletes this week as well. She loves working closely with athletes on week aspects of their swimming. It helps her understand the individual's abilities and get to know them better!

Golds have been working hard and practicing with purpose so far this season. The intensity was high this week, even without 2 days of practice. But everyone shows up on-time and ready to work hard. Friendly reminder about fueling your athletes with the proper "gas" (food/water) before and after practice. Water bottles are required for each athlete every day, post-practice snacks are also encouraged!!

Remember there is a parent board meeting next Wednesday October 3rd, all are welcome. Coach Neil and I are always happy to answer any questions or concerns.

Diving Certification

USA Swimming's guidelines for learning to dive off the block is pretty black and white – water must be at least six feet deep. Since none of the RUSD pools have six feet of water on the diving side of the pool, we will offer diving practice & certification on Saturday's that we are not hosting meets.

Diving practice is for any athlete currently not certified to dive off the blocks at Horlick or Park. If you would like to attend, please reach out to Coach Neil at south.eastern.aquatics@gmail.com and he'll schedule Coach Alyssa to meet with your swimmer at the Lakefront YMCA (8:00-9:30 AM). Take advantage!

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.

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>
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	Oct. 20
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. 28 – No practice	Sept. 29 – Practice at Sealed Air YMCA	Sept. 30 –
Oct. 1 – Practice at Horlick	Oct. 2 – Practice at Park	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 –
Oct. 8 – Practice at Horlick	Oct. 9 – Practice at Horlick	Oct. 10 – Practice at Horlick	Oct. 11 – Practice at Horlick	Oct. 12 – Practice at Horlick; OZ meet	Oct. 13 – Practice at Sealed Air YMCA; OZ meet	Oct. 14 – OZ meet