

SOUTH EASTERN AQUATICS



June 2, 2017

BUSY? OH YEAH.

Swim season is about to take it up a notch with the end of the school year right around the corner. Our double practice schedule begins June 12 (weather permitting of course). AM practices will be held at Meadowbrook Country Club and on Tuesday and Thursday our Senior and Gold swimmers will have a LCM practice at the RecPlex.

It is important to stay on top of nutrition, hydration, and rest during the next two months ... especially for those athletes attending double practices as a regular schedule. Stay focused and take it one day at a time.



We had a solid outing at the SSTY Distance / Sprint meet a few weeks ago.

HEAD COACH NOTES

Our Pirate Plunge is finally here! Please drive safe to and from the meet – you may need to give yourself a little more time tonight for the drive up. After this weekend, we only have one more large meet to host this summer (our Summer Sizzler). Be sure to email me to enter your swimmers and don't forget to sign-up to work. Also, Josh Johnson (our Meet Director) has a new cell number – 262.880.9467.

I have been told our last day at Case will be this Thursday, June 8. I have Carthage College lined up if we need it. I'm still waiting to hear when Park will be drained ... usually by this time it already is so we'll count ourselves lucky. We discussed at the board level that we will stay in Racine as long as the Park pool stays open. This will mean our Senior athletes will practice early in the day for their PM sessions (4-6:30 p.m. and/or 3-5:30 p.m.) depending on the day of the week. More information will be made available when I know more about the closing date of Park.

Thanks to Katie for sending our Seahawk Invite entries in while I was chaperoning my son's 5th grade Camp Timber-Lee trip last week. It appears we have gained entrance into the meet so get ready for a great time. Be sure to bring your floatation devices ... that's right, you can watch your swimmers race while relaxing in the water!

Be sure to pick up your SEA swim caps from Coach Katie or myself. \$12 for the silicone version or \$5 for latex. It's the only required piece of equipment at swim meets (that and a suit).

Questions, concerns, comments? Please contact me at 262.898.4766 or via email at south.eastern.aquatics@gmail.com or reach out to our Head Age Group Coach at katiepalmiter@gmail.com.

Get Social w/Your Swim Team Family

Two team outings planned for June! June 20th we travel to Noah's Ark Waterpark and June 30th we head to Kenosha for a Kingfish game. More information can be found in this newsletter ... take advantage!

Q: I'm not receiving email updates from Coach Neil. What's the deal?

A: More than likely, Coach Neil doesn't have your email address. Simply email him and he'll be happy to add your email address to his database. Email him at south.eastern.aquatics@gmail.com.

Q: How do I sign-up my swimmer for a meet?

A: Easy ... just email Coach Neil. If it's a multi-day meet, please let him know what day(s) you plan on having your swimmer attend. Be sure to set-up a Meet Escrow Account too. Information can be found on our website under the MEMBERS dropdown menu / MEET ESCROW ACCOUNT.

Did you sign-up for our Summer Sizzler yet? Email Coach Neil ASAP.

HEAD AGE GROUP COACH NOTES

Hello again Families and Athletes,

After spending 4 days in Chicago (mostly in the hotel), I'm glad I live, and drive in Wisconsin. I learned more than I could have imagined at the Central States Swim Clinic. And what a treat it was to hear such dignified and respected coaches speak. I am still shuffling through notes trying to categorize all of the useful information.

Dryland for all age groups is being renovated slightly. Bronze and Silvers are focusing on balance, core, and coordination for their Dryland (Monday, Wednesday, and Friday). With the goal of correlating body control on land with their control in the water.

Gold's have bumped up the time of their Dryland to 30 Min on Tuesdays and Thursdays. We are now doing stations, including cardio, core, and strength. They are definitely more excited to jump into the pool after working up a sweat.

I would like to remind athletes and parents again that water is very important when training. Especially when the temperature continues to rise as we start to practice outside. As well as the proper shoes to participate in Dryland.

My head is spinning with all of the drills and ideas I learned at the Central Swim Clinic. I would like to thank the coaches and swimmers for letting me experiment with new skills. I'm sure they had fun in the process.

This weekend we are up at Brown Deer for our Pirate Plunge. This is such a fun meet! I can't wait to see how we perform. Let's see how our hard work pays off! Good luck this weekend!

PIRATE PLUNGE WARM-UP INFORMATION

Friday warm-ups, 4:30 p.m., meet begins at 5:35 p.m. and is schedule to end at 8:29 p.m. All events are positive check-in.

Saturday and Sunday AM (13&O athletes), warm-ups begin at 7:30 a.m., meet begins at 8:35 a.m. and is schedule to end at 2:00 p.m. Saturday and 1:26 p.m. Sunday.

Saturday PM (12&U athletes), warm-ups begin at 1:45 p.m., meet begins at 2:50 p.m. and is scheduled to end at 5:58 p.m.

Sunday PM (12&U athletes), warm-ups begin at 1:15 p.m., meet begins at 2:20 p.m. and is schedule to end at 5:21 p.m.

Please drive safe!

SSTY DISTANCE / SPRINT RECAP & HIGHLIGHTS

Solid results during our last LCM meet. As a team, we notched 45% best times and no DQs. Way to go!

Hugo Arteaga broke Graham Kilmer's 9-10 400 Free team record of 5:55.05 with an effort of 5:53.10.

New State qualifying times were achieved by Hugo Arteaga 400 Free, Zoe D'Alessandro 200 Breast, Zack Kopsea 100 Free, 100 and 200 Back, and Hopking Uyenbat 100 Free.

Posting some of the fastest times in our history included Zoe D'Alessandro 4th 200 Breast, Nadya Muzyka 4th 100 Fly, Zack Kopsea 9th 100 Back and 4th 200 Back, Josh Abel 5th 200 Fly, and Jake Trask 8th 100 Back, 5th 200 Back, 9th 100 Fly, and 6th 200 Fly.

Zack Kopsea, Nadya Muzyka, and Hopking Uyenbat achieved 100% best times in all of their races.

Dropping more than five seconds in a single event were Josh Abel -5.36 100 Free, Hugo Arteaga -20.89 400 Free, and Hopking Uyenbat -62.17 400 Free.

Good luck this weekend in Brown Deer!

SCRIP FUNDRAISING INFORMATION

The SCRIP program is one of the easiest ways to meet your \$150 fundraising minimum for the Fall & Winter Season (\$60 for Spring & Summer).

Basically, families purchase gift cards for stores and receive a percentage of each gift card purchase back in the form of fundraising dollars. There are a few families currently receiving over \$100 and more from this program.

In addition, once families have met their fundraising minimums, all dollars raised through SCRIP are deposited into their family fund accounts and can be used for swim tuition and meets fees.

If you have questions, please reach out to Halina Puzsisz at 262.497.1272 or via email at hbp0691@gmail.com.

Take advantage of this easy opportunity and try SCRIP today! Detailed information can be found on our website. Here are the upcoming order and delivery dates:

Order by	Delivery on
June 11	June 14
June 25	June 28
July 9	July 12
July 23	July 26

NEXT PARENT BOARD MEETING

The next meeting will be held June 19th, beginning at 6:00 p.m. Location is TBD and will be posted here when pool schedules are finalized. All parents are welcome to attend parent board meetings.

MEET DEADLINES

If you would like to enter your swimmer in meets, please email Coach Neil at south.eastern.aquatics@gmail.com. Be sure to open a Meet Escrow Account if you attend meets that charge for events.

Date	Meet	Deadline
June 9	Tri-dual	June 7
June 23-24	Summer Sizzler	June 13
July 6-8	Seahawk Invite	May 20
July 7-9	LAKE WGLO	TBA
July 13	Dual w/OZ	TBA

NOAH'S ARK TRIP AND KENOSHA KINGFISH OUTING

We'll be heading to Noah's Ark on June 20th!

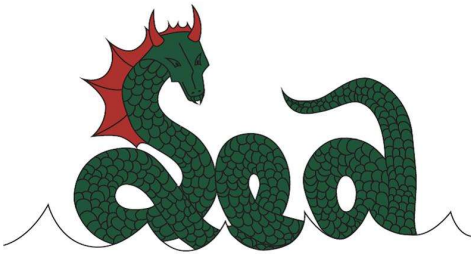
The plan is to meet in the Sealed Air YMCA parking lot at 7:00 a.m. on June 20th. We'll depart by 7:15 a.m. and caravan to the park. We will spend the day riding all the cool rides and hanging out in the wavepool and then caravan back to Sealed Air at 5:00 p.m. All families and swimmers are invited. \$20 per ticket.

Attending: Zarah Herron, Arteaga children, Rachel Christensen, Coach Katie, Coach Neil, Sarah Foster and three children, Miller x2, Bergemann x5, Coach Alyssa, Cerny x3

The Kenosha Kingfish game is scheduled for Friday, June 30. The order form for tickets can be found on the home page of our website. Deadline to order tickets is June 9th!

HAPPY JUNE BIRTHDAY

Nolan Barrett, Callie Klepp, Tia Ricchio, Tim Riegelman, Jordan Stouffer, and Stephanie Strange.



Our first team logo designed by Deneen Winchester back in the 80s.

Contact Us

South Eastern Aquatics

Racine Family YMCA Swim Team

725 Lake Ave.

Racine, WI 53403

262.898.4766

south.eastern.aquatics@gmail.com

www.sea-y.org

@SEAWisconsin