

**SHORT COURSE
SEASON**

2025-2026



ROCKY MOUNTAIN

RAPIDS

SWIM TEAM

Welcome to the 2025-2026 Short Course Season...

The registration packet contains everything you need to know (almost everything) for the SC season.

1. Group Assignments
2. Group and Registration Fees
3. Group Descriptions
4. Meet Schedule
5. Practice Schedule
6. Equipment Needs
7. Sponsorship Opportunities
8. Volunteer Opportunities

There is a lot in the packet! And many ways to get it! You can download from this email, from the team website or from the social media channels.



Rapids will be returning to the Pine Creek Natatorium for all our practice. The Board and coaching staff have made a commitment to keeping the team together in one location, but if team size warrants, we will add back Liberty.

The Registration Process: For those who have not done this recently, here is a short primer on how to register through TeamUnify.

- Log-in to your teamunify account
- Select the REGISTRATION ICON on the main page
- Follow the prompts and be ready to make payment.
- After you complete registration, make sure to update all necessary information
 - Medical Forms
 - Apparel Sizes
 - Cell and Cell Carrier
 - Swimmer Picture

Once you have completed registration you are done for the time being. USA Swimming registration will be processed by the team.

Group Assignments: If you have a question about your swimmer(s) group assignment, please contact headcoach@rockymountainrapids.org.

This season Rapids will be hosting meets at PCHS. Please look for further information on helping.

PARENTS: WE NEED YOU. If you are interested in becoming an official with USA SWIMMING, please take a look at this link. USA SWIMMING OFFICIALS. If officiating isn't for you, we have some options. If you'd like to volunteer, please reach out to Galen Thorp, our Volunteer Coordinator, at volunteers@rockymountainrapids.org to discuss what you'd like to do (a lead role, a supporting role, or other). He'll be happy to add you to the Volunteer Committee.

If you have any questions about the registration process or Rapids, please reach out to admincoach@rockymountainrapids.org or headcoach@rockymountainrapids.org.

Welcome Back Rapids!

Your Enthusiastic Coaching Staff and Board

ROCKY MOUNTAIN RAPIDS GROUP ASSIGNMENTS

If your swimmer is not listed in a group,
or not in the group you expected,
please contact:
headcoach@rockymountainrapids.org

1
class

Eva Biewenga
Jesiah Clinton
Mia Fish
Tony Hoang
Tyler Hoang
Hayes Liebowitz
Emerson Moore
Julie Trimble

2
class

Jacob Ackerley
Jax Clinton
Sawyer Greer
Dalton Gruzinski
Aubrey Haddock
Thora Hale
Theia Hoversten
Blake Johnson
Ella Kersten
Aurora Kesterson
Patrick Lidington
Jace Maxwell
Natalie McDermott
Bryson Miller
Audrey Miller
Colton Pflaumer
Max Pugsley
Joshua Qesteri
Garrett Ryneerson
Justus Smith
Matthew Stettler
Samantha Thannisch
Camille Thorp
Avery Trujillo

3
class

Arielle Christian
Desmond Hardy
Ryder Horner
Lauryn Igana
Caroline Kersten
Axel Kersten
Jaden Langley
Maverick Liberman
Tripp Liberman
Elena Pugsley
Hannah Roberts
Uriah Sanchez
Asa Smith
Alexa Taylor
Elise Thorp

SENIOR
BRONZE

Gavin Barfuss
Sandy Bautista
Claire Bringard
Jude Bringard
Grant Dahl
Aleah Evans
Daniel Golovich
Penelope Goss
Ali Kelly-Caulfield
Liam Parslow
Emma Nelson-Kuhns
Michael Lowery
Sophie Lyon
William McConnell
Jenna Nelson
Brayden Schaaf
Kent Smiley
Keelin Sneller
Cole Sohn
Trevor Spillar
Autumn Swift
Livy Vitt
Tatum Winslow
Abigail Wiehe

Swimmer group assignments are evaluated on a continuing basis.
Group changes are usually done in September, December/January, April and June.
Additional group adjustments may be made at the discretion of the coaching staff.

ROCKY MOUNTAIN RAPIDS GROUP ASSIGNMENTS



Avery Ashcraft	Asher Horner
Gabe Biewenga	Ella Jacobs
Colton Castillo	Joshua McCauley
Faith Clayton	Luke McDermott
George Cowles	Brendan Park
Sydney Dew	Ellie Ruskin
Audrey Floyd	Sophia Sanchez
Kayden Goodin	
Dominic Hardy	



Madison Alexander	Max Donaldson	Aliana McKay
Taylor Alexander	Natalie Gentz	Ben Roberts
Emma Ayarza	Jacob Gordon	Sofie Ruskin
Kevin Boska	Averie Gross	Jack Rymer
Kayla Bourgeois	Megan Havenar	Mackenzie Seabaugh
Sam Castillo	Harper Hudson	Helen Wan
Josh Clayton	Cayson Kastl	
Ezra Coffman	Ryder Liberman	

GROUP DEFINITIONS:

CLASS 1: The goal of Class 1 is to develop skills in all four of the competitive strokes. Practices will focus on skill development and building endurance for all four strokes in a fun atmosphere. This group is the first level of the competitive team and typically consists of swimmers who are in their first few years in the sport. **Prerequisites:** Swimmers ages 6 to 10, must be able to swim 25 yards of both freestyle & backstroke to join this group. **Schedule:** Practices are offered Monday - Thursday and swimmers are encouraged to attend as often as their schedule allows. **Competition:** Swimmers are encouraged to compete in meets with coach's permission.

CLASS 2: The goal of Class 2 is to further refine each swimmer's ability in all the different strokes, starts, and turns. Swimmers in this group are introduced to the concept of interval training by doing longer practice sets to build endurance. Swimmers are expected to develop good practice habits and will begin to learn additional training concepts that are utilized at the higher levels of our team. **Prerequisites:** Swimmers must be able to perform a racing start off the block, perform backstroke and freestyle flip turns, and must be competent in at least 3 of the 4 strokes, with basic knowledge of the 4th stroke. **Expectations:** Swim each event offered in their age group during the season, aiming to complete the IM Ready or IM Xtreme events from USA Swimming. **Schedule:** Practices are offered Monday- Friday and swimmers are encouraged to attend 3 or more practices per week. **Competition:** Swimmers are highly encouraged to compete in team approved meets.

CLASS 3: Class 3 is designed for our top 13 & under swimmers. Emphasis is placed on continuing to improve skills and stroke technique, while increasing training intensity. Swimmers in this group strive to achieve Silver State or faster qualifying times. Members of this group are expected to have consistent practice attendance (inline with coach standards) and demonstrate leadership to the other members of the age group team. **Prerequisites:** Minimum 9 years of age, who are competent in all 4 strokes and multiple distances. **Expectation:** Swim each event offered in their age group during the season, aiming to complete the IM Ready or IM Xtreme events from USA Swimming. Swimmers should attend a minimum of 4 days per week. Demonstrate knowledge of workout rules and expectations with consistent practice attendance. **Schedule:** Practices are offered Monday-Saturday (when a meet is not offered). **Competitions:** Swimmers compete in all types of meets attended by Rapids

SENIOR BRONZE: This group consists of swimmers transitioning from age group to High School and Senior level swimming. Training in this group is planned to meet the individual swimmer's needs as much as possible. The skills and training emphasized in this group will help prepare them for competitive success at the Silver State and Regional levels of swimming as well as middle school and high school competition. Swimmers in this group are encouraged to be leaders for the younger age group swimmers by encouraging teamwork and contributing positively to the team's pursuit of excellence. **Prerequisites:** Age 13 & above. **Schedule:** Practices are offered Monday - Saturday. **Competition:** Swimmers compete in all types of meets attended by Rapids

SENIOR SILVER: Senior Silver Group consists of swimmers age 13 and older. Training in this group is structured around the individual athlete's goals. Team members in this group are striving to be successful at the high school, state, zone, sectional and national levels. **Prerequisites:** Age 13 & above. Ability to swim all events offered in their age group. Practice attendance expectations are set by the coach at the beginning of the season. Placement in Senior Silver is a privilege not a right. Athlete's will be challenged to train at a high level on a daily basis. Swimmers who do not meet practice expectations may be moved. **Schedule:** Practices are offered 6+ times per week. **Competition:** Swimmers are recommended to compete in all types of meets attended by Rapids.

SENIOR GOLD: Senior Gold Group is our highest training group and consists of swimmers high school age and above. Training in this group is structured around the individual athlete's goals. Every swimmer is expected to contribute positively to the team's pursuit of excellence. Team members in this group are striving to be successful at the Regional and National level. **Prerequisites:** High School age (younger swimmers may be added by coach invite.). Ability to swim all events offered in their age group and to complete the IM Ready or IM Xtreme events from USA Swimming. Consistent practice attendance is required (set by coach at beginning of the season). **Schedule:** Practices are offered 6+ times per week. **Competition:** Swimmers are expected to compete in all types of meets attended by Rapids. **Expectations:** Attend all offered practices (or be excused by the head coach). Have or be working toward state level or higher cuts. Placement in Senior Gold is a privilege not a right. Swimmers who do not meet expectations may be removed from the group.

PRACTICE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLASS 1	5:00-5:45pm	5:00-5:45pm	5:00-5:45pm	5:00-5:45pm	XXX	XXX
CLASS 2	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	XXX
CLASS 3	5:00-6:30pm	5:00-6:30pm	5:00-6:30pm	5:00-6:30pm	5:00-6:30pm	9:00-10:30am
SENIOR BRONZE	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm	6:00-7:30pm	9:00-10:30am
SENIOR SILVER	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm	6:30-8:00pm	9:00-11:00am
SENIOR GOLD	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm	6:30-8:00pm	9:00-11:00am

MEET SCHEDULE

Date	Meet	C1	C2	C3	Senior Bronze	Senior Silver	Senior Gold	Location
9/19	RPDS Senior Meet*			X	X	X	X	Pine Creek HS
9/20	RPDS 14&Under Single Age*	X	X	X	X	X		Pine Creek HS
9/27	Falfins Short Course Series #1	X	X	X	X			Rampart HS
10/10-12	COSA Gian-Luc Fall Open	X	X	X	X	X	X	Air Force Academy
10/25	Falfins Short Course Series #2	X	X		X			Rampart HS
10/25	Jeffco Grand Prix Invite**			X	X	X	X	Arvada, CO
11/14-16	RPDS HP Open*	X	X	X	X	X	X	Pine Creek HS
11/21-23	RAFC Almost Turkey Meet**	X	X	X	X	X	X	Rosen Aquatic Center, Orlando, FL
12/5-7	Pioneer Open**			Qualifiers ----->				Denver University
12/10-13	Junior Nationals West**					Qualifiers ----->		UofTexas, Austin
12/12-14	Falfins Holiday Open	X	X	X	X	X	X	Air Force Academy
1/10	Falfins Short Course Series #3	X	X		X			Rampart HS
1/9-11	Jeffco Narwal Open**			X	X	X	X	Arvada, CO
1/23-25	TOPS Open**			Qualifiers ----->				Denver University
2/8	Falfins Short Course Series #4	X	X	X	X			Rampart HS
2/13-15	RPDS Championship Kick-off*	X	X	X	X	X	X	Pine Creek HS
2/20-22	CSI Senior State**					Qualifiers ----->		Denver University
2/27-3/1	CSI 14&Under State**			Qualifiers ----->				VMAC, Thornton
3/6-8	CSI Silver State**			Qualifiers ----->				Denver University
3/14-15	Zone 5 Championships	X	X	X	X	X		Cheyenne Mountain AC
3/26-29	4 Corners Speedo Sectionals**					Qualifiers ----->		TBA

Key:

*

**

X

All Qualifiers----->

= Meet is hosted by Rocky Mountain Rapids -- ALL PARTICIPATING families must provide a volunteer for each session they have a swimmer competing

= Travel Meet - Families are to make their own travel arrangements

= Highly recommended meet for all swimmers in that group; Coach will sign up all uncommitted swimmers for team hosted meets

= Meet is not for swimmers in that group; contact your coach for an exception if entry is desired.

= There are qualifying time standards that swimmers need to have achieved to compete in this meet

Please Note: Meet dates and/or facilities may change depending on the host team. We will notify of any changes as soon as we learn about them.

TEAM FEES

	Monthly Swim Fee 1st Swimmer	Monthly Swim Fee 2nd Swimmer	Monthly Swim Fee 3rd Swimmer	Monthly Swim Fee 4th+ Swimmer
Class 1	\$ 118.00	\$ 106.00	\$ 100.00	\$ 94.40
Class 2	\$ 154.00	\$ 139.00	\$ 131.00	\$ 123.00
Class 3	\$ 174.00	\$ 157.00	\$ 148.00	\$ 139.00
Senior Bronze (HS **)	\$ 192.00	\$ 173.00	\$ 163.00	\$ 154.00
Senior Silver (HS **)	\$ 200.00	\$ 180.00	\$ 170.00	\$ 160.00
Senior Gold (HS **)	\$ 200.00	\$ 180.00	\$ 170.00	\$ 160.00
USA Swimming Outreach Program (Upon Approval)	50% Off Scheduled Monthly Swim Fee			
Additional Fee's – Required for ALL swimmers	Total			
Annual Club Membership Fee 9/1/25 – 8/31/26	\$120.00			
Annual USA Swimming Membership Fee	\$85.00			
2025-26 Misc. Fees	Total			
Rapids Local Meet Entry Fee	\$10.00			
Rapids Outside Of Colorado Springs Meet Entry Fee	\$20.00			
Rapids Out Of State Meet Entry Fee	\$75.00			
Account Continuation Fee - Monthly (See Below)	50% Swim Fee			
Account Reactivation Fee (See Below)	\$120.00			
USA Swimming/CSI Swimmer Transfer Fee	\$100.00			
Late Payment (Not Paid By The 15th)/Declined CC/Returned Check Charge	\$25.00			

Outreach membership is available for low income families. Please contact the administrative coach for more information.

- Outreach Qualifications:
 - Low income
 - Free/Reduced Lunch
 - Medicaid
 - CPA+
 - Adnt'll ways may be available

**** Senior High School Swimmers:** If you choose to compete and practice for your High School Team, we will credit your monthly dues by 50% for two months (Girls: Dec/Jan. Boys: Mar/April). We still encourage you to practice with Rapids during that time whenever possible.

Multi-Swimmer Discount: 1st (Highest Level) Swimmer will pay the full dues. The next highest will have a 10% discount/month. The next highest swimmer(s) in a family will have 15%, and 20% discounts appropriately.

Withdrawl Procedure: Notice must be provided via email to the Administrative Coach by the 15th day of month to withdraw for the next month. If a withdrawl notice is received after the 15th day of the month, then the monthly dues will still be collected for the following month as described above. Proration of the swim fees will be at the discretion of the Administrative Coach.

Account Continuation Monthly Fee: If a swimmer would like to take a month, but no more than two, off from Rapids, you may hold your space on the team for the Account Continuation Fee to be billed monthly until you return.

Account Reactivation Fee: If a swimmer would like to return to Rapids after taking several months off, assuming there is available space in their training group, an Account Reactivation Fee will be applied to the swimmer's account upon rejoining.

EQUIPMENT NEEDS BY GROUP

	FINS	KICKBOARD	PULL BOUY	SNORKLE	TEMPO TRAINER
CLASS 1	YES	YES	NO	NO	NO
CLASS 2	YES	YES	YES	YES	NO
CLASS 3	YES	YES	YES	YES	NO
SENIOR BRONZE	YES	YES	YES	YES	OPTIONAL
SENIOR SILVER / GOLD	YES	YES	YES	YES	OPTIONAL

ROCKY MOUNTAIN *RAPIDS* SPONSOR PACKAGES

PREMIER SPONSOR

Benefits of ALL Sponsor packages plus:

- Announcements at the start of every hosted swim meet.
- Exclusive "Premier Sponsor of Rocky Mountain Rapids".
- Business logo on our team t-shirt, given to every swimmer at registration, plus a complimentary shirt and signed team cap.

\$1,500

CHAMP TEAM SPONSOR

All benefits of Platinum Sponsor plus the following upgrades:

- Business logo to be on our Championship Team shirts. Championship sponsors will receive a complimentary shirt and signed team cap.

\$1,000

PLATINUM SPONSOR

All benefits of Gold Sponsor plus the following upgrades:

- Opportunity to distribute marketing materials, or other items displaying your company's logo at hosted swim meets.
- Signage and other forms of recognition, at hosted meets and events.

\$500

GOLD SPONSOR

- Business ad or logo will be placed in everything Rapids publishes.
- Recognition at all hosted meets and events.
- Logo on the Rocky Mountain Rapids website with a hyperlink to your company's website

\$250

FRIENDS & FAMILY

Available for parents, grandparents, and friends who wish to support their swimmers with a spirit or good luck ad. Photos are allowed and design help is available. Pricing is as follows for ads in our hosted swim meets and the annual team banquet program

- \$250 - 8 1/2 x 11 ad
- \$100 - 5 1/2 x 8 1/2
- \$50 - 4 1/4 x 5 1/2
- \$25 - business card

\$25 - \$250

IN-KIND SPONSOR

In-kind donations of goods and/or services that would be incurred as operating expenses in the normal course of business by the Rocky Mountain Rapids Swim Team are always welcome and greatly appreciated!

- To qualify for a level sponsor, the donation must have a retail value of 25% higher than the desired level.

VALUE IN-KIND

We are thankful that you are interested in becoming a sponsor of the Rocky Mountain Rapids Swim Team a 501(c)3 non-profit youth sports organization. This sponsorship program provides an opportunity for community businesses and leaders like you to help strengthen our team by providing necessary funding to ensure the success of our athletes. Your contribution will provide our athletes access to vital training tools such as facility rental, equipment enhancements and other team building enrichment opportunities.

Your investment in the success of these swimmers is an investment in our community's future! For more information, or to become a sponsor please contact Bob Jenkyns at admincoach@rockymountainrapids.org

Please email a logo or ad artwork to admincoach@rockymountainrapids.org

ROCKYMOUNTAINRAPIDS.ORG

ROCKY MOUNTAIN



VOLUNTEER OPPORTUNITIES

If you're interested in volunteering for anything listed here (or anything else), we'd love to hear from you. Please email Gna Kersten, our Volunteer Coordinator, at volunteers@rockymountainrapids.org to discuss what you'd like to do (a lead role, a supporting role, or other). She'll be happy to add you to the Volunteer Committee.

SWIM-A-THON COMMITTEE

The Swim-A-Thon committee works with the Administrative Coach to prepare, market and run the annual swim-a-thon.

Duties include:

- organizing the kickoff
- securing prizes via donation or purchase
- organize day of event in coordination with coaching staff

FUNDRAISING COMMITTEE

The Fundraising Committee works to create fundraisers (other than swimathon). This includes dinner nights at local restaurants, working local events and other activities to increase team revenue. Coordinate with the Treasurer and Fundraising Chair to align to fundraising targets

MEET HOST COMMITTEE

The Meet Host Committee works with our Meet Director to create and hold the best meets in Colorado!

- Head Table
- Timing
- Concessions
- Awards
- Sponsors
- Hospitality

TEAM EVENTS COMMITTEE

The Team Events Committee is the social and party committee for the team. This committee works to create and host team events (away from the pool).

- Movie Nights
- 4th of July Bash
- WaterWorld
- Carnival Meet
- Halloween Party & more

BANQUET COMMITTEE

The Banquet Committee works with the Head Coach to select a location, date and time for our annual awards banquet. The annual banquet should be scheduled for the end of the Short Course Season.

The Team Events committee handles the Summer Party.

PARENT GROUP REPRESENTATIVES

- Support incoming and existing families with questions, meet registration, introduce to other families/swimmers on the team, volunteer opportunities, how meets work, etc.
- Collaborate with the Volunteer Coordinator to align and share ideas between Parent Reps

Rocky Mountain Rapids Swim Team is a 501(c)(3) nonprofit organization, many volunteer opportunities can also count for needed service hours. Students/swimmers may volunteer for ROTC, NJHS, NHS etc hours. Contact Coach Kent for signatures.

ROCKYMOUNTAINRAPIDS.ORG