



# WEEKLY SPLASH

Update for the week of **12/16/2024**

What a **GREAT** weekend by our swimmers at the Bulldog Invite. Truly amazing watching best time upon best time, some great kids, great families and fast swimming. Let's go **RAPIDS!!!!**

## **SCHEDULE CHANGES FOR THE WEEK**

**Saturday 12/14** Novice practice is canceled due to the Santa Classic.

## **CHRISTMAS WEEK SCHEDULE**

Yes we will have practice, I'll have the schedule finished shortly.

## **SANTA CLASSIC**

Girl's session times remain the same. Boys are moved a little later. Boys warm ups are now 1pm. This will allow for less overlap of the sessions, allowing spectators easier access to parking and the facility.

## **SWIM MEETS UPDATED**

We have added our last meet of the season. A trials/finals meet at MIT, March 21st-23rd. More information to come on this meet at one of the best pools in New England. A swimmer's season finishes up in March with their last meet.

## **FITTER & FASTER**

We've had a great response to our first Fitter & Faster Camp in a few years. Don't miss out if you're interested. Get in some tune ups before our big February & March meets.

**January 31:** 13 & over: Explosive Starts, Underwaters & Breakouts

**February 1:** 12 & under: Explosive Starts, Underwaters & Breakouts

**February 2:** 13 & over Faster Flip Turns, Open Turns & Finishes & 12 & under: Faster Flip Turns, Open Turns & Finishes

**12 & under swimmers:** [CLICK HERE for details and registration](#)

**13 & over swimmers:** [CLICK HERE for details and registration](#)

# RAPIDS SWIM TEAM