

WEEKLY SPLASH

Update for the week of **6/9/2025**

I wish I had better news on Masuk but I am hopeful for a midweek return to that pool. The Masuk/Shelton practice shuffle continues. I will update Masuk's status on Tuesday night.

SCHEDULE CHANGES

Monday 6/9: Senior 1 is canceled, Senior 2 can practice 3:30-5 (no dryland). Novice will practice 6-7 and Juniors 7-8:30 all at the SCC.

Tuesday 6/10: Juniors are canceled. All SCC practices are on as normal.

Saturday 6/14: All practices are canceled due to the RYWC Meet.

****Any practice not listed as changed is on as normal****

COLLEGE RECRUITING TALK

We are proud to announce that the Rapids will be hosting The Head Coach for Sacred Heart's Division 1 Women's Swim Team, John Spadafina. Coach John will walk us through swimming in college. John, who is an expert in the field of college swimming, is a friend of the Rapids, as well as a former Rapids coach.

This presentation is open to all Rapids families. Senior swimmers are encouraged to attend with their parent(s). Any Junior or Novice swimmers do not need to attend (but can), parents of all swimmers are welcome to come and be part of what will be a very informative discussion.

DATE: Monday June 9th

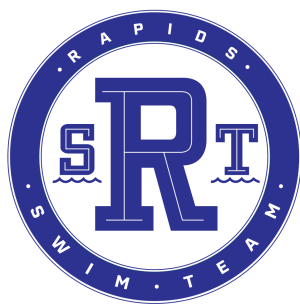
TIME: 6PM

LOCATION: Shelton Community Center

MEETS

- **Open Water Championships** and **WHAT** July Trials/finals deadline is June 12th.
- **Rapids 8/U** July meet deadline is June 26th.

RAPIDS SWIM TEAM



SAVE THE DATE

Sunday July 20th - tentatively 4pm - Our famous end of year pizza party and relays at Lakewood. More info to come, open for all Rapids families.

The can't miss event of the summer!!!

Article: [3 Things Student Athletes Should Do When Selecting A College](#)



RAPIDS SWIM TEAM