

WEEKLY SPLASH

Update for the week of **6/16/2025**

A tremendous turnout last week for our College Recruiting talk with Sacred Heart's Head Swimming and Diving Coach. Coach John brought great insight into the recruiting process. For those who couldn't make it, the presentation will be posted to our website under the season info tab later this week. A great job this weekend as our swimmers got to swim outside in Brookfield, dodging some raindrops and braving the less than stellar weather.

SCHEDULE CHANGES

Thursday 6/19: All Junior and Senior practices are canceled due to the Zeus Juneteenth meet.

Friday 6/20, Saturday 6/21 and Sunday 6/22: All practices are canceled due to the Destination Athlete Meet.

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

MCCANN/MILFORD SCHEDULE UPDATE

The McCann pool will be closed for some quick maintenance this week. Milford swimmers will follow this schedule at the Woodruff YMCA.

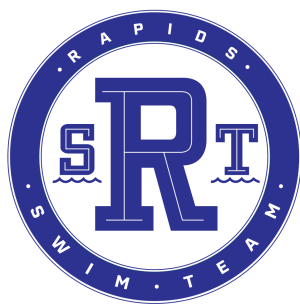
	Monday	Tuesday	Wednesday	Thursday
Novice	5:30-6:30	5-6	5:30-6:30	5-6
Junior	6:30-8	6:30-8	6:30-8	OFF

- All seniors will swim with Senior 2 Monday-Wednesday in Shelton, schedule is on the website.
- No practice for any groups Friday-Sunday due to meets.

MEETS

- **Open Water Championships** and **WHAT** July Trials/finals deadline was June 12th. If you still need to be added/removed, email Coach Chuck **ASAP**. The entries are posted for you to check. If you don't see your name on the entry you are not entered. The WHAT meet will be the end of season "Championship" meet for the majority of our swimmers.
- **Rapids 8/U** July meet deadline is June 26th.

RAPIDS SWIM TEAM



SAVE THE DATE - The can't miss event of the summer!!!

WHEN: Sunday July 20th from 4pm-8PM

WHERE: Our famous end of year pizza party and relays at Lakewood.

WHAT: Relays followed by pizza, raffles and a lot of fun.

WHO: Open for all Rapids families.

NOTE: The season will end with this event for the majority of our swimmers.

SUMMER SCHEDULE

Our summer will go into effect on Monday 6/23. Look out for an email with more updates.

Article: [12 Things You Learn Becoming a Swim Parent](#)



RAPIDS SWIM TEAM