

# WEEKLY SPLASH

Update for the week of **6/30/2025**

Our spring/summer season is in its home stretch as we head into July and to end off June. What a day at Quassy for the Rapids - **WOW!!!** First some tremendous open water racing and then the fun really began with over 60 Rapid family members and Rapids of all ages converging on the park for some family fun on a Saturday afternoon. I hope everyone got to see the pictures on Instagram. The Rapids truly swam **FAST** and had a **BLAST!!!**

- The SCC is open again after its week-long closure.
- The summer schedule begins for all Milford groups on Tuesday 7/1.
- We still need some senior help on Tuesday evening at the meet. It will be a quick meet, so please sign up to volunteer.

## SCHEDULE CHANGES

**Tuesday 7/1** - All Novice are canceled and Senior 2 practice at the SCC are canceled due to the Rapids 8/U meet. Any senior 2's can practice at Brownson with the Senior 1's.

**Friday 7/4** - All practices are canceled for the 4th of July.

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

## OPEN WATER WRAP UP

The Rapids were doing some lake cruising on Saturday as our 11/12 boys swept the top 3 spots, Hunter Eannotti (1st), Matteo Rubio (2nd) and Hayden Kalb (3rd). Joey Nizzardo finished 1st for 19/O boys and Lauren Clark (1st) and Tara Mladsí (2nd) were the top 2 finishers for 19/O girls and Connor Whitehead (2nd) crushed the mini-mile. Many Rapids successfully competed for the first time and many Rapids earned top 16 times - a great day for the Rapids!!!!

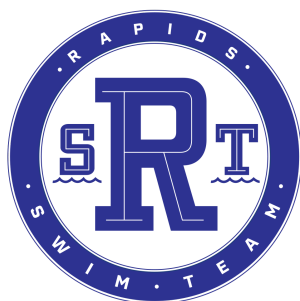
## 14/U AGE GROUPS

Is posted and open for sign up. List of qualifiers as of today - [HERE](#).

- Relays are still being decided. Relay Only Swimmers do not get bonus swims this year.
- Bonus events are allowed using the following ratios. Bonus events **MUST** be 200M or less.

Make 1 event – Swim 2 bonus / Make 2 events - Swim 1 bonus / Make 3 events or more - NO bonus

# 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.

### **SATURDAY PRACTICE SCHEDULE**

	<b>7/5</b>	<b>7/19</b>
<b>All Seniors</b>	10-12 @ McCann	9-10:30 @ SCC
<b>All Juniors</b>	9-10:30 @ SCC	10:30-12 @ SCC Just swimmers competing at Age Groups
<b>All Novice</b>	10:30-11:30 @ SCC	OFF

- Last Novice practice will be Thursday 7/17 & last Junior practice will be Friday 7/18
- Practice for swimmers competing at Age Groups will continue after these dates.

### **CROCS**

We have a misplaced pair of white crocs. A senior at the morning practice picked up the wrong pair of white crocs. A swimmer is missing a pair of size 12 white crocs, he has a pair of size 10-12 white crocs that are not his. If your senior swimmer has white crocs and attended morning practice this week, please check their croc size.

### **CHAIRS**

I made it to quiet a few practices last week and will be making the rounds again this week as my schedule allows. Please don't worry if you are away, just like the towels, caps and t-shirts swimmers get, we will get you your chair. You do not need to email me to reserve your chair, I have a list.

### **SAVE THE DATE part 2**

July 15th, 4pm-8pm, the Rapids will be hosting a fundraiser at Chipotle on 701 Bridgeport Ave, Shelton. All proceeds go towards our Swim Across The Sound Teams. Have dinner and help raise funds to fight cancer. More info to come.

# **RAPIDS SWIM TEAM**