WEEKLY SPLASH

Update for the week of **7/7/2025**

WOW, do we actually have a normal week? It's been a long summer of pool closures. All pools are currently open and I hope everyone enjoyed some family time this weekend. Our summer schedule is in full swing. With summer comes afternoon thunderstorms. For those swimmers swimming in the afternoon (especially outside) be aware that thunderstorms can just pop up and practices can be affected without much warning.

SCHEDULE CHANGES

Saturday 7/12: All practices are canceled due to the WHAT meet.

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

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

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.
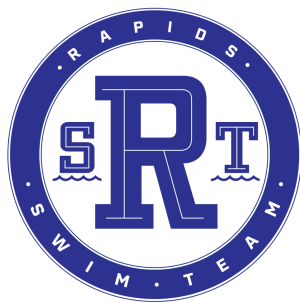
WHO: Open for all Rapids families.

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

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 12-14 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 recently, please check their croc size.

RAPIDS SWIM TEAM

CHAIRS

I will be at Lakewood Monday at about 6:30, handing out chairs. Swing by if you still need one.

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