

# WEEKLY SPLASH

Update for the week of **7/14/2025**

**GREAT** meet to end the season for the Rapids, the kids worked so hard all season and it was great to see it come together like it did this weekend up at Cornerstone. The coaches are so proud of the work the kids put in all season and the way they rose to the occasion at their big end of season meet.

The Novice look like different swimmers from their first practice way back in April and the Juniors - **WOW** they have become really impressive. A culminating/championship end of season meet is supposed to show all those things and this one checked all those boxes.

A **HUGE** shout out to all of our officials who worked this weekend. The WHAT team who hosted the meet was very impressed with all of our officials - thank you. Thank you also to our parents who timed, drove and sat in the bleachers. It was an early start and a couple of long, hot days but we would not have been as successful without you.

**GOOD LUCK** to all of our swimmers who are still competing at USA Swimming Future Championships in Greensboro and CT Swimmings 14/Under Age Group Championships at Wesleyan and to the swimmers headed to the EZ 14/Under Age Group Championships in Richmond.

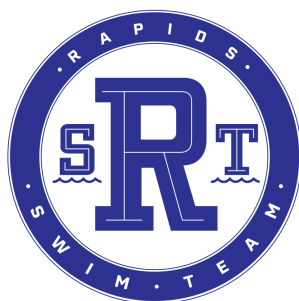
## OPEN WATER RESULTS

The Rapids swam **AWESOME** at CT Swimming's Open Water Championships back on June 28th. So many first timers, to go along with a great core of veterans. The Rapids men finished 2nd overall, our women finished 3rd overall and as a team the Rapids finished 2nd overall - **GREAT JOB** everyone!!!!

## Chipotle Swim Across The Sound Fundraiser

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. I will send a separate email on Monday with a flyer that you **MUST** bring with you for the Rapids to get a %.

# RAPIDS SWIM TEAM



### **SCHEDULE CHANGES**

- Shelton/Monroe Seniors - normal practice all week
- Shelton/Monroe Juniors & Novice - the 10:45AM practice at the SCC will no longer be offered as we start to wind down the season. The Lakewood practices are still scheduled.
- Milford (Woodruff & McCann) practices are on their normal summer schedule with the exception of the Friday Junior practice at Woodruff. The Friday Junior practice at Woodruff is canceled.

### **SATURDAY PRACTICE 7/19**

**Age Group practice** will be held at the SCC from 10:30-12, this practice is only for Junior swimmers competing at Age Group Championships.

**Seniors** will practice on Saturday 9-10:30 at the SCC

### **END OF SEASON PIZZA PARTY AND SWIMMER FUN RELAYS 7/20**

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

The email went out the other day - please make sure to RSVP.

### **CHAIRS**

If you haven't gotten a chair yet and yes they looked pretty awesome this weekend taking over a good portion of the pool deck. Chairs can be picked up at the pizza party.

### **SCHOLAR ATHLETE AWARDS**

For our high schoolers who have completed 10th, 11th or 12th grade. Click [HERE](#) for the application and information. Hard deadline of September 15th.

### **FALL/WINTER SEASON INFORMATION**

Will be out soon - stay tuned!!!

# **RAPIDS SWIM TEAM**