

# WEEKLY SPLASH

Update for the week of **7/21/2025**

**WHAT A PARTY** - Over 300 Rapid family members descended on The Lakewood YMCA in the can't miss event of the year for all Rapids. Fun relays, good pizza and a **GREAT** time for everyone. I love this event!!! It allows a team like us to come together not only as teammates but as friends and family. As a team we represent over 7 different towns and being able to come together as one and have some fun is always important. The perfect way to end a season.

At the end of the day this is still a youth sport team and being able to have fun and make friends goes hand in hand with swimming fast.

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

## PRACTICE UPDATE

**12/U Age Group practice - A swimmer can attend either practice.**

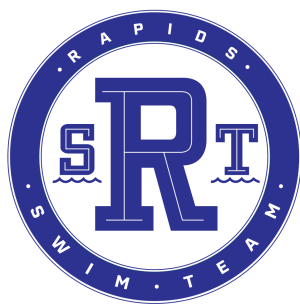
	Monday-Thursday
@ McCann	10:45-12:15
@Lakewood	5-6:30PM

Thursday will be the last practice of the season for our Juniors except for swimmers attending zones.

## Senior 1 & 2 Practice Schedule

Are on a normal schedule this week - all practices are 1 ½ hours. No more 2 hour practices. Milford seniors are invited to swim in Shelton with either senior 1 or 2.

# RAPIDS SWIM TEAM



### **OFFICIALS**

If you think you may sign up and officiate at Age Groups, please consider signing up early. This will help the Rapids when CT Swimming goes to create work assignments. Click [HERE](#).

### **CHAIRS**

If you didn't get to the party for your chair (or towel), have no fear, they will be held on to until the start of next season and you can pick them up with the new swimmers in September.

### **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.

### **Chipotle Swim Across The Sound Fundraiser**

It was a huge success, thank you to everyone who came out to dinner and supported our swimmers for a great cause.

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

Will be out soon - stay tuned!!!



# **RAPIDS SWIM TEAM**