

WEEKLY SPLASH

Update for the week of **5/5/2025**

Our first meet is in the books - **GREAT** job this weekend for the Rapids who competed up at Wesleyan at the CAC Spring Invitational.

SCHEDULE CHANGES

Saturday May 10th and Sunday May 11th - all practices are canceled due to our Rapids hosted meet and the WRAT 13/Over meet.

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

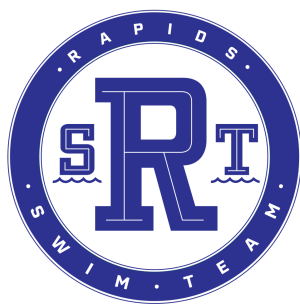
RAPIDS GREAT DUCK PENTATHLON

1. This meet is re-opened for swimmers to declare - final deadline is Tuesday, May 6th.
2. The Jobs and Donations pages will be up shortly. Parents, we will need your help to run a successful meet for our swimmers. Look for an email from Coach Kyle on these.

MEETS

- The Final entries for all **May** meets are posted. No more changes.
- **June** Meet Deadline - June 1st for all June meets to be added/removed. Updated entries will be posted this week.
- **The Destination Athlete Trials/Finals meet** deadline is May 18th - this meet is very full and we need to get them a final count. After May 18th all swimmers are responsible for splash fees and I will not be able to add or remove any swimmers without penalty.
- The **Rapids High School Series #1** on May 21st is open to all Senior 2's and 13/Over Juniors. ARAC and ZEUS will be joining us at our first meet held at the McCann Natatorium. If the timeline allows, we will open it up to senior 1's but in an effort to keep the timeline reasonable we are limiting meets at McCann to certain groups.
- The **Rapids High School Series #2** on June 3rd will open shortly for all Senior 1's.

RAPIDS SWIM TEAM



SAVE THE DATE

On June 9th we are proud to present former Rapids Senior Coach and current Head Coach for Division 1 Sacred Heart Swimming & Diving John Spadafina as he presents "swimming in college". More information to come as we get closer to the date but this is a great opportunity for any Rapids and families to learn about the process of swimming in college from an expert in the field.

WHAT TO DO IF YOU MISSED A MEET DEADLINE

If you missed the deadline for a meet, email Coach Chuck and let him know which meet and which day(s) you would like your swimmer to enter. Watch posted deadlines to know when a meet entry becomes final. Rapids hosted meets become final a couple of days before the meet.

*****Once these deadlines pass, families are responsible for their swimmer's splash fees.

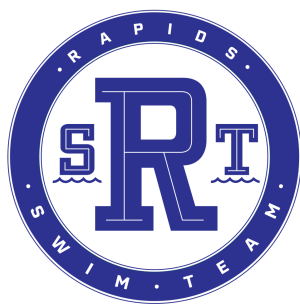
Splash fees are billed monthly and processed automatically through the website with a family's CC that is on file.*****

WHAT TO DO IF YOU'RE SCRATCHING FROM A SWIM MEET?

1. Meet entries become final about 2 weeks prior to a meet. You are responsible for all splash fees once an entry becomes final.
2. Email your Coach, Coach Chuck and Coach Kyle on the email. Coach Kyle handles the timing assignments so if you scratch before the timing assignments come out, you will not receive one.
3. Timing assignments typically come out on Wednesday before the meet. It is YOUR responsibility to find a replacement timer. Coach Kyle includes in the timing assignments how to find a replacement.

Article: [What Swimming Teaches That The Classroom Doesn't](#)

RAPIDS SWIM TEAM



WHY THE WEEKLY SPLASH MATTERS

This newsletter is your go-to source for everything related to our team! It's designed to keep all families informed, organized, and connected while reducing the number of emails flooding your inbox.

Here's why it's important:

- Primary Communication Hub: The newsletter consolidates key information such as practice and meet changes, upcoming events, and team announcements.
- Fewer Emails: By centralizing updates here, we minimize the need for additional emails, keeping your inbox clear.
- Notable Exceptions: Separate emails will only be sent for urgent matters, such as:
 - Emergency updates or weather-related practice changes.
 - Meets signup and declaration deadlines. (The sooner a parent declares, the fewer emails you'll receive.)
 - Direct communication from a primary coach to a specific family regarding swimmer-related matters.

Please make it a habit to review the newsletter regularly to stay updated and informed. Together, we'll keep communication smooth, organized, and effective!

Thank you for being an integral part of our team and staying engaged through this newsletter!



RAPIDS SWIM TEAM