

WEEKLY SPLASH

Update for the week of **5/12/2025**

Happy Mother's Day to all of our **AMAZING** Rapids mothers. I hope everyone enjoyed some nice family time today. Our first hosted meet is in the books - **GREAT** job this weekend for the Rapids who competed up at our own Great Duck Pentathlon and the 13/over WRAT Spring Invitational at Wesleyan. Over the course of this weekend over 100 Rapids competed - **WOW!!!** A huge thank you to all the parents who helped make Saturday's meet a success. We could not do it without a collective effort from everyone.

SCHEDULE CHANGES

Saturday May 17th and Sunday May 18th - all practices are canceled due to the WHAT trials/finals meet.

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

MEETS

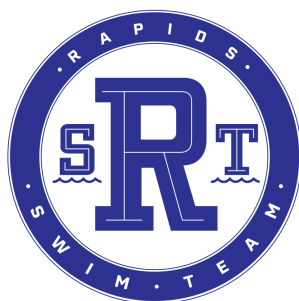
- The Final entries for all **May** meets are posted. No more changes.
- **June** Meet Deadline - June 1st for all June meets to be added/removed.
- **The Destination Athlete Trials/Finals meet** deadline is May 18th - this meet is very full and we need to get them a final count. After May 18th, all 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.

CONNECTICUT SWIMMING OPEN WATER CHAMPIONSHIPS

This meet is open to all Juniors and Seniors. The Rapids were CT Swimming Open Water Champions last summer - let's see if we have what it takes to repeat.

For anyone who has not competed in this event before, it is a lake swim and the map of the course is included in the meet announcement.

RAPIDS SWIM TEAM



MILFORD (McCann) POOL and SCC POOL UPDATES

1. Please be advised that the Natatorium will be closed from Saturday, June 15 through Sunday, June 22. This closure is necessary for Public Works to perform water maintenance and complete a few larger facility projects.
2. The SCC pool will be closed from June 23rd- June 28th for some minor repairs and maintenance.

We are working on a schedule for the displaced groups those weeks - stay tuned.

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 Rapid swimmers and families to learn about the process of swimming in college from an expert in the field.

UPCOMING SATURDAY PRACTICES

	5/17	5/24	5/31	6/7
NOVICE	No	@ SCC 9-10	@ SCC 9-10	@ McCann 10-11
JUNIORS	Practice	@ McCann 10-11:30	@ McCann 10-11:30	@ Masuk 10-11:30
SENIORS	Due to WHAT meet	@ Masuk 10-12	@ Masuk 10-12	@ McCann 10-12

SUNDAY SENIOR PRACTICE @ Velocity in Norwalk, 8 Willard Rd Norwalk

The following Sunday dates and times

5/25 from 7-9AM

6/1, 6/8 and 6/29 from 9-11AM

RAPIDS SWIM TEAM



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: [6 Reasons to Train with a Swim Snorkel](#)

And yes all seniors should have one!!!!



RAPIDS SWIM TEAM