

WEEKLY SPLASH

Update for the week of **5/19/2025**

An absolutely **AMAZING** weekend up at the WHAT Spring Invitational Trials/Finals meet. We had a ton of great swims and a great crew back each night for finals. We've got a busy week this week with a couple of week day meets so please read carefully.

SCHEDULE CHANGES

Tuesday 5/20: **ALL** Novice & Junior practices are canceled due to the 12/U meet in Wilton. Any 13/Over Juniors can practice at McCann from 6:45-7:15pm.

Wednesday 5/21: All senior practices and all practices at McCann are canceled due to the Rapids hosted 13/over meet. Any McCann Novice or Juniors who want to practice may do so at Masuk.

*****See below for our upcoming Saturday/Sunday practices

Any practice not listed as changed is on as normal

MEETS

- **June Meet Deadline** - June 1st for all June meets to be added/removed.
- **LAST CALL** - **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.

BLANCHETTES APPAREL ORDER

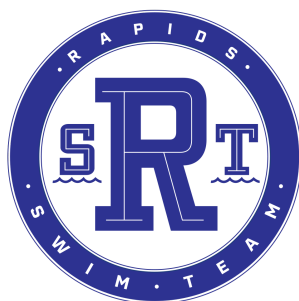
The Rapids Swim Team Spring 2025 online store has been launched.

The direct link for the store is:

<https://blanchettesportinggoods.chipply.com/rapidsspring2025/>

DEADLINE TO PLACE AN ORDER IS Monday 5/19

RAPIDS SWIM TEAM



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.

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.

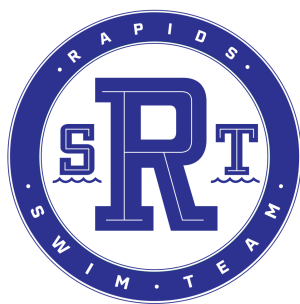
SAVE THE DATE

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

	5/24	5/31	6/7
NOVICE	@ SCC 9-10	@ SCC 9-10	@ McCann 10-11
JUNIORS	@ McCann 10-11:30	@ McCann 10-11:30	@ Masuk 10-11:30
SENIORS	@ Masuk 10-12	@ Masuk 10-12	@ McCann 10-12

RAPIDS SWIM TEAM



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

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.*****

Article: [5 Things for Parents to Avoid When Cultivating Grit](#)



RAPIDS SWIM TEAM