

# WEEKLY SPLASH

Update for the week of **5/26/2025**

Two very successful meets this past week. The 12/unders swam outside in Wilton, with some decent weather and fast swimming. The 13/Overs competed in the first ever Rapids hosted meet at the McCann Natatorium. **GREAT** job by all our swimmers and families!!!

## SCHEDULE CHANGES

**Monday 5/25: ALL** practices are canceled due to Memorial Day - enjoy some family time.

\*\*\*\*\*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.

## TOWELS AND CAPS

**Personalized caps** have been delivered, I will be dropping them off at practices during the week.

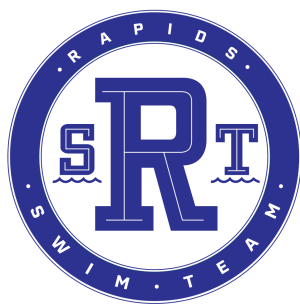
**Rapids Towels** are in and every swimmer will be receiving one. Many already have received them as I made a couple of stops at practices during the week. These towels are part of the team package swimmers receive. Every year swimmers receive a cap and t-shirt. When swimmers first join the team, they receive a car magnet and now new swimmers will be receiving these newly added towels and possibly another exciting item that isn't ready to be revealed yet. When we are at meets, swimmers are expected to wear the caps, t-shirts and use the towels. We should look like a team. My comment to one senior swimmer this week when talking about the towels and T's, I said you don't see Aaron Judge in right field wearing anything other than his Yankee uniform.

## 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

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

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

The following Sunday dates and times: 6/1, 6/8 and 6/29 from 9-11AM

**Article:** [Processed Foods: Friend or Foe?](#)



# RAPIDS SWIM TEAM