

WEEKLY SPLASH

Update for the week of **6/2/2025**

Quiet weekend from a competition standpoint. A lot going on behind the scenes this weekend. The Masuk pool remains down and I will update on Tuesday night with any additional changes.

SCHEDULE CHANGES

Monday 6/2: Juniors and Novice at Masuk are canceled.

Tuesday 6/3: All McCann practices are canceled and all SCC senior practices are canceled due to our Rapids hosted meet at McCann. Masuk Juniors will practice at the SCC 4:30-6 and Shelton Novice will practice as normal at the SCC 6-7.

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

McCann Practice Note

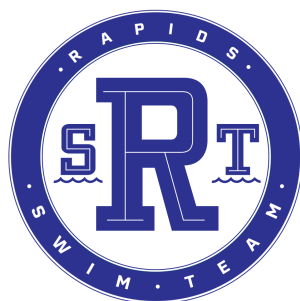
Lessons for Milford are over, we can get in a little earlier on Tuesdays and Thursdays. Starting this Thursday we can move practices to an earlier time. Novice at Woodruff will remain the same.

	Monday	Tuesday	Wednesday	Thursday	Friday
Novice	6:30-7:30	5-6 @ Woodruff	6:30-7:30	5-6 @ Woodruff	OFF
Juniors	6:30-8	6:30-8	6:30-8	6:30-8	6:30-8
Seniors	6:30-8	6-8	6:30-8	6-8	6:30-8

MEETS

- **LAST CALL** - **June** Meet Deadline - June 1st for all June meets to be added/removed.
- **LAST CALL** - Rapids hosted 13/Over meet at McCann. Let me know ASAP if you want to be added. Current meet entry is posted. If your name is not on it then you are not in the meet. This meet is for **ALL** 13/Over swimmers.
- **Open Water Championships** and **WHAT** July Trials/finals deadline is June 12th.
- **Rapids 8/U** July meet deadline is June 26th.

RAPIDS SWIM TEAM



NEW FACES

We are welcoming 3 new coaches to the Rapids.

1. Coach Connor Lui will be joining the Milford staff. Connor is a former Rapid swimmer and coach, currently he is a Social Studies teacher and the Head Girls Swim Coach at Jonathan Law High School in Milford.
2. Coach Taylor Negast will be working with the Senior groups in Shelton. She is a recent graduate of Sacred Heart University. Taylor swam competitively with The Condors Swim Club, Phoenix Swim Club in NY as well as Catholic University in Washington, DC.
3. Coach Michael Shortell will be joining the Masuk/SCC Junior group. Most recently Michael was the assistant Boys Swim Coach for Masuk high School. He is also a counselor at Ansonia Middle School.

As our team grows so does our need for qualified coaches and these 3 will be great fits for our family. They all bring experience and a love of swimming. Please make them feel welcome.

TOWELS AND CAPS

Personalized caps have been delivered. Coaches have them and for any seniors they are in the mailboxes.

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.

MILFORD (McCann) POOL and SCC POOL UPDATES

1. Please be advised that the McCann 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.

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

UPCOMING SATURDAY PRACTICES

	6/7
NOVICE	@ McCann 10-11
JUNIORS	@ Masuk 10-11:30
SENIORS	@ McCann 10-12

SUNDAY SENIOR PRACTICE @ Velocity in Norwalk, 8 Willard Rd Norwalk
The following Sunday dates and times: 6/8 and 6/29 from 9-11AM

Article: [How to Properly Fuel During Training](#)



RAPIDS SWIM TEAM