



WEEKLY SPLASH

Update for the week of **12/30/2024**

Happy New Year Rapids. The big news this week is the Rapids Milford groups are moving into our new facility on Thursday.

SCHEDULE CHANGES FOR THE WEEK

We continue our holiday break schedule on Monday and Tuesday, all groups are off on Wednesday and we return to our normal schedule on Thursday. Our Milford groups has their exciting move into McCann on Thursday.

DAY	DATE	GROUP	TIME	LOCATION
Monday 12/30	12/30	Seniors	10:30-12PM	SCC
		Juniors	10:30-12PM	Masuk
		Novice	12-1PM	Masuk
Tuesday 12/31	12/31	Seniors	10:30-12PM	SCC
		Juniors & Novice	OFF	
Wednesday 1/1	1/1	ALL GROUPS	OFF	

- All Milford practices will be on a normal schedule at Woodruff on Monday 12/30
- Milford practices will be canceled 12/31 & 1/1
- Milford begins their new schedule on Thursday January 2nd.

Milford practice schedule starting January 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Novice	6:30-7:30PM	5-6PM @ Woodruff Y	6:30-7:30PM	5-6PM @ Woodruff Y	OFF	10-11AM
Junior	6:30-8PM	7:15-8:45PM	6:30-8PM	7:15-8:45PM	6:30-8PM	10-11:30AM
Senior	6:30-8:30PM	7:15-8:45PM	6:30-8:30PM	7:15-8:45PM	6:30-8PM	10-12PM

****All practices at McCann Natatorium unless otherwise specified****

RAPIDS SWIM TEAM



2025 USA MEET UPDATES

1. **Stingray Meet** - becomes final January 3rd. After January 3rd families become responsible for all fees. An updated entry is posted. Events may still change once the coaches review them. Remember coaches pick all events for their swimmers.
Please check to make sure your name is on the Stingray entry and for the correct days.
2. **March Meets** - it's a ways off but we will be busy to end the season, please plan accordingly and declare for the correct meets. Age Groups and Seniors have been updated with all information. A swimmers season ends with their last meet in March.
3. **MIT March Madness** - still waiting on more information for this meet.



RAPIDS SWIM TEAM