



WEEKLY SPLASH

Update for the week of 1/6/2024

What a week the Rapids had! The move into a new facility greatly improved life for our Milford groups and a huge turnout for some future officials really impressed CT Swimming. **Lets Go Rapids!!!**

SCHEDULE CHANGES FOR THE WEEK

Friday 1/10: All practices are canceled due to our Distance Meet at the SCC.

***** If a practice is not listed then it is on as scheduled.*****

2025 USA MEET UPDATES

1. **Stingray Meet** - I am able to extend the deadline for this meet for any swimmers to be added or removed without penalty. An updated entry will be posted Monday morning. Please look it over and let me know by Thursday 1/9 of any changes.
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 swimmer's season ends with their last meet in March.
3. **MIT March Madness** - Deadline for Juniors & Seniors to declare for this meet is February 1st.

RST DISTANCE MEET

A donations list and job sign up are posted and active. Thank you for signing up to help.

SCC NOTE

Lessons are starting this week. This will be the last week parents are allowed in the stands until this session of lessons is over. Remember when your swimmer leaves the pool deck and goes into the locker room to change, please exit the stands and wait for your swimmer outside the locker rooms, do not wait for them in the stands. Please do not argue with the lifeguards, many of whom are current Rapids and are just following directions.



RAPIDS SWIM TEAM



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