



WEEKLY SPLASH

Update for the week of **3/10/2025**

GREAT JOB Rapids at 3 different meets over this weekend. We had all ages competing all over the state. Our 10/Unders were showcasing some great swims at Central CT State during CT Swimmings 10/Under Age Group Championships, some of our top seniors were at Wesleyan University for CT Senior Championships and a great group of Novice, Juniors and Seniors were swimming fast and having a blast at the WHAT trials/finals meet at Miss Porters. A challenging but rewarding weekend.

We've had a tremendous response for our tryouts, which means we will be adjusting our practice schedule slightly. Please read the changes carefully. Remember if you are currently on the team you do not need to try out again.

SCHEDULE CHANGES

Monday 3/10: Normal practice schedule except all senior groups will only practice for 1 ½ hours.

Tuesday 3/11: Novice (SCC) is canceled due to tryouts at the SCC.

Wednesday 3/12: Novice (Masuk) is canceled due to tryouts at Masuk. All Senior groups will practice for 1 ½ hours.

Thursday 3/13: Last day of practice for all swimmers not competing at MIT/Zones/Sectionals.

Friday 3/14: MIT practice Juniors (SCC) 6-7:30, Juniors/Seniors (McCann) 6:30-8 and Seniors (Masuk) 4:30-6.

Saturday 3/15: All practices canceled due to tryouts in Milford and 11-14 Age Groups, except seniors who will practice at SCC 9-10:30AM.

11-14 AGE GROUPS

The preliminary psych sheet is posted, our entry is posted. Please look them over, if you see any issues let me know by noon on Tuesday. Bonus events may not be listed. I'm not sure if CT Swimming has gotten to those yet. They get hand entered.

SAVE THE DATES

April 27th - Rapids Banquet

May 1st - In person suit fitting

RAPIDS SWIM TEAM



SPRING/SUMMER SEASON

Be on the lookout for all the information on registering for the upcoming season. Complete information will be sent out once everything is finalized. We are busy at work talking with our facilities and putting the finishing touches on our summer schedule. Remember if you are currently on the team you do not need to try out.

SLIDESHOW PICTURES:

The slideshow is a swimmer's favorite at the banquet every year, please submit photos and video to this [Dropbox link](#).



RAPIDS SWIM TEAM