

Update for the week of 1/20/2024

What a weekend up in Branford for all of our swimmers from our seniors down to our Novice, from our 6 year olds to our 17 year olds. We saw Age Group cuts, Senior Cuts, a new IMX qualifier, more trophies, ribbons, medals and best times then I can count. Rapids showed up and swam FAST - GREAT JOB!!!

## SCHEDULE CHANGES FOR THE WEEK

**Monday 1/20:** All practices are canceled, it was a super long weekend for our coaches and the majority of our swimmers. Enjoy the day.

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

## **SCC NOTE**

The SCC has a cancellation line, which is a recorded message letting callers know what is open/on. **203-331-4120**.

## **END OF YEAR BANQUET**

Save The Date: April 27th at Testo's in Monroe

## **FITTER & FASTER** 12/31-2/2

The 12/U sessions are completely sold out and only a couple of spots remain for the 13/overs. We had such a great turnout they added a 2nd clinician.

13 & over swimmers: CLICK HERE for details and registration



RAPIDS SWIM TEAM