



# WEEKLY SPLASH

Update for the week of **1/27/2025**

What a weekend down in Maryland at the Eastern Zone IMX meet by the Rapids.

**Congratulations** to the Rapids contingent of Leo Van Straten, Brendan Gallant, Nora Eannotti, Erin Gallant, Matteo Rubio, Olivia Goncalves, Hayden Kalb, Michael Millott, Addison Sopko and Connor Whitehead. They went up against some of the best swimmers in the Eastern Zone and held their own with some great swims and a lot of best times.

If you follow us on Instagram you saw the debut of the **Rapids championships caps** down in Maryland. Swimmers who qualify and compete at Championship level meets like IMX, Age Groups, Seniors, Zones or Sectionals will receive 1 cap every season they qualify for one of these meets.

A lot of changes this week with the Fitter and Faster Clinic next weekend.

## **SCHEDULE CHANGES FOR THE WEEK**

**Tuesday 1/28:** Masuk Junior practice is canceled due to a home swim meet.

**Friday 1/31:** Masuk Senior practice and all Milford McCann practices are canceled due to the Fitter & Faster Clinic

**Saturday 2/1:** All Milford McCann practices and Masuk Novice and Juniors are canceled due to the Fitter & Faster Clinic.

**Sunday 2/2:** Senior Practice is canceled due to the Fitter & Faster Clinic

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

## **SENIOR NOTE**

Today 1/26 was our last Sunday practice until the spring. The Special Olympics takes over our time slot.

## **MILFORD MCCANN PRACTICE UPDATE**

Starting this Thursday 1/30 Junior and Senior groups will start earlier at 6:45PM.

## **MIT MARCH MADNESS**

- Deadline to declare is 2/1
- High School boys, be aware this is the same weekend as High School Opens.

# RAPIDS SWIM TEAM