



WEEKLY SPLASH

Update for the week of **9/30/2024**

I can't believe we are entering our 4th week - lots of info this week. Meet sign ups are up - don't miss the deadlines. With all the changes last week, we didn't get caps out. Caps will be given out at practice on Monday. Actually they will be put in a swimmers mailbox (file folder), all mailboxes for swimmers will be kept at Masuk. T-Shirts will be handed out once they are in - hopefully soon.

SCHEDULE CHANGES FOR THE WEEK

Milford Novice & Juniors will continue to practice with the Shelton/Monroe groups until the Milford YMCA opens.

Thursday 10/3 Seniors will practice at Masuk 10:30-12 at Masuk

Friday 10/4 Senior practice is canceled due to a girls home swim meet at Masuk

Saturday 10/5 Senior practice is canceled due to our first swim meet. **LETS GO!!!!**

****Any practice not listed as changed are on as normal****

ONLINE STORE FOR TEAM SUITS

The online portal for our team suits closes tonight

<https://metroswimshop.com/pages/team-account?teamid=sheltonmon>

UPCOMING MEET DEADLINES

CDOG IMX passed

RST Fall Into Freestyle 10/1

RST Pentathlon 11/9

WHAT TO DO IF YOU MISSED A MEET DEADLINE

If you missed the deadline for a meet, email Coach Chuck and let him know which meet and which day(s) you would like your swimmer to enter. All meets except Rapids hosted meets become final 10-14 days before the meet. Rapids hosted meets become final a couple of days before the meet.

*****Once these deadlines pass, families are responsible for their swimmer's splash fees.

Splash fees are billed monthly and processed automatically through the website with a family's CC that is on file.

RAPIDS SWIM TEAM



WHAT TO DO IF YOU ARE SCRATCHING FROM A SWIM MEET?

1. Meet entries become final about 2 weeks prior to a meet. You are responsible for **all** splash fees once an entry becomes final.
2. Email your Coach, Coach Chuck and Coach Kyle on the email. Coach Kyle handles the timing assignments so if you scratch before the timing assignments come out, you will not receive one.
3. Timing assignments typically come out on Wednesday or Thursday before the meet. It is **YOUR** responsibility to find a replacement timer. Coach Kyle included in the timing assignments how to find a replacement.

UVAC MEET

The meet is open for sign ups, with a deadline of 10/6.

The meet is the weekend of 12/6-12/8

WHO TO CONTACT

- Senior or general team questions contact Head Coach Chuck Clark at chuckclark32@hotmail.com
- Junior Group questions contact Head Age Group Coach Scott Tummins at smtummins@gmail.com
- Novice Group questions contact Head Novice Coach Jenna Manion at jennacmanion@gmail.com
- Fees and billing questions can be sent to our volunteer Treasurer Rob Gallant at smst.treasurer@gmail.com

Weekly Article

[Balancing school and swimming](#)



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