



WEEKLY SPLASH

Update for the week of **10/7/2024**

Week 5 is starting, the seniors have their first meet under their belt. A Pentathlon up at Roger Williams hosted by the Kingfish, benefiting breast cancer and what a great job they did, swimming to almost 50% best times. A fantastic start to the season!

The first Rapids hosted meet of the year is coming up on October 12th. Look out for more information on the meet and what is needed coming in a separate email.

SCHEDULE CHANGES FOR THE WEEK

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

Saturday 10/5 All practices are canceled due to our first Rapids hosted swim meet.

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

USA REGISTRATION

I will be running a registration check later today and any swimmers not registered with USA Swimming will not be allowed to swim (practice or meets until this is completed). Please refer to my previous email on registering with USA Swimming. Directions can also be found on our website.

CAPS and T's

Swim caps were placed in every swimmer's mailbox last week. T-shirts will be handled out this week or placed in the swimmers mailbox if they are not at practice that day.

NOVICE PRACTICE 10/7

Geancarlo Rubio, Rapids USA official, will be on hand during practice to go over starts and the whistles with the Novice group, to help get our younger swimmers ready for their first meet.

UPCOMING MEET DEADLINES

Bulldog 10/5

UVAC 10/6

Santa Classic 10/6

RST Pentathlon 11/9

RAPIDS SWIM TEAM



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.*****

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.

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

[5 Major Life Lessons The Swimming Teaches](#)

RAPIDS SWIM TEAM



RAPIDS SWIM TEAM