



# WEEKLY SPLASH

Update for the week of **10/14/2024**

A **HUGE** thank you to everyone who helped make this weekend's meet so successful. We had 30+ swimmers competing for the first time - **CONGRATULATIONS!!!!** The Rapids welcomed 3 other teams that saw over 250 athletes compete. As many first time parents saw, it takes a village to run a successful swim meet. I hope this encourages a few parents to look into becoming an official or helping out on our board. There are many ways you can help out.

## SCHEDULE CHANGES FOR THE WEEK

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

**Monday 10/14** The SCC is closed, senior practice is canceled.

**Tuesday 10/15** Juniors are canceled due to a Girls home swim meet.

**Saturday 10/19 & Sunday 10/20** All practices are canceled due to the CDOG IMX swim meet.

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

## CDOG IMX TIME CHANGE

- Session 1: 9-12 IMX: Unchanged
- Session 2: 10&U Development: WARM-UP: 10:30-11:30am, SESSION START: 11:30am
- Session 3: 13&O IMX: Unchanged
- Session 4: 9-12 IMX: Unchanged
- Session 5: 13&O IMX: WARM-UP: 11:45-1:15pm, SESSION START: 1:15pm

## 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 a meet. It is **YOUR** responsibility to find a replacement timer. Coach Kyle included in the timing assignments how to find a replacement.

### MILFORD WOODRUFF YMCA UPDATE

Not much to update except that all renovations are still on schedule.

#### Weekly Article

[Myth vs Fact: The Swimmers Guide To Nutrition](#)



# RAPIDS SWIM TEAM