



WEEKLY SPLASH

Update for the week of **10/21/2024**

What A **TREMENDOUS** weekend in Cheshire at the annual CDOG IMX meet. The Rapids had an **AWESOME** showing with a ton of best times, trophies, medals, ribbons and even some new qualifiers for the Maryland IMX meet in January. The Rapids went up against some of the best in the state and more then held their own.

PHOTO OP

Coach Scott would love to have all the Juniors who won an award this weekend at practice tomorrow for a photo. He has all the awards that were not picked up by the swimmers and will hand them out tomorrow at practice (or put in their mailboxes).

SCHEDULE CHANGES FOR THE WEEK

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

- **No changes this week**

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

NOTE FROM THE SCC

Do not under any circumstances park in a handicap spot - unless you have a handicap sticker. Be mindful of the other patrons and when you are dropping off or picking up your swimmer find a parking place. Please do not drop off or wait for your swimmer in the driveway, this is inconsiderate to others who are trying to park and worried about children darting out in front of cars without looking.

MEET NOTES:

- Bulldog and UVAC preliminary entries are posted. Swimmers can be added or removed without penalty until Monday 11/25.
- Rapids hosted meets are still open for sign up.

Weekly Article

[10 foods for faster swimming](#)

RAPIDS SWIM TEAM