



WEEKLY SPLASH

Update for the week of **11/4/2024**

I think I may have jinxed us last week when I said it would be a quiet week. The pool pump at Masuk was still having issues as of yesterday. Please check your email before leaving for practice on Monday. If there are any changes an email will go out as well as posted on our social media. No posts or no email means practice is on as scheduled, you do not need to email me to ask if there are changes.

Personalized swim caps are in and will be handed out at practice this week or placed in swimmers mailboxes for them to pick up at practice. My plan is to pop over on Monday to Juniors and Novice practice, hopefully the Masuk pool will cooperate with my plans. If you placed your swimmers first name on the cap, please email me so I make sure the correct swimmer receives the cap.

WOODRUFF MILFORD YMCA UPDATE

The Y re-opened on Friday after spending time updating their HVAC system, updating the ceiling panels in the pool area as well as many other maintenance tasks that are difficult to get finished while the building is open.

The Rapids will be beginning their season at the Y on Wednesday, November 6th. Look for a separate email with more Milford information for all of our new swimmers.

SCHEDULE CHANGES FOR THE WEEK

Monday 11/4 & Tuesday 11/5: Milford Juniors & Novice will continue to practice with their Shelton/Masuk groups.

Tuesday 11/5 - Juniors canceled at Masuk because of the elections going on.

Wednesday 11/6: First day of practice for Novice & Juniors in Milford

Saturday 11/2 - All practices are canceled due to our Rapids hosted meet at Masuk.

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

RAPIDS HOSTED MEET

Our 2nd hosted meet of the season is right around the corner. Look for a separate email in the next day or two with all the information you need and how you can help make it another success.

RAPIDS SWIM TEAM



MEET NOTES:

- The Bulldog preliminary entry is posted. Swimmers can be added or removed without penalty until Monday 11/25.
- Rapids hosted meets are still open for sign up.
- Santa Classic is no longer taking new swimmers, sorry if you missed the deadline. The deadline to be removed from the meet without penalty is 11/25.

UVAC NOTE

I'm sure you all saw the winning design for our t-shirt. This is a last call for any swimmers to be added and receive the free t-shirt. I need to place the order this week. Any swimmers added after Monday 11/4 will not receive the t-shirt. I can add swimmers up until 11/25, they just will not receive the t-shirt.

Weekly Article

[11 Things That Separate the Good Swimmer from the Great Swimmer](#)



RAPIDS SWIM TEAM