



WEEKLY SPLASH

Update for the week of **11/17/2025**

A great time to be part of the Rapids!! A big meet on the horizon, please be on the lookout for more information including job sign ups and donations for our November Sprints meet. Yes, I can still add (or remove) swimmers from this meet. One of the best parts of hosting our own meets is being able to add/remove swimmers up until almost the day of the meet.

SCHEDULE CHANGES

Friday 11/21 - SCC is closing early as a start to their annual pool draining and maintenance. Senior and Senior Select will practice at SCC from 3-4:30. Masuk Juniors and Junior Select will practice at Masuk 4:30-6.

Saturday 11/22 & Sunday 11/23 - No practices for any groups due to the Rapids hosted meet at Masuk.

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

SCHEDULE NOTE

The SCC is closed for the week of Thanksgiving. That is when they do their annual maintenance and cleaning. Please be on the lookout for an updated Masuk/Shelton schedule that will cover Thanksgiving week.

WELCOME BACK

This week we welcome back to the pool deck former Rapids coach and current Head Coach for Sacred Heart Women's Swimming and Diving program, John Spadafina. Coach John has been a part of our staff in the past and we welcome the opportunity to have back with us working with our senior and senior select groups. Coach John has been at the helm of the Division 1 Sacred Heart program for the past 12 years, leading them to some great successes in the pool. Welcome back coach John.



RAPIDS SWIM TEAM