



WEEKLY SPLASH

Update for the week of **9/15/2025**

GREAT FIRST WEEK RAPIDS. It was **AWESOME** seeing the veteran swimmers back in the water and so many new faces- a lot of fun!!!

SCHEDULE CHANGES

Tuesday 9/16 - Juniors at Masuk are canceled due to a Masuk girls swim meet. Seniors will begin Sunday practice on Sunday 9/21

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

FOR PARENTS PLANNING (subject to change)

Masuk Home Swim Meets: 9/24, 9/26, 10/3, 10/1

Sacred Heart Home Swim Meets (held at McCann): 9/27, 10/4, 11/22, 1/17

APPAREL/SUITS/EQUIPMENT

1. In person suit fitting will be on September 19th at the SCC, there will also be an online portal for those who cannot make it. Once I have the info, I will send it out. In addition to suits Metro will have equipment like fins, goggles, practice suits, snorkels etc... for order. As a Speedo sponsored team, this is our official vendor for equipment and suits.
2. Blanchettes apparel order click [HERE](#): This will close Thursday 9/18.
3. A3 Parka & Mesh Bag order click [HERE](#): This will close Monday 9/22. The Parkas will be delivered in time for our Vermont trip and are great in the winter.

NEW PARENT REMINDER

Familiarize yourself with our website, especially the tab with the current season's information.

RAPIDS SWIM TEAM



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IMPORTANT INFO

1. Swim meets are being posted as the information becomes public.
2. Kingfish **PINK Pentathlon**- This meet is only for our senior swimmers, the deadline to declare for this meet is Thursday night the 9/18. A great meet to start our season and see where we are, as well as raise money for Breast Cancer Awareness.
3. USA Registration - thank you to all of our new swimmers who have already completed this. Remember for all swimmers new to USA Swimming this is mandatory and for all swimmers who have a SWIMS account. The Rapids bulk renew all of our athletes this way so there is nothing for returning swimmers to do.

[Here is the link to the directions from our website.](#)

WHY THE WEEKLY SPLASH MATTERS

This newsletter is your go-to source for everything related to our team! It's designed to keep all families informed, organized, and connected while reducing the number of emails flooding your inbox.

Here's why it's important:

- Primary Communication Hub: The newsletter consolidates key information such as practice and meet changes, upcoming events, and team announcements.

RAPIDS SWIM TEAM



- Fewer Emails: By centralizing updates here, we minimize the need for additional emails, keeping your inbox clear.
- Notable Exceptions: Separate emails will only be sent for urgent matters, such as:
 - Emergency updates or weather-related practice changes. Keep an eye on our social media as well.
 - Meet notes for those swimmers attending a certain meet.
 - Direct communication from a primary coach to a specific family regarding swimmer-related matters.
 - Beginning of season items like signing up for swim meets.

Please make it a habit to review the newsletter regularly to stay updated and informed. Together, we'll keep communication smooth, organized, and effective!

Thank you for being an integral part of our team and staying engaged through this newsletter!



RAPIDS SWIM TEAM