



# WEEKLY SPLASH

Update for the week of **9/22/2025**

The Rapids are rolling and the season is starting to pick up some steam. There are a lot of changes this week, so please read carefully.

## SCHEDULE CHANGES

**Tuesday 9/23** - Masuk Juniors will practice at Masuk 10:30-12, due to the school being closed in observance of Rosh Hashanah

**Wednesday 9/24** - Masuk practices are canceled due to a home girls swim meet.

**Friday 9/26** - All practices are canceled due to the Rapids recognition dinner, for our officials, board members and coaches.

**Saturday 9/27** - Due to a Sacred Heart swim meet at McCann, all McCann practices are canceled. All Milford swimmers may practice with their same groups at Masuk or Shelton.

\*\*\*\*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, 10/25 (aquajets), 11/22, 1/17

## APPAREL/SUITS/EQUIPMENT

1. The online store for suits and official Speedo apparel closes tonight (9/21) at midnight.  
[Click HERE for the store.](#)
2. 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.

## UVAC MEET

This meet is open for swimmers to declare for and our President sent out the hotel information. The deadline for this meet is October 1st. After 10/1 the entry will be final, families will be responsible for the splash fees.

## NEW PARENT REMINDER

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

# RAPIDS SWIM TEAM



CONNECTICUT  
SWIMMING



Home

2025-26 Season Info

Safe Sport

About

Team Records

IMX

Parent University

- Fee Schedule
- Practice Schedule
- Practice Groups
- Pool Locations
- Parents Meeting 2025
- New Swimmer Tryout FAQ
- USA Registration
- Coaches & Directors
- Swim Meets 101
- Swimming in College 101



## IMPORTANT INFO

1. Swim meets are being posted as the information becomes public.
2. 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.
- 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.

# RAPIDS SWIM TEAM



- 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