

WEEKLY SPLASH

Update for the week of **9/29/2025**

The Rapids are rolling and the season is starting to pick up some steam. The seniors are kicking off their season Saturday with a quick meet up at Roger Williams University and the first Rapids hosted meet for all of our swimmers is right around the corner.

The other coaches and I are still getting questions about the practice schedule. As has been posted in the first few weekly updates, the practice schedule can be found on our website, I even included a screenshot in those updates. Any changes to that practice schedule are listed here in this weekly update. Weekly updates can even be found on our homepage under the news section. Please make yourself familiar with the website, you can even print out a copy of the practice schedule. This saves everyone time when thinking/talking/wondering about a practice.

Another busy week of changes, so please read carefully.

SCHEDULE CHANGES

Thursday 10/2 - Masuk Juniors will practice at Masuk 10:30-12, due to the school being closed in observance of Rosh Hashanah

Friday 10/3 - All Masuk (Junior & Senior) practices are canceled due to a girls home swim meet.

Saturday 10/4 - No Senior practices due to the Kingfish meet and all practices at McCann are canceled due to a SHU home meet. All Milford Juniors & Novice may practice in Masuk/Shelton with the other Juniors & Novice. Saturday Masuk Juniors are normal, Masuk Novice will practice 10:30-11:30AM.

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

FOR PARENTS PLANNING (subject to change)

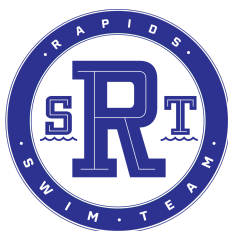
Masuk Home Swim Meets: 10/10, 10/14

Sacred Heart Home Swim Meets (held at McCann): 10/25 (aquajets), 11/22, 1/17

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

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responsible for the splash fees. The meet is Friday 12/5 (distance events) thru Sunday 12/7. I believe there might have been an error in the host team's meet file.

SWIM MEETS

1. Swim meets are being posted as the information becomes public.
2. The CDOG IMX meet deadline is tonight 9/28.
3. There were a couple more posted this week. Both Rapids hosted meets. The distance meet is for Juniors and Seniors only while the Pentathlon is for all of our 12/unders.
4. Meet Notes that contain everything parents will need to know for the meet usually get sent out the Wednesday/Thursday before a meet.

GEAR

I think most swimmers/families have their beginning of season gear. If you haven't gotten yours let me know. Milford swimmers/families check with the Milford coaches Monica & Mia.

Reminder of what Swimmers get

Rapids Cap & T-shirt	Rapids Chair, Towel & Car Magnet
Once a year (every year)	Once when a swimmer joins the team

USA REGISTRATION

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. For everyone who has a SWIMS account, the Rapids bulk renew all of our athletes through USA Swimming, so there is nothing for returning swimmers to do. [Here is the link to the directions from our website for all swimmers new to USA Swimming.](#)

I will be running a USA registration check this week on our new swimmers, anyone not registered will be suspended from practice and meets until the registration is completed. If you have questions, please let me know. This is mandatory USA registration.

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