



TIME TO GET THIS PARTY STARTED!!!!

Hi Everyone,

I hope all of the Rapids have successfully gotten back into their school routines. Thank you for your patience while we get this information out to you. We held one of our largest tryouts ever and while the response was great, we are still working to make sure everyone is registered. With practice starting, here is everything you need to know as we head into the new season.

1. Tuesday, September 9th will be the first day of practice for all groups.
2. Metro will be coming in on Friday, September 19th to do a team suit fitting, sell warm ups, personalized caps and a few other items - more info to come.
3. We will be opening our Blanchettes team apparel store hopefully this week.
4. Parkas and mesh bags will also be on sale this fall.
5. Our meet schedule should be posted this week..
6. For new families, a weekly update goes out usually on Sundays. This will have deadlines, practice changes and any important information - please take 2 minutes and read it. I try not to bombard your inbox with emails but you will be responsible for information in the emails I do send.
7. If any swimmers have medical issues the coaches need to know about, please let me know via email or have a conversation on deck with the coaches. For example, allergies that may require an epi pen or anything else you may want us to know. We are here to help keep everyone safe and knowing about conditions helps our staff out.
8. You can find all our current season information (plus a lot more) on our website under our seasonal tab at the top. This will be updated as needed. Please familiarize yourself with the information.
9. USA registration and meet information will be coming in a separate email.
10. Check the practice schedule, there were a couple of tweaks.
11. I will be at Novice practice in Shelton on Tuesday, after the senior practice finishes up for parents to pick up gear. My goal is also to head over to McCann after I leave Shelton also for parents to pick up gear.

1st day of practice:

Bring a cap, goggles, suit and a water bottle (with your name on it) to practice. You will not need equipment for the first 2 weeks.

WATCHING PRACTICE:

Parents are allowed, even encouraged to watch practice. Masuk, McCann and Woodruff have open viewing anytime during practice and the Shelton Community Center allows viewing except when swim lessons are going on. During swim lessons at the Shelton Community Center, if you are asked to leave the stands, please do so. Do not argue with the lifeguards. If you have someone else like a grandparent dropping off or picking up, please make sure they know of this rule.

Feel free to stop by practice, say hi and introduce yourself at the end of practice. Please do not interrupt a practice going on, unless there is an emergency. Our coaches are all professionals with many years of coaching and parenting experience, they can help in any way needed.

EQUIPMENT NEEDED:

- **Senior:** Snorkel, fins
- **Junior & Novice:** fins

WHO TO CONTACT:

We welcome about 30 new families to the Rapids this season, while some are familiar with the world of competitive swimming, others are brand new. Whether you are a veteran or a rookie, please ask questions that come up.

- Senior or general team questions contact Head Coach Chuck Clark at chuckclark32@hotmail.com
- Junior Group questions contact Head Age Group Coach Scott Tummins at smtummins@gmail.com
- Novice Group questions contact Lead Novice Coach Jenna Manion at jennacmanion@gmail.com
- Milford questions contact Lead Milford Coach Monica Hagn at mhagn12@gmail.com
- Fees and billing questions can be sent to our volunteer Treasurer Rob Gallant at smst.treasurer@gmail.com

For our new families, I am sure starting a new sport/team brings a certain amount of anxiety. It is normal to be a little nervous (parents and swimmers) at the beginning of a new sport. What do you really need to know for the first week? Show up, bring a swim cap, goggles and a towel. Yes, the lanes will be crowded and it will look like chaos but we have an amazing coaching staff and they will take care of the rest.

The coaches are ready and excited to get back at it. As always, the coaches and board of directors are here to help and remember — **LETS GO RAPIDS!**

Thanks,
Coach Chuck

Please use the link to swimoutlet for all purchases. The link will take you to our team store and the Rapids earn a % of all proceeds. The link can be found at the bottom of our home page or by clicking [HERE](#).

Thank you
Coach Chuck

