



Goggles ON!!!!

Hi Everyone, I hope all of the Rapids have successfully gotten some rest and family time over the last couple of weeks. With practice on the verge of starting, here is everything you need to know as we head into the new season.

1. Monday, April 7th will be the first day of practice for all groups.
2. Metro will be coming in on Thursday May 1st 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 soon.
4. Our meet schedule should be posted this week, look for a separate email about meets.
5. 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.
6. 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. All coaches are first aid certified and have a lot of experience, all information only helps us take care of our swimmers.
7. 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. You will not need equipment for the first 2 weeks.

WATCHING PRACTICE: Parents are allowed, even encouraged to watch practice. Masuk has open viewing anytime during practice, The Shelton Community Center allows viewing except when swim lessons are going on, the Woodruff YMCA will allow parents to stay on deck during our practices and the McCann Natatorium has a balcony with bleachers for parents. 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 (You will not need equipment for the first 2 weeks):

Senior: Snorkel, fins

Junior & Novice: fins



WHO TO CONTACT: We welcome about 25 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 Head Novice Coach Jenna Manion at jennacmanion@gmail.com
- Milford Group questions contact Lead Milford Coaches Monica Hagn at mhagn12@gmail.com or Mia Mendribil at miapia3701@gmail.com
- Fees And Billing questions can be sent to our volunteer Treasurer Rob Gallant at smst.treasurer@gmail.com
- Website questions contact Coach Kyle at barberk1996@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. 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