

# ROCKY MOUNTAIN **RAPIDS** SWIM TEAM



## COACHES

### Summer Practice Schedule

Summer Practice Schedule (expected start date June 5, 2017):

- Class 1: 8:00-8:45am M-Th (Wagon Trails)
- Class 2: 7:30-8:30am M-F (Wagon Trails)
- Class 3: 7:30-8:45am M-F (Wagon Trails)
- Class 4: 6:00-7:45am M-F (Wagon Trails); 3:00-4:45pm T/Th (Liberty)
- Class 5: 6:00-7:45am M-F (Wagon Trails); 3:00-4:45pm M-Th (Liberty)

*\*Dryland and Saturday practices are TBD. Stay tuned for further information as we get closer to summer.\**  
Be sure to contact your group coach with any questions!

We will also be running a Summer Pre-Club Team, Summer High School Prep Team, and Summer Swim Lessons.

### Summer Swim Team

The Pre-Club Team, our summer swim team, will be available in the summer for ages 6-12. All participants must be able to swim a 25, unassisted, without stopping. All Pre-Club members will be part of USA Swimming and will be able to compete in summer league meets, or annual club meets. The focus of Pre-Club will be refining all 4 stroke techniques, turns, and efficiency in the water.

Pre-Club will run June 5th - July 28th. Scheduled practices will run Mondays - Thursdays, keeping Fridays as a make-up day should Rapids need to re-schedule. All practices will be held at Wagon Trails.

**Pre-Club registration is online:**

- Return to the [Home page](#), scroll to about half way on the right side
- Under the **Event tab** select "**Swim Lessons**"
- Select "**Wagon Trails**"
- Select "**Pre-Club**"
- Upon selection, there will be instructions for how to register.
- *The first week of Pre-Club will determine eligibility.*

If you have any questions, please contact [Coach Deb Woody](#).

**REGISTRATION  
NOW OPEN!**

# Swim Lessons

Lessons will begin June 5th and run in 2-week sessions. Scheduled lessons will run Mondays - Thursdays, keeping Fridays as a make-up day should Rapids need to re-schedule.

\*All online swim lesson registrations will be for the Liberty High School location only.

\*\*Wagon Trails members may contact [Wagon Trails management](#) to register for swim lessons at the Wagon Trails pool - there will be no online registration for lessons at Wagon Trails.

**Swim lessons registration is online (Liberty location only):**

- Return to the [Home page](#), scroll to about half way on the right side
- Under the **Event tab** select "Swim Lessons"
- Select "Liberty"
- Select "Swim Lessons"
- Upon selection, there will be instructions for how to register.
- *The first day of each lesson session will determine proper group placement for participants.*



**Mom and Tot** - This is a beginner level class to introduce a child to being in the water. A parent or another adult (i.e. Babysitter) is required to be in the water.

**Level 1** - This is our introduction to the water class. Swimmers will learn skills that will help them become more comfortable in the water and how to be safe in and around pools.

**Level 2** - Here swimmers will become more independent as they are guided through assisted and unassisted skill development. This level will continue building on the basics from Level 1.

**Level 3** - By the end of this class, swimmers will be able to move more independently in the water through kicking and introductory arm movements. Students will build off the Level 2 basics.

**Level 4** - The skills developed in the prior levels will now be coming together to help form the freestyle and backstroke. Students practice to achieve independence in their freestyle and backstroke.

**Level 5** - Butterfly and breaststroke are the next two strokes to learn. Work will continue on refining ability from the prior levels so students can swim freestyle and backstroke.

**Level 6** - Swimmers will be able to put their skills together to swim all 4 strokes, and also learn open turns and flip turns.

**Pre-Club/Competitive Team** - Upon completion of Level 6, swimmers will have the opportunity to tryout with a Rapids coach for possible placement on our competitive swim team, if interested. There will also be an option to try the summer Pre-Club swim team should there still be time remaining in the summer. If you have any questions, please contact [Deb Woody](#).

## Check Us Out!

Have you checked out the [Rocky Mountain Rapids Swim Team](#) website lately? There are many updates, which include our calendars, (practices, meets, and special events) news feed, time standards, **Rapids** gear, fundraising and more

Do you have questions about meet signup, how meets are run or what to expect, how to signup for timekeeping, team suits and other **Rapids** gear, or any other general team questions?

There is a NEW tab button on the **Rocky Mountain Rapids Swim Team** marked "PARENTS". It provides you with parent contact information for [Becca Sherman](#). Check us out!

# UPCOMING MEETS



## Steve Drozda Shotgun LC

Friday May 5, 2017 – Sunday May 7, 2017

Veterans Memorial Aquatic Center  
5310 E. 136<sup>th</sup> Ave, Thornton

Registration will be available soon.

For Meet information please [click here](#).

## 2017 CMA Spring IMX Challenge

### Cheyenne Mountain Aquatic

Saturday May 6, 2017 – Sunday May 7, 2017

Cheyenne Mountain Aquatic Center  
1200 Cresta Road, Colorado Springs

**This meet is for 12 and Under.** -Age 13 and Over, please check with your group coach.

To register for this event please [click here](#).

For Meet information please [click here](#).

## Air Force Spring Open

Saturday May 26, 2017 – Sunday May 27, 2017.

United States Air Force Academy

Registration information will be available soon

# Rocky Mountain State Games

Friday June 9, 2017 - Sunday June 11, 2017

Olympic Training Center, Colorado Springs

Registration information will be available soon

## Rushmore Classic

Friday June 23, 2017 – Sunday June 25, 2017

Travel dates for eligible swimmers Monday June 19, 2017 – Sunday June 25, 2017.

To register for this event or view the preliminary itinerary, please [click here](#).

More information will be available soon.

## Zone Meet

Friday July 7, 2017 - Sunday July 9, 2017

Registration information will be available soon

## CSI 13 & Over LC State Championships

Friday July 21, 2017 – Sunday July 23, 2017

EPIC- 1801 Riverside Avenue, Fort Collins

Registration information will be available soon

## CSI 12 & Under LC State Championships

Friday July 28, 2017 – Sunday July 30, 2017

EPIC - 1801 Riverside Avenue, Fort Collins

Registration information will be available soon

## Summer Senior Championship Meet

### ISCA Summer Beach Blast

Wednesday August 2, 2017 – Saturday August 5, 2017

North Shore Drive NE

St. Petersburg, Florida

For Meet information please [click here](#).

## Apparel

The Rapids offer a wide variety of team gear for you and your swimmer. Use the [Rapids Gear](#) dropdown menu to gather more information about the following items: Team suits; Team apparel including sweats, jackets, beanies, backpacks, etc; Black team shirts; Personalized swim caps

For more information, please contact [Kinda Miller](#), Apparel Coordinator.

To order your Rocky Mountain Rapids items:

- Visit [MI Sports Swim Shop](#)
- Club Swim Team: **Rocky Mountain Rapids**
- Password: **Rapids**
- Be sure to order the team logo in addition to each team suit or equipment



# TEAM FUNDRAISING

Don't forget all of the ways available to help support the Rapids Swim Team.



SwimOutlet.com Support Rocky Mountain Rapids Swim Team by shopping at our [SwimOutlet.com](http://SwimOutlet.com) store. You can also shop the full Swim Outlet site as always FREE SHIPPING on orders over \$49.00.



AmazonSmile is a simple and automatic way for you to support the Rocky Mountain Rapids Swim Team every time you shop on [AmazonSmile](https://www.amazon.com/amazonsmile). You use your existing Amazon account. Then shop as normal and the Rocky Mt Rapids Swim Team will get 0.5% of the purchase price of all qualified purchases! It's that easy!



King Soopers Use a specially designated Rocky Mountain Rapids Swim Team reloadable gift card to purchase groceries and gasoline. Currently we receive 5% from Kroger when you are This is a great way to raise money for the team while shopping your same way. The Rocky Mountain Rapids Swim Team gives an additional incentive – the family spend the most money on their Rapids gift card receive a discount on their monthly fees that month!

The Galvin family is the winner of the King Soopers fundraising for December they received 10% off their Rapids invoice



## Shop With Scrip

For gift cards that can be used for gifts or everyday purchases, check out [Shopwithscrip.com](http://Shopwithscrip.com)!



Earn money toward your swim fees, while helping fundraise for the team at no additional cost to you? From this website, you can order physical or instant gift cards for the face value of the card. Every gift card returns a rebate to the team. Twice a year, in March and September, 30% of the money you have earned for the team will be credited towards your account.

After establishing a Presto Pay account, you are able to place an order for Scrip Now or Reloads anytime! Your Scrip Now and Reload orders are available instantly. This is handy while standing in line at the checkout or if you need a last minute gift. It's also great for added security when ordering at stores online. This is a great way to have Scrip benefits and earnings year-round!

Rapids enrollment code: 96BL4B42395L5

If you have any questions please contact Susan Baker at [baker2396@q.com](mailto:baker2396@q.com)



# PRESIDENTS NOTES

## board meeting

Wednesday April 5, 2016

6:00 pm – 8:00 pm

Board Meeting

Eric Wilson's residence.

These meetings are open to everyone so if your interested in attending and would like the address please email Eric Wilson @ rmrpb@icloud.com



We look forward to seeing you there.

## Team Check In!



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**ROCKY MOUNTAIN**  
**RAPIDS**  
**SWIM TEAM**

APRIL 2017						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**ROCKY MOUNTIAN RAPIDS SWIM TEAM**

8720 Scarborough Dr. Colorado Springs, CO 80920