

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



## COACHES

# Happy New Year 2017



*Set your goals high, and don't stop till you get there.*

- Bo Jackson

## 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

The website offers direct links to a variety of information such as Facebook, Colorado Swimming, USA Swimming, Swim Outlet and a variety of other team related information

If they haven't looked lately, check it out!

# UPCOMING MEETS



## CUDA Classic

Friday January 20, 2017 – Sunday January 22, 2017

Veterans Memorial Aquatic Center  
[5310 East 136th Avenue, Thornton](#)



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

[Hampton Inn Denver-North/Thornton](#)

To book a room using the **Rapids** group rate please call 1 303-451-7900

Rooms include two queen beds and breakfast starting at 6:00 am for \$102.60 per night.

Confirmation Number **83948012**

Registration deadline is **Saturday December 31, 2016**

To sign up for Hilton HHONORS program please [click here](#)

## Cheyenne Mountain Aquatics (CMA)

### Valentine's Meet

Friday February 10 – Sunday February 12, 2017

Cheyenne Mountain Aquatics Center  
[1200 Cresta Road, Colorado Springs](#)

Open to everyone. This is a last chance meet for State cuts.

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



## Senior State

Friday February 17 – Sunday February 19, 2017

University of Denver  
Coors Fitness Center  
[2201 East Asbury, Denver](#)

2017 Colorado Senior Meet [Qualifying Times and Meet Format](#)

## CSI 14 & Under Group State Championship Meet

Friday February 24 – Sunday February 26, 2017

Veterans' Memorial Aquatic Center  
[5310 East 136th Avenue, Thornton](#)

2017 CSI Age Group State Championships [Time Standards](#)

## CSI 14 & Under Silver State Championships

Friday March 3, 2017 – Sunday March 5, 2017

University of Denver  
Coors Fitness Center  
[2201 East Asbury, Denver](#)

2017 CSI Silver State Championship [Time Standards](#)

## Speedo Sectionals

Thursday March 9 – Sunday March 9, 2017

The University of Iowa

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



# Apparel

Need an item for your swimmer or for their favorite fan? These items are available for immediate pickup - *no waiting!*

Please contact [Kindra Miller](#) to purchase any of the following items:

- Black Team Shirts (see *Rapids Gear dropdown menu for availability*)
- 14-15 Team Shirts (light grey w/goggle artwork) 1-Youth Medium, 3-Adult Large, 1-Adult XL \$5.00
- 13-14 Team Shirts (black w/red logo) 4-Adult XL \$5.00
- 11-12 Team Shirts (light grey w/logo down the side) 1-Youth Large \$5.00
- 2016 Summer Championship Team w/qualified swimmers' names on back. 1-Adult Large \$10.00
- 2016 SC Championship Team w/qualified swimmers' names on back. 1-Adult Small \$10.00
- 2015 LC Championship Team (navy blue) w/qualified swimmers' names on back. 1-Adult Large \$10.00
- Gildan Ultra Blend Collared Shirt (white w/red Rapids logo) 1-Adult Medium \$2.00
- Nike Dri-Fit Collared Shirt (black w/red Rapids logo) 1-Adult Small \$10.00
- Nike Messenger Bag (black w/no logo) \$10.00
- Speedo Athletic Shorts - Senior Zone Team (black w/red logo) 1-Adult Large \$5.00
- Speedo Women's Competition Flyback Suit (black w/logo) Size 36 \$15.00
- Speedo Women's V-neck T-shirt (black w no logo) 1-Women's Small \$10.00
- Speedo Women's Collared Shirt (black w/no logo) 1-Women's Small \$12.00
- Speedo Women's Zip-up Hoodie (black w/no logo) 1-Women's Small \$20.00
- Air Force Swimming T-shirts (black w/blue & silver logo) 3-Adult Large \$5.00
- Red Silicone Team Caps \$5.00



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



# Dunamis

We have some exciting news for families that are interested in attending Dunamis! Dunamis is now available for all swimmers, siblings and family members of the **Rocky Mountain Rapids Swim Team** ages 12 years+.

**Sign up and rates?** Signing up is easy. You can contact the [Rocky Mountain Rapids treasurer](#) indicating the family name and how many people will attend. Dunamis has a sign in sheet for **Rapids** families that you are required to fill in each time you participate. Our group rate will be determined by the number of people participating with a maximum fee of \$50.00 per month, which will include two sessions per week (additional sessions are available and must be paid directly to Dunamis).

\$50.00 per participant with 9 or less people attending monthly

\$45.00 per participant with 10 – 12 people attending monthly

\$35.00 per participant with 14 – 20 people attending monthly



You can find additional information about Chris and the gym at [www.DunamisARP.com](http://www.DunamisARP.com).

# 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](http://AmazonSmile). You use your existing Amazon account. Then shop as normal and the Rocky Mountain Rapids 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 Clark family is the winner of the King Soopers fundraising for November 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 January 4, 2016

6:00 pm – 8:00 pm

Board Meeting

Liberty High School

[8720 Scarborough Drive](#)

Room 106

These meetings are open to everyone so if your interested in attending please email Eric Wilson @ [rmbp@icloud.com](mailto:rmbp@icloud.com)

We look forward to seeing you there.

## Rapids Polar Water Bottles

### Rapids Polar Water Bottles

A perfect way to show team pride and ensure your swimmer stays hydrated during practices and meets - or any other time of the year!

They are available for a \$10 donation each!

If you're interested, please contact [Eric Wilson](#).



## Team Check In!



Find us on  
**Facebook**

Follow us



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

### 2017 JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
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	31				

**ROCKY MOUNTIAN RAPIDS SWIM TEAM**

8720 Scarborough Dr. Colorado Springs, CO 80920