

# ROCKY MOUNTAIN **RAPIDS** SWIM TEAM



## COACHES

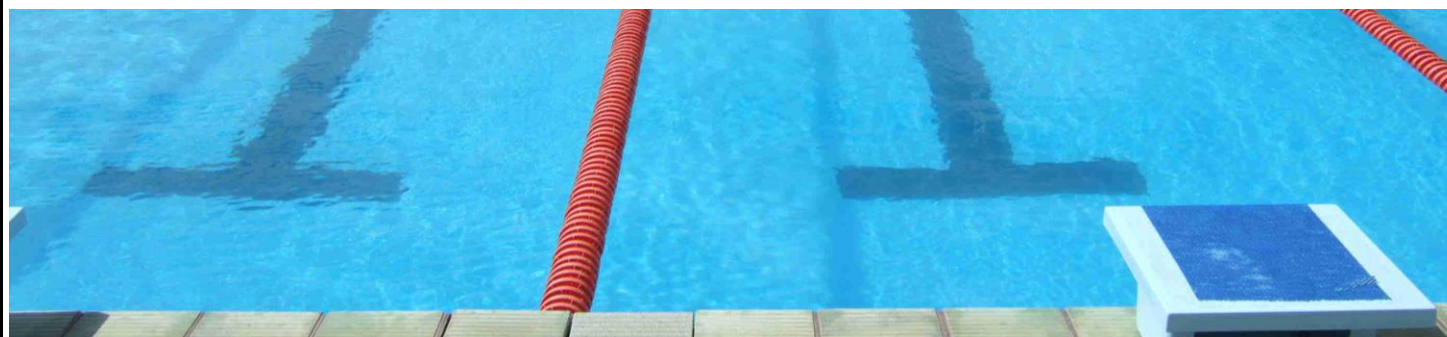
### Summer Practice Schedule

#### Summer Practice Schedule

(expected start date June 5, 2017):

- Class 1: 8:00-8:45am Monday - Thursday (Wagon Trails)
- Class 2: 7:30-8:30am Monday - Friday (Wagon Trails)
- Class 3: 7:30-8:45am Monday - Friday (Wagon Trails)
- Class 4: 6:00-7:45am Monday - Friday (Wagon Trails); 3:00-4:45pm Tuesday & Thursday (Liberty)
- Class 5: 6:00-7:45am Monday - Friday (Wagon Trails); 3:00-4:45pm Monday & Thursday (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!*



## 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!

# Summer Swim Opportunities

## Summer 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.

- 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.

## Pre Club 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.

## Rapids Summer High School Prep Team

The Rapids High School Prep Summer is designed to help prepare swimmers for their upcoming high school season. This group is for ages 13 and up.

All High School Prep Summer Team members will be part of USA Swimming and will be able to compete in annual club meets. The main emphasis will be on stroke development/technique to become more efficient in the water and to be more effective while swimming. Conditioning will be encouraged through kicking and consistent training.

Registration includes High School Prep Team shirt and Rapids swim cap.

For the [Pre-Club Team](#) or [Summer High School Prep Team](#) registration is online:

- Return to the [Home page](#).
- Select "**2016-2017 Registration**" button at the right of the pictures.
- *Follow the prompts to register for the Summer HS Prep Team.*

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



**REGISTRATION  
NOW OPEN!**

# UPCOMING MEETS



## Steve Drozda Shotgun LC

Friday May 5, 2017 – Sunday May 7, 2017

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

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

Registration for this event is now closed

## 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.

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

Registration for this event is now closed



## Air Force Spring Open

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

United States Air Force Academy  
[2169 Field House Drive, U.S. Air Force Academy](#)

The Rapids are co-hosting this meet with the AFA and Altitude Performance Swim Team. There are 4 sessions: Friday (1 session) and Saturday (3 sessions).

If you have a child swimming in this meet, sign up for a volunteer shift.

**VOLUNTEER JOB SIGNUP IS NOW AVAILABLE. (Signup next to meet registration.)**

We need parent volunteers for the following job shift: Clerk of Course; Hospitality; and Security.

We also need a parent volunteer to be the Hospitality Lead.  
Please signup immediately if you are interested in this vital position!

To volunteer for this event please use the [Job Signup](#) (top right hand corner)

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

Registration deadline is Sunday May 7, 2017

For meet information please check the Forms/Documents section on the above link.

## Rocky Mountain State Games

Friday June 9, 2017 - Sunday June 11, 2017

Olympic Training Center  
[1750 East Boulder Street, Colorado Springs](#)

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

For meet information please [click here](#)



## Falfins Long Course Invite

Friday June 23, 2017 – Sunday June 25, 2017

United States Air Force Academy  
[2169 Field House Drive, U.S. Air Force Academy](#)

**Open to everyone.**

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

For meet information please check the Forms/Documents section on the above link.

# Rushmore Classic

Friday June 23, 2017 – Sunday June 25, 2017

**Open to everyone. Travel meet in Rapid City, South Dakota.**

**Signup deadline May 12, 2017**

**Current sign up is to indicate interest in attending; event specific sign up will come later.**

Class 4 and 5 - meet participation; travel and accommodations with team.

Class 1, 2, and 3 - meet participation; travel and accommodations with parents or guardians.

Team 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](#).



## 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

Edora Pool Ice Center (EPIC)

[1801 Riverside Avenue, Fort Collins](#)

**This meet is for qualifiers ages 13 & over.**

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

For meet information please [click here](#)

## CSI 12 & Under LC State Championships

Friday July 28, 2017 – Sunday July 30, 2017

Edora Pool Ice Center (EPIC)

[1801 Riverside Avenue, Fort Collins](#)

**This meet is for qualifiers ages 12 & under.**

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

For meet information please [click here](#)

# Summer Senior Championship Meet

## ISCA Summer Beach Blast

Wednesday August 2, 2017 – Saturday August 5, 2017

North Shore Aquatic Complex

[901 N. Shore Drive NE, St Petersburg, Florida](#)

Summer Championship Meet for Qualifiers. (See meet information for qualifying times.)

**\*Please declare your interest now for travel planning purposes.**

Event signups will be later.

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

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



## Apparel

Show your Rapids spirit with our apparel. With so many Rapids items for sale both swimmers and parents can show their team pride!

Don't miss out! Over the next two weeks Kindra Miller our Apparel Coordinator will send out an email regarding orders for personalized swim caps. With a minimum order required they are only offered at specific times during the swim year. You will receive two personalized silicon 'Rocky Mountain Rapids Swim Team' caps for \$30.00.



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:

- Rapids polar water bottles
- Team suits
- Team apparel including sweats, jackets, beanies, backpacks, etc.
- Black team shirts
- Personalized swim caps

Rapids polar water bottles and black team shirts are available immediately, but have limited supply. Team suit and apparel items must be ordered and can be delivered directly to you.

For more information, please contact [Kindra 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](http://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 Baker family is the winner of the King Soopers fundraising for March 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

There will be no Board Meeting for the month of May. Watch the team website, newsletter or Facebook page for the next Board Meeting.

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

For administrative questions (dues, safety, team policies), [please contact](#) the appropriate Board Member.

## Team Check In!



2017 MAY						
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			

www.free-printable-calendar.com

**ROCKY MOUNTIAN RAPIDS SWIM TEAM**

8720 Scarborough Dr. Colorado Springs, CO 80920