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| **JANUARY REMINDERS & EVENTS** | | | |
| **Rocky Mountain Rapids Swim Team has set up fundraising sessions at Dream Dinners.**  **How it works:** Dream Dinners is a “fix it and freeze it” meal-prep kitchen.   1. Clear your calendar for **Thursday, Jan 24th**. We have a sessions scheduled for **5:30 PM and 6:30 PM.** 2. Register for your session, **please note that each session has a private hyperlink.** 3. Pick your menu. You will be preparing 3 x 3-serving meals for $34.99. (Need more servings? Make multiples of the same meal.) 4. When you arrive at Dream Dinners all of your ingredients (meat, veggies, spices, etc.) will be washed and prepped, ready for you at a station. You will prep the meals according to your preferences (based on the recipes provided) and take your meals home.   **Note: You must pre-register for a session.** **One offer per household** **.**   * Need to customize your meal? Call the store with any dietary questions. * Rapids Swim Team will receive $10 for every person that attends and prepares meals. * Dream Dinners is conveniently located near the intersection of Powers & Research at 5578 Powers Center Point (719-282-3210)   RSVP Online: (limited spots available)  5:30 PM Session:  <http://dreamdinners.com/fundraiser/777019>  6:30 PM Session:  <http://dreamdinners.com/fundraiser/777020>  **Password for all sessions: rapids (all lower case)**  **The Menu**: (Pick 3, or make multiples of the same meal)  Cheese Lovers Manicotti \* Chicago Style Chicken with Red Skin Potatoes \* Creamy Chicken Risotto \* Mesa Grilled Pork Tenderloin \* Parmesan Crusted Pork Chops with Oven Roasted Broccoli | | | |
| **UPCOMING MEETS** | | | |
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| **Chilly Open – Co-hosted meet with Altitude**  **Saturday January 26**  USAFA Natatorium  The **registration deadline** for the **Chilly Open (1/26/19)** swim meet is just around the corner and we are asking that you login to declare whether or not you're going to the meet. If you are going, you will need to declare by the **registration deadline, 1/17/19**.  Registration Deadline: January 17, 2019  For more information for this meet please follow the link below.  [**http://www.teamunify.com/EvSignup.jsp?event\_id=965834&team=cormrst**](http://www.teamunify.com/EvSignup.jsp?event_id=965834&team=cormrst) | | | |
| **CMA Valentine’s Invite**  Cheyenne Mountain Aquatic Center  February 8-10, 2019  Registration Deadline: January 25, 2019  For more information for this meet lpease follow the link below.  <https://www.teamunify.com/EventShow.jsp?team=cormrst&id=960359> | | | |
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| **TEAM INFORMATION** | | | |
| **ONGOING FUNDRAISERS** | | | |
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| AmazonSmile is a simple and automatic way for you to support the **Rocky Mountain Rapids Swim Team** every time you shop on [*https://smile.amazon.com/*](https://smile.amazon.com/)*.* 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 Reloadable Gift Card 5% will be donated to the Rocky Mountain Rapids Swim Team.  -Contact [fundraising@rockymountainrapids.org](mailto:fundraising@rockymountainrapids.org?subject=RAPIDS%20-%20King%20Soopers%20Card) to receive a King  Soopers Reloadable Gift Card linked to the Rapids.  Each card costs $2.50, however, $2.50 is preloaded on the card.  Each family can have multiple cards; so pick up one for spouses, family, and neighbors!  -Take your Rapids/King Soopers Gift Card to Customer Service, any  Cashier, or the Gas Station to load your desired amount on the card.  You can pay by cash, check, or credit card (you still get your points) Remember to load the gift card before they ring up your purchases.  *It can take up to 15 minutes for the gift card to show your new balance.*  -Use your Rapids/King Soopers Gift Card to purchase groceries and  gasoline.  *They may not be used to purchase other gift cards.*Continue to use your King Soopers Frequent Shopper Card during your regular checkout to accumulate points.  *new balance.*  -The Rocky Mountain Rapids Swim Team gives an additional incentive - the family that raises the most money through their Rapids/King Soopers card each month will receive a 10% discount on their monthly fees that month! | | |
| **Shop With Scrip** For gift cards that can be used for gifts or everyday purchases, check out! <https://shop.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** | | |
| **COACHES CORNER** | | | |
| From Coach Erik:  One of the most important things a coach will talk to about the swimmers in practice doesn’t even involve the water. That is posture. Good posture is the foundation of what we do in the water. Most swimming injuries or issues are a result of improper technique. If the body is consistently in an imbalanced posture, such as hips forward or neck forward of the spine, the body will not be as strong. Once the body is already compensating for one thing, adding another level to that may push the body past the stress point.  Keeping a good posture does much more than aiding in injury prevention. It can help one portray a better and more confident self-image. Good posture can also help breathing easier and deeper. Circulation and digestion is also improved. It will also help with all our muscles and joints. As we train, the swimmer’s bodies will be fatigued and more susceptible to injury. If all of us work together to promote good nutrition and proper posture throughout the day, the swimmers have see that much more benefit from their training and hopefully less back, shoulder and knee problems.  For reference, <https://www.muscleandfitness.com/muscle-fitness-hers/hers-athletes-celebrities/importance-good-posture>  **NOTES FROM THE PRESIDENT**  In the day-to-day of life, swim meets, swim practice, driving carpool on cold days and early mornings can be tough on parents. Jon Acuff recently started Tweeting about his daughter’s (and his) swim experience. Two of my recent favorites:  “Dad next to me who tries to yell so loud he can overcome the 660,253.09 gallon sound barrier in an Olympic-size pool so his kid can hear him” just got added to my “Very specific list of people I don’t like”.  “If you like whistles, chlorine and claustrophobia, you’re going to love swim meets.”  I’m convinced that at some point there will be a new medical diagnosis “bleacher bottom”. The truth is I did attend almost every meet my kids ever swam in (including travel meets), and until they started driving, a lot of their practices. While watching kids go back and forth in the pool can have a hypnotic effect, I can say this, my family is closer because my husband and I were and are involved. One of my closest friends is the mother of my son’s fiercest rival from across the state. I have made friends with other swim parents that will be life-long.  Friends are most easily formed for kids in carpool, dryland, and swim meets. At practice, swimmers develop an amazing ability to carry on conversations during their 5-10 seconds of rest at the wall, and hold their thoughts until the next rest. Meets allow time for true conversation, cheering and support, and being a “teammate” for each other. This goes for both the athletes and parents. Attending meets is an important part of the sport for athletes and parents alike.  See you in the stands.  Cheryl | | | |
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| Note from the Treasurer:  Remember to notify the team Treasurer of any account changes by the 24th of the month prior to the change at [Treasurer@rockymountainrapids.org](mailto:Treasurer@rockymountainrapids.org). | | | |
| **Team Check In!** | | | |
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| ROCKY MOUNTAIN RAPIDS SWIM TEAM  Rocky Mountain Rapids PO Box 62485 Colorado Springs, Colorado 80962 | | | |

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