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| **May 2019 News** |
| **Summer Practice Schedule begins June 3.** **Practices will be held at Wagon Trails Pool (6887 Level Land Drive)**Saturday practices will be scheduled on a weekly basis as the meet schedule permits.  Class 1 - 7:45-8:30am (Monday-Thursday) Class 2 - 7:30-8:30am (Monday-Friday) Class 3 - 6:30-7:45am  (Monday-Friday)Seniors - 5:45-7:30am  (Monday-Friday), afternoon practices will be at the OTC as schedule permitsAge Group Summer Team - 7:45-8:30am (Monday-Thursday) \* Dryland for Class 3 and Seniors will follow immediately after swimming**Upcoming OTC Practice Days/Times**May 4 3-5pm; May 11 & 18 11am – 1pm**Our Fundraising with King Soopers has changed!** Please scroll to page 3 for info on how to adjust. Hint: it’s much easier! ☺  |
| **UPCOMING MEETS** |
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| **June LCM Racing @ AFA (registration deadline June 10)****June 14, 2019**<https://www.teamunify.com/EventShow.jsp?id=1049907&team=cormrst> **Time Trial @AFA (registration deadline May 8)****May 11, 2019**[**https://www.teamunify.com/EventShow.jsp?id=1049903&team=cormrst**](https://www.teamunify.com/EventShow.jsp?id=1049903&team=cormrst)**CMA IMX Challenge (registration deadline May 4)****May 18-19, 2019**<https://www.teamunify.com/EventShow.jsp?id=1031481&team=cormrst>**AFA Spring Open (Co-hosted with Altitude) Registration deadline May 6****May 31-June 1, 2019**<https://www.teamunify.com/EventShow.jsp?id=1022760&team=cormrst> |
| **Summer Travel Meet for Senior Team and older Class swimmers:** The Senior Team Summer Travel meet with be to the VAST Open in Albuquerque, NM. June 28-30, 2019. More info coming soon! |
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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! |
| Now it's EASY for King Soopers shoppers to help our team by going online to complete a one-time enrollment that links shoppers' loyalty cards (it's the card or phone number you enter at the time of checkout in order to receive store specials/discounts) with our team. Since the benefits start accruing NOW, please register TODAY so that our team can begin earning right away! This will make it so much simpler for families to support the Rapids as there will be no more Reloadable Gift Cards to purchase and reload!  To designate Rocky Mountain Rapids Swim Team as the organization you wish to support with your King Soopers purchases, simply go to: [www.kingsoopers.com/communityrewards](https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fasd20.us14.list-manage.com%2Ftrack%2Fclick%3Fu%3D918911191197ffc9b3844d6f6%26id%3D7be57a56a6%26e%3Dbe43c205cd&data=02%7C01%7C%7C385746db0bad4cf4220f08d6b547fbf9%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C636895718098639687&sdata=0HunesAoTJH77Bwv6OrPJGmBr3%2BZUVCZqmlqADa%2BRKM%3D&reserved=0), and click "Enroll Now". This will take you to a sign-in page where you will be asked to sign in to your current account or create an account if you do not already have one. Once signed in, you will be directed to the "Community Rewards" page where you can search for Rocky Mountain Rapids Swim Team or simply enter our ID number which is LG572. The search results will pull up Rocky Mountain Rapids Swim Team, and you simply click the "Enroll" button to choose our team. You will then see Rocky Mountain Rapids Swim Team designated as the organization you wish to support with your purchases on an enrollment confirmation page\*Customers must have a registered King Soopers loyalty card account to link to your organization. |
| **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**  |
| Coach ErikRapids Head Coach**Seasons**There are plenty of quirks when it comes to the sport of swimming. One of those are the swimming seasons of which there are two of them. The "winter" season typically runs from September-March and the "summer" season runs from April-July. Some teams will go fully through all 12 months while other teams do finish the Summer Championship and then take a break until Labor Day.Each of the seasons are made up of different parts. Depending on the season, it may last shorter or longer. The Rapids will start with our back to basics and fundamentals. We want to set our foundation that we can build from throughout the season. This will help to ensure we keep the best technique possible and hopefully reduce any risk of injury. Once the foundation is set, the next process is to build up. This involved picking up the training volume and intensity. This is done step by step. We can't go the proverbial 0-100mph in a day, rather the gradual build up. Once we get to the target, the training and peak volume will finalize everything we are working towards and having that full "base" to prepare for our next phase. With the foundation set and our training volume set, we can now look at "taper." This is where we back off and rest and recover to be at our best for the end of season meet! A general rule of thumb, the larger the foundation and base, the better the taper. The basics and fundamentals in March and September is also a great way to help work through some "bad" habits and create new habits. It is important to note that technique can go away a little bit throughout a season. That is why the team will stress proper technique during the season. Happy Swimming! – Coach Erik |
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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.  |
| **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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