

**ROCKY MOUNTAIN
RAPIDS
SWIM TEAM**
speedo



November 2019



HAPPY THANKSGIVING

Coach Ramon's Corner

There is more to warming up at a meet than just at the beginning of the session. While your initial warm-up at a meet is an important way to get a feel for the water, count your strokes, and loosen up your body, it's just as important to warm-up before your race. You do not necessarily have to get in the water right before your race, but you do need to find ways to get your heart rate up and loosen up your muscles and joints. Too many times I have seen swimmers standing behind the block with a blank stare not doing anything. Coach Matt always asks is it easier for a car to go from 0-60mph or 40-60mph? The answer of course is the latter. You must do the same for your heart rate. It is important find ways that work for you because everyone is different. You can do jumping jacks, small jumps, big jumps, jogging in place, etc. You should also do some dynamic stretching before any race, or practice. Dynamic stretches are active movements where joints and muscles go through a full range of motion. Examples of dynamic stretches include arm circles, leg swings, hip circles, or anything that will loosen your joints and muscles. It is much easier to get up and go fast when your shoulders and legs are already loose, instead of taking the first few strokes in the race to loosen up. As I mentioned, I see very few swimmers on any teams doing this at our meets. Let's focus on being different than everyone else to be the best that we can.

Check out the website's [Fundraising Tab](#) for easy, everyday ways to support the kids and the Rapids!

WINTER WEATHER SAFETY

When D20 closes due to weather, the Rapids will **NOT** have practice. If weather deteriorates throughout the day, check the website and email before heading to practice.

Upcoming Meets

Register NOW!

November 1-3

CMA Fall High Point Open (CMAC)

November 23

ALPS AFA Thanksgiving Open
(AFA)

December 13-15

FAST Mid-Season Short Course
Finale (EPIC)

Each timing session signup earns your family 1 ticket in the [Timing Raffle](#) held every three months!



Donations Due Nov. 21!

The Swim-a-Thon is the Rapids largest yearly fundraiser. Please continue to raise money and turn in your donations by November 21! We appreciate the support of the kids and the Rapids!



Order Forms Due Nov. 20!

Your swimmer will be bringing home information on a team Scrip order soon! This is a great way to get ahead by purchasing gift cards for holiday shopping and teachers' gifts while fundraising for the Rapids!

