

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



**October 2019**



**Swimmers....  
Start Your Fundraising!**

**Tuesday, October 22**

The Swim-a-Thon is a lot of fun for the kids and an important fundraiser for the Rapids! The kids raise money with pledges and donations through the Rapids website.

The kids have 2 hours to swim up to 200 lengths of the pool with their friends and enjoy pizza afterwards! Parents help count laps and visit with other families! Spirit Wear sales and Swap Table also!

**Special prizes for top fundraisers and fabulous raffles for prizes donated from community partners!**

**Lap Schedule**

**Seniors: 5:00-7:00pm**

**Classes 1-3: 6:00-8:00pm**

**Upcoming Meets**

Register NOW on our website!

**October 18-20**

CSST Gian Luc Jordan Fall Invite (CMAC)

**November 1-3**

CMA Fall High Point Open (CMAC)

**November 23**

ALPS AFA Thanksgiving Open (AFA)

**Don't forget to sign up for a timekeeping session or two! Each timing session earns your family 1 ticket in the [Timing Raffle](#) held every three months!**

**Welcome!**

**Congratulations on a fantastic first meet of the season!**

The website is your first and often best source of team information. Be sure to check out the website regularly to keep up to date on practice schedules, team activities, swim meets, and much more!

Refer to the [Team Handbook](#) for answers to many of your team and general swim questions. Included in the Team Handbook is the Guide to Your First Swim Meet. It contains valuable tips for new swimmers and parents. If you don't find the answers to your questions in the Team Handbook, please contact a Board Member or Coach.

Please also take time to review the [Safe Sport](#) information available from USA Swimming.

NOTE: When D20 closes due to weather, the Rapids will not have practice. If the weather deteriorates throughout the day, please check the team website and your emails before heading to practice in the evening.



**Fundraising is a vital part of any youth team. Year-round fundraising opportunities for the Rapids are:**

- **King Soopers**
- **Amazon Smile**
- **Swim Outlet**
- **Shop with Scrip**

Login to the website and check out the [Fundraising Tab](#) for more information on easy ways to support the Rapids!