

**RAC NEWS VOLUME 12 - SEASON  
2018-2019**

**Current & Upcoming Events**

(See below)

**Schedule Changes**

**This week**

*November 15th Olympic Way Mini Meet, PLEASE check your group calendar*

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**Next Week**

*Thanksgiving schedule has been updated, PLEASE check your group calendar*

**Meet Results**

[CDOG DISTANCE](#)

[CAC INVITATIONAL](#)

[CAC MINI MEET](#)

**Parents Deadlines**

- [SOCO Invitational @ New Haven \(All Squads, Non LAC Holiday Cup Qualifiers\)](#) - **DEADLINE CHANGED TO NOV 21ST**

**What's New**

Guest Bartending @ Gallo

Olympic Way Session 2 Info

15 Greatest Motivational Quotes by Athletes on Struggle and Success

Thanksgiving Practice Schedule Updated

Dealing with parental interference in coaching



**With a future this bright....we HAVE to wear shades**

"Dare to be different, take the untrodden path, understand that you can be whatever you want to be and achieve whatever you want to achieve. Know no boundaries."-Coach Bill Sweetenham

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## Upcoming Meets

- [NCY Pam Liberty Qualifier Distance Session @ New Canaan YMCA](#), Nov 16, 2018, and [NCY Pam Liberty @ New Canaan YMCA \(ALL COMPETITIVE SQUADS\)](#), Nov 17-18, 2018
- [2018 USA Winter JR Nationals EAST Dec 5, 2018 - Dec 8, 2018](#), Greensboro, NC
- [SOCO Invitational @ New Haven, Dec 7-9, 2018](#). Deadline, November 21ST
- LAC ARENA HOLIDAY CUP @ Lancaster (Team Travel Meet, Quals. Only)
  - **QUALIFIERS HERE AS OF 11/14/18 (SWIMMERS WITH AT LEAST ONE BONUS CUT INCLUDED)**
    - *F&M means that the qualifying standard has been met*
    - *Top 16 means that the actual time will make it back for finals*
    - *Top 8 means that will make it to the A Final*
    - *Med means Top 3*
    - *Bonus means bonus cut standard has been met*
  - **DELTA AS OF 11/14/18** (this will show all RAC swimmers with seconds off the qualifying time)
  - BONUS EVENTS: Swimmers will be eligible to enter bonus events under the following conditions: A swimmer qualifying for one individual event may enter to compete in up to 2 total bonus events if the bonus time standards are met. A swimmer qualifying for 2 or more individual events may enter to compete in up to 3 total bonus events if the bonus time standards are met.
  - Swimmers must still stay within the event maximum of 3 individuals per day.
  - Bonus event time standards are as follows:
    - For 50 and 100 distance events: The existing time standard plus 1 second.
    - For 200 distance events: The existing time standard plus 2 seconds. -
    - For the 500 free and 400 IM: The existing time standard plus 5 seconds.
    - There will be no bonus entries for 1000 free and 1650 free.
    - 15& Over will have three heats at night.
    - 13-14 and 11-12 will have two heats at finals at night.
    - All other events in this meet are Prelim/Final events except the 1000 and 1650 Freestyle and all Relay events.
    - These events are Timed Final events. All events are pre-seeded except the 500, 1000, 1650 Freestyle, 400 IM and all Relays.

**Our travel meets require the cooperation of everyone. We realize that it may be more difficult for some to adhere to our travel schedule but unfortunately, we cannot make exceptions. To ensure that all our children and families are treated equally it is required that all swimmers travel as a group and adhere to the schedule we have provided.**

**We look forward to a wonderful experience for our swimmers and their families.**

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## What's New

### Guest Bartending @ Gallo



Thursday, November 15 from 6-9pm

Gallo Restaurant  
5 Grove Street, Ridgefield

Coach Graham will be our bartender for the night. Come to join Coach Graham at the bar as he makes a great Old Fashion and an even better Manhattan!

It is a fun evening to connect with RAC families and support our Club.

All tips and 10% of sales for drinks & dinner go to RAC. Please TIP generously!

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### Olympic Way Session 2 Info

Olympic Way Blue and Black Session #2 is right around the corner!

- Returning RAC swimmers do not need to try out for Session 2.
- For returning members, we will let you know your swimmer's group placement the day after the mini meet (Fri, November 16th).
- New swimmers **MUST** try out.
  - Swimmers must be able to swim 25 meters (1 pool length) of freestyle and backstroke without stopping to be in Olympic Way Blue.

- Swimmers must be able to swim 25 meters (1 pool length) of legal freestyle, legal backstroke, and legal breaststroke without stopping to be in Olympic Way Black.
- Registration will open for all current Olympic Way Blue and Black swimmers on November 16th, after your swimmer receives their group placement.
- You must register your swimmer November 20th by 11:59 PM to have a guaranteed spot on the team.

What to expect for Olympic Way Blue Session #2:

- Review of freestyle and backstroke technique
- Reintroduction/introduction of breaststroke
- Learn and practice safe competitive starts
- Swimmers will have an option to go off the block or the gutter; Safety is our #1 priority!

What to expect for Olympic Way Black Session #2:

- Progression of skills for freestyle, backstroke, and breaststroke
- An introduction to butterfly

Work towards legally completing 50 meters (2 pool lengths) of freestyle and backstroke

Please contact Coach Thammara [thammaraclemente@gmail.com](mailto:thammaraclemente@gmail.com) for more info

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**15 Greatest Motivational Quotes by Athletes on Struggle and Success**

[LINK](#)

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## Thanksgiving Practice Schedule Updated



As the holiday's draw closer, make sure to keep your training in view and your goals clear in your mind! The thanksgiving [practice schedule](#) has been updated, get ready to #burnthebird!

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HOLI-BALL COLLECTION

November and December are around the corner. That means a special time to think about what we learn during the year, enjoy friends and family, and be grateful and show our appreciation.

With that in mind, we are pleased to be part of the Olympic Way Mini Meet on Thursday, November 15th, to "Give Love"

Mónica Vázquez, an Independent Beauty Guide with Lime Life by Alcone, will be at the event to provide you with suggestions and information on natural skincare and professional makeup. Also to show you the new items that the company has for the Holidays.

**15% of the sales from the event and online sales will be personally donated to RAC.**

You can be part of this Giving Love Event starting on November 1st. How? Accessing this link to complete your orders online:

<https://www.limelifebyalcone.com/monicavazquez/party/229292>

The party link will be open until 11/28/2018.



**L** LimeLife by Alcone

## Dealing with parental interference in coaching

[LINK](#)

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### What's New from USA Swimming



[For swimmers](#)

[For parents](#)

[For volunteers/ Team Leaders](#)

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[LINK to past newsletters](#)

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