

**RAC NEWS VOLUME 31 - SEASON
2017-2018**

Current & Upcoming Events

[10 & Under Summer Finale](#) @ Brookfield July 20th

[Phillips 66 Nationals](#) @ Irvine CA, July 25th-29th

[CT Age Group Championships](#) @ Wesleyan July 26th-July 29th

[For more events please follow this LINK](#)

Practice Schedule Changes

CPAC Reminder

(see below)

Meet Entries

(see below)

[Meet Results](#)

(see below)

What's New

From CT Swim

Age Group Championship Meet Themes and Secret Pyscher

RAC Finishes 2nd Place Overall at CT Swimming Championship

Eastern Age Group and Senior Zones Meets

College Swimming Opportunity - McDaniel College

[Facility Survey](#) Corrected

Motivational Quote

*“Bamboo is flexible, bending with the wind but never breaking, capable of adapting to any circumstance. It suggests resilience, meaning that we have the ability to bounce back even from the most difficult times. . . . Your ability to thrive depends, in the end, on your attitude to your life circumstances. Take everything in stride with grace, putting forth energy when it is needed, yet always staying calm inwardly.”— **Ping Fu***

Practice Schedule Changes

THIS WEEK	NEXT WEEK
Reminder that on Thursday July 19th Age Group/Zones/Futures Qualifiers will practice at CPAC 11:30am-1:30pm	Reminder that on Tuesday July 24th Age Group Qualifiers will have practice at CPAC 11:30am - 1:30pm

[PRACTICE SCHEDULE LINK](#)

CHAMPIONSHIP Meet Declaration Deadlines



[USA Futures Championship](#) - July 24th @ 9pm

--



[ZONES Senior Championship](#) - July 24th @ 12pm

--

[ZONES Age Group Championship](#) - PRE-REGISTRATION application by 5 PM, SUNDAY, JULY 22, 2018.

[Meet Entries Here](#)

[Meet Results Here](#)

What's New

From CT Swim

The 2018 LC Zone Team Pre-Registration is open. Athletes wishing to be considered for the team MUST submit an PRE-REGISTRATION application by 5 PM, SUNDAY, JULY 22, 2018. Details and application are at this link:

<https://www.ctswim.org/Meets/Zone-Team/>

The application for 2017-2018 Scholar Athlete recognition is now open for athletes completing 10th through 12th grade. Applicants are strongly encouraged to apply using My Account. (Instructions). The deadline is Wednesday, July 25, 2018. No exceptions.

<https://www.ctswim.org/Recognition/Athlete/Scholar-Athlete/>

USA Swimming Scholastic All-American application is open June 1- August 15, 2018.

USA Swimming Scholastic All-America Program Requirements:

<https://www.usaswimming.org/utility/landing-pages/times/scholastic-all-america>

Senior athletes competing in 2017-2018 zone and national meets may apply for Senior Travel Assistance. The deadline is August 31, 2018 and receipts are required.

<https://www.ctswim.org/Recognition/Athlete/Senior-Travel-Assistance/>

Graduating Seniors: Send us your post-graduation plans so we can recognize you on the Graduating Senior page. No deadline.

<https://www.ctswim.org/Recognition/Athlete/Graduating-Seniors/>

Age Group Championships Meet Themes

If you are attending Age Group Championships, the coaches have come up with “theme days” during the meet. If you are attending and want to get in the spirit (parents too!) please join us in following this schedule

Thursday - Different Sport Day, dress like you are an athlete from a different sport!

Friday - Superhero, dress like your favorite superhero!

Saturday - Hawaiian, dress like you're on vacation!

Sunday - All Black Everything, come in the last day looking tough wearing all black.

The next fun item for age groups will be our secret pyscher poster! This year, we are asking the swimmers to keep the poster to the size of a standard piece of printer paper. Follow the link below to see who your swimmer is assigned to!

[**SECRET PYSCHER**](#)



“It was a team effort!” said Ridgefield Aquatic Club Head Coach Emmanuel Lanzo about the RAC men’s team winning the CT Senior Championships by over 240 points, and the combined men’s and women’s team placing second overall in a field of 33 teams from across CT. The RAC women placed 6th in their division. RAC swimmers were dominant throughout the meet setting **18 new CT individual records and seven CT relay records**. The competition, which is open to swimmers of any age who achieve the qualifying standards for the meet, featured over 600 swimmers and was held at the Freeman Athletic Center at Wesleyan University on July 12-15, 2018.

Leading the team and winning the men’s high point award for the meet, was **Kieran Smith**, who will be attending to the University of Florida in the fall. Smith won seven individual events, setting 16 new individual CT records, and swam on all of the men’s record setting relays. Smith prevailed in the 200 back, 50 free, 400 IM, 100 fly, 400 free, 100 free, and 200 IM. **AJ Bornstein**, who will be attending the University of Michigan in the fall, won and set two individual CT records in the 100 and 200 breast and placed 4th in the 200 IM, 5th in the 400 IM, and 6th in the 200 fly. **James Huang**, a rising sophomore at Cornell University, won the 200 fly and placed 2nd in the 200 back, 3rd in the 100 back and 200 IM, 4th in the 100 fly, and 8th in the 400 IM. **Connor Hunt**, while only a rising sophomore at Ridgefield HS, made a huge contribution placing 4th in the 800 free and 400 IM, 5th in the 400 free and 200 fly, 9th in the 200 free and 15th in the 200 IM. **Andrew Solivan**, a recent qualifier for the Central American Games, which will take place in Barranquilla, Colombia at the end of July 2018, came to RAC from Puerto Rico after being displaced by Hurricane Maria in fall of 2017. Solivan placed 2nd in the 200 free, 3rd in the 100 free, 5th in the 100 fly and 6th in the 50 free. **Lexo Walker**, a rising junior at Columbia University, placed 3rd in the 200 fly and 7th in the 100 fly. **Luke Hruska**, a rising junior at RHS, place 10th in the 200 IM and **Shayne Simmons**, a rising junior at Danbury HS, placed 11th in the 200 breast.

Smith, Bornstein, Huang and Solivan set new CT records in the 200 and 400 medley relays. Solivan, Walker, Huang and Smith set new CT records in the 400 freestyle relay and Solivan, Walker, Hunt and Smith set a new CT record in the 800 freestyle relay. Solivan, Walker, Smith and **Will Bryant** placed 2nd in the 200 freestyle relay. Others scoring on the B relays include Bornstein, Bryant, Hruska, Huang, Hunt, Simmons, Walker, **Trey O'Malley** and **Andrew Yu**.

RAC's women's team was lead by **Anna Turner**, a rising senior at RHS. Turner place 5th in the 200 and 400 free, and 11th in the 400IM. **Lindsey Gordon**, a rising sophomore at Vanderbilt University, placed 7th in the 100 breast, 12th in the 200 breast, 14th in the 200 and 400 IM. **Julia Weiner** a rising senior at RHS placed 12th in the 200 back and **Jenna Budicini**, a rising senior at RHS, place 15th in the 400 IM.

Weiner, Gordon, Turner and **Hannah Snyder** placed 7th in the 200 medley relay setting a new CT record for 17-18 year old girls and they also placed 6th in the 400 medley relay. Gordon, **Reilly McManus**, Turner and Snyder placed 6th in the 200 freestyle relay and 7th in 400 freestyle relay, and **Rylie Giles**, Budicini, Snyder and Turner placed 7th in the 800 freestyle relay. Others scoring on the B relays include Budicini, Giles, Gordon, McManus, Weiner, **Elissa Clancy** (18th 200 Breast), **Jenna Leonard** (17th in 100 Breast, 19th in 200 Breast), **Victoria Piacentino** (19th in 400 IM), and **Riley Riebling** (40th in 200BK with a 6 seconds drop).

Bornstein and Smith head to Phillips 66 National Championships in Irvine, CA July 25-29. Leonard, Turner, Hruska, Huang, Hunt and Walker will go to USA Futures Championships in Richmond, VA August 2-5.

***Note: The top 16 finishers in each individual event score and relays score double.

Eastern Age Group and Senior Zones

With Championship season on the horizon, it is time to start looking ahead at championship meets past the CT Swim series. Two meets in particular are the Eastern Age Group and Senior Zones meets.

To qualify for Age Group Zones, a swimmer must have achieved at least TWO of the time standards and have applied to attend the meet prior to the deadline of 5pm July 22nd. This meet is run by Connecticut swimming and will be team travel for all athletes 11 and over. This means that CT Swim handles all entries, billing, coordination and travel. Below are some helpful links to determining your eligibility as well as where to apply, where to direct your questions and miscellaneous info.

Location - [The Collegiate School Aquatics Center in Richmond Virginia.](#)

Do I qualify? If so, in what? - [CT FAST DATABASE QUERY](#)

What are the cuts? - [QUALIFYING TIMES](#)

Who should I contact to determine if this meet is right for my swimmer? - Your child's primary coach

Where do I apply? - The application will be posted [HERE](#)

I have questions about travel, hotel, fees and other matters relating to the meet, who should I contact? [John Scaldini](#), CSI Board of Directors and Zone Team Organizer

To qualify for Senior Zones, a swimmer must have achieved at least [ONE qualifying time standards](#). This meet will be coordinated by RAC and will be on your own travel. Below are some helpful links to determining your eligibility as well as where to apply, where to direct your questions and miscellaneous info.

Location - [Erie Community College, Buffalo NY](#)

Do I qualify? If so, for what? - [CT FAST DATABASE QUERY](#)

What are the cuts? - [QUALIFYING TIMES](#)

Who should I contact to determine if this meet is right for my swimmer? Your child's primary coach

Where do I apply? Since this meet is run by RAC there is no application. Rather, you can attend/decline at the event page [HERE](#)

I have questions about travel, hotel, fees and other matters relating to the meet, who should I contact? [Emmanuel Lanzo](#)

College Swimming Opportunity - McDaniel College

Please see the below message from McDaniel College regarding a scholarship offer,

I would like to share with you a great scholarship that McDaniel College offers, in the hopes you will pass it along to your swimmers. McDaniel offers the Educator's Legacy Scholarship (up to \$100k/4 years) to the children of any educator in a K-community college setting for at least 4 years. 'Educator' refers to ANY employee, from teachers to administration to maintenance crew, as long as they have been in a full time position for at least four years.

For more information:

<http://www.mcdaniel.edu/undergraduate/admissions/apply/educators-legacy-scholarship>

If you have any additional questions, please let me know.

Eugene Tee
Assistant Swimming Coach
McDaniel College
(O) 410-386-4086
(C) 248-310-6259

Facility Survey Corrected

[LINK](#)



TALKING ABOUT SAFE SPORT

[LINK](#)

What's New from



[For swimmers](#)

[For parents](#)

[For volunteers/ Team Leaders](#)

[LINK to past newsletters](#)

PARTNERS & SPONSORS





Sincerely,

RAC STAFF

