



RAC NEWS VOLUME 8 - SEASON 2017-2018

Current & Upcoming Events

[NCY Pam Liberty Qualifier](#) Nov 17th-19th

[New Haven Qualifier](#) Nov 17th

Practice Schedule Changes this week

(see below)

Meet Results

[LINK](#)

What's New

Updated BDEV Check-In, Warm Up and Start Times

Pam Liberty Relay Info

New Meets Added!

SWIM-A-THON 2018

What's new from USA Swimming

Enjoy the Process

Thinking Out Loud: Letter from our Coaches

Motivational Quote

"Excellence is a continuous process, not an accident"-Abdul Kalam



Pic of the Week



OF.THE.YEAR.



[Click here for more Pics](#)

Practice Schedule Changes this weekend

Please visit your [Squad practice schedule](#)

Meet Declaration Deadlines

[IA Holiday Invite at Suffolk County CC \(All Squads Quals. Only\)](#)

[November 20th](#)

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[Franklin & Marshall\(All Squads Quals. Only\)](#)

[November 20th](#)

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[NE Senior Championships @WPI](#)

[November 28th](#)

Your swimmer has been declared ATTENDING this meet. If your swimmer will not be able to attend: please contact your Primary Coach and let him/her know your intentions as soon as possible before the deadline -- otherwise, you will be invoiced after the declaration deadline, on your next RAC billing. Please contact Coach Emmanuel coachlanzo@gmail.com with any issues concerning this entry. Thanks.

[CLICK HERE FOR MORE MEETS](#)



What's New

Thanks RAC!

Thank you so much to everyone who donated online and who attended our Gallo Guest Bartender Fundraiser. The total amount raised for Puerto Rico was \$3325!. It was a great time at Gallo while raising money for a great cause, helping those in need in Puerto Rico.”- Vera O’Malley, Fundraiser Coordinator



Updated BDEV Invite Check In, Warm Up and Start Times



Pam Liberty Relay Info

Due to the size of the morning sessions, the meet host has cut ALL RELAYS from the meet. The relay events have been removed from our website and you will not be charged for the previous relay entries. If you have any questions, contact your primary coach.

New meets added!

As we move closer to the middle of the season, the coaching staff is busy planning meets for January and February! Please look at the [meet events page](#) for some newly added meets!

- [2018 Blue Devil Qualifier \(13&over\)](#)
- [ZEUS Pat Spinola Distance Meet \(ELITE/NAT\)](#)
- [ZEUS Pat Spinola Invite \(12&unders\)](#)
- [RYWC January Distance \(AG/AGE/ELITE/SEN/NAT\)](#)
- [RWYC IMTough Challenge \(ALL Squads\)](#)
- [IMXtreme Games \(14&Under Qualifiers\)](#)

- [2018 CTS Bull February Invite \(ALL SQUADS\)](#)
- [Region 1 SC Invitational \(Qualifiers Only\)](#)



Swim-a-thon

Save the date Friday Feb 23rd, 2018

We are looking for people to join the committee to help run our biggest fundraiser of the year. Please contact a Tracy Inall - inall@sbcglobal.net if you are able to help.

What's New from USA Swimming

[Mike's Mailbag - Enjoy the process](#)

[LINK to past newsletters](#)



Thinking Out Loud

Hello RAC Members,

Thanks to all of our supportive and passionate parents, we have been receiving some feedback regarding the first half of this short course season. Before diving into explaining some circumstances and rationale behind decisions made, it is important to reflect upon the past.

- Flashback to four years ago and the qualifying process for the MIT Travel Meet. Swimmers were required to qualify for the meet during the previous year. This would mean that swimmers, even those who improved greatly over the summer, had no chance at receiving that benefit of attending the meet.
- Moving forward to last year. The meet host and NE LSC imposed a 75%-25% rule that effectively bumped us from the meet. Without hesitation, the coaching staff found a new, more competitive meet that allowed RAC to submit an entry in late November. This positive change gave the athletes the best chance ever to qualify for a meet that has been coveted for many years on this team.
- While many would argue that last year's meet at Franklin & Marshall meet was a resounding success, there were still areas of improvement.
 - First, having only one travel meet did not serve the entire membership. This year we have added two other championship meets to give everyone an opportunity to experience success. Once again, a first for RAC.
 - Second, we found multiple meets in the qualifying period for the December travel meets. One of which was a very rare prelims/finals meet. In the past, no other RAC team has been granted the opportunities like the 2017-2018 Ridgefield Aquatic Club.

After considering the positive changes and multiple opportunities the coaching staff has given to the athletes, let's review some of the feedback received about the BDEV November Qualifier.

Facility Temperature

As with any new pool RAC visits, there is always an element of the unknown. Will there be enough seating? Is the deck going to be able to drain the water quickly? Where can we hang our banner? In this specific case, will the deck be heated well enough? Or, will the facility be able to handle the below freezing temperatures outside? In this case, the deck was cold and unable to handle the outside temperatures. During the meet, the coaching staff repeatedly reminded swimmers to bundle up after each race, take hot showers before and after each race and when possible to stay hydrated. Not every facility this team will encounter together will be perfect. *What matters in this situation is how we as a team decide to react to the imperfect and uncontrollable.*

Warm Up Time

Every meet schedule (including warm up, event order, start times, end times and beyond) is all controlled by the meet host. At the BDEV November Invite, the decision was made to combine the 12&under afternoon session with the 13&over morning session. This was to give swimmers adequate time to rest between races and to help the 12&unders competing in finals at night a chance to rest. This decision impacted the warm up schedule, subsequently placing the start time of warm ups earlier than anticipated. *What matters in this situation is how we as a team decide to react to the imperfect and uncontrollable.*

Rationale Behind Attending BDEV November Invite

Each meet that the Coaching Staff schedules and plans for the team to attend is much more than what appears to be a snap decision. This year in particular, the staff is splitting the team up by ages to better provide the right opportunities and challenges for each individual member and squad. The rationale behind the BDEV meet was to provide the Elite squad with the following

1. A Prelims/Finals meet experience before December. As many experienced swimmers and coaches will tell you, the ability to perform at a prelims/finals meet is one that needs practice. This meet allowed our Elite 13&overs to gain valuable experience in a prelims/finals setting early on.
2. The prelims/finals format allows for swimmers to have the chance to swim the same event twice. At this point in the season, swimmers are working hard at qualifying for the Long Island and/or Franklin & Marshall travel meet. By having that possible second opportunity swimmers can apply any feedback given to them to improve upon what they did in the morning. Many swimmers at the BDEV meet did just that.

Competitive Atmosphere

As with every meet, both old and new, there is an element of the unknown on level of competition. This meet was no different. RAC swimmers came in just like any other meet, prepared to the best of their abilities ready to race whatever teams were their. In this case, there were a few teams from CT and one team that traveled together from Massachusetts. This team brought their very best swimmers to race against whatever competition was present. Exactly what RAC and the other CT teams did. *What matters in this situation is how we as a team decide to react to the imperfect and uncontrollable.*

Hotel

Occasionally, meet hosts will set up room blocks at hotels in the area. More than likely, these are hotels that either sponsor the team or have a deal with that specific hotel. Outside of team travel meets, families are not bonded to stay in a hotel that the meet host or RAC, for that matter, has blocked. In the future, the RAC staff will explore further options of closer hotels to the facilities we visit.

If you have any suggestions on hotel preference for any upcoming meets, the staff would love to hear your feedback and appreciate any help.

RAC Coaching Staff

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Sincerely,
RAC STAFF



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