

**RAC NEWS VOLUME 15 - SEASON
2018-2019**

Current & Upcoming Events

Rac Black and Blue Meet

[LINK](#)

**Schedule Changes TODAY, this Saturday and Next Week
(See Below)**

Meet Results

[LINK](#)

What's New

2019 Club Excellence Results Announced

RAC Christmas Black/Blue Meet

RAC SWIM-A-THON

Senior/Junior Meet Entry's

Swim Meet Process Refresher

Lost Coat @ SOCO Meet

SoBol Fundraiser THURSDAY DEC 20TH

Motivational Quote

"Michael didn't have a best event. When you ask Michael at 11 or 12 what was his best event, he was like, 'I don't know. I guess IM-er.'..."

Michael learned that you step up to race, and [when] you step up to race, you give your best effort, you see what happens, and then you move onto the next one, because there is [another] one coming up. What that achieves... It kind of frees him up, since there is not more importance placed on one or the other event.

There are more events coming up. Get up and race again. And again."

--Coach Bob Bowman, On The Development Of Michael Phelps (2008 ASCA World Clinic)



A little elf told me Connor was good at Junior Nationals, good enough to get a visit from the big guy!

Schedule Changes

This week

Thursday, December 20th

Senior/JR HIGH SCHOOL GIRLS 4:30pm-6:00pm

Friday December 21st

RHS vs STAPLES (4:00-5:45PM)

Age Group 5:45pm-7:00pm

Development 7:00pm-7:45pm

Fitness 7:00pm-7:45pm

Senior/Junior 7:45pm-9:00pm

What's New

2019 Club Excellence Results Announced



“USA Swimming is fortunate to have tremendous athletes and coaches doing incredible work at the club level from coast to coast. The clubs who have earned Gold, Silver or Bronze honors represent the best of the best, and they are laying the groundwork for the future success of USA Swimming at the international level,” said USA Swimming Managing Director of Sport Development Joel Shinofield. “We are excited and honored to again distribute \$400,000 in grants to the top 100-ranked clubs in 2019.”

Now in its 18th year, the Club Excellence program identifies clubs that execute strong, well-rounded programs to produce elite 18-and-under athletes. The top-20 clubs earn gold level ranking and those rated 21-100 are designated as silver honorees. The next 100 clubs are recognized at the bronze level. [Read more](#)

RAC Black and Blue Meet



Looking for something fun to do Christmas Eve morning? RAC is your place as we host the first ever Christmas Eve Intrasquad meet. [Check out the meet page for more information.](#) **If you cannot attend, please decline.** MASTERS ARE INVITED!

Team Black Captains: Coach Thammara, Coach Ashley, Coach Katherine

Team Blue Captains: Coach Graham, Coach Katie, Coach Alexis

FINAL ROSTER WILL BE PUBLISHED SUNDAY

RAC SWIM-A-THON

15th Annual Swim-a-Thon is coming Friday February 8th
Swim-A-Thon is RAC's primary fundraiser and an easy and fun way to fulfill your fundraising commitment. Your fundraising commitment is:
Development Groups: \$150

Age Group and Fitness: \$200

Senior and Junior: \$250

Family Maximum Fundraising Commitment: \$400

TWO EASY WAYS to raise money:

Corporate Sponsors: Own a business or know someone who does? Contact

Debbie Johnston, Corporate Sponsor Chair, at dcjohnston@comcast.net to sign up to become a corporate sponsor. If you have a lead, let Debbie know so she can help coordinate and provide assistance if needed. Sponsor levels begin at \$200. Click for a copy of the [Business Sponsor Letter](#)
Any corporate sponsors that you bring in count toward your fundraising commitment.

Family & Friends: Ask your family and friends to sponsor your child for either a straight donation or a per lap pledge (e.g. \$.10 x 200 lengths = \$20 raised). No amount is too small!

Click for our [Family and Friends Letter](#)

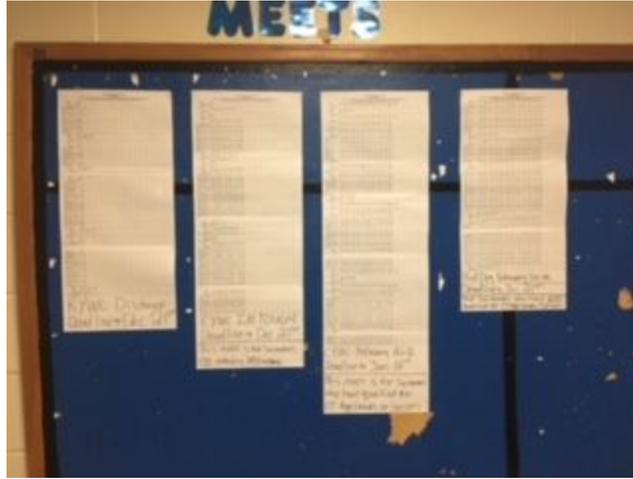
Our Goal is to raise \$38,000. We rely on money raised through Swim-A-Thon to cover over 10% of RAC's operating budget. Without these funds, registration fees would have to increase significantly.

All donations are tax-deductible as allowed by law

Questions? Contact Tracy Inall – inall@sbcglobal.net

We are still in need of a few volunteers for the Committee and we encourage younger swimmer families to get involved with this fun-filled event that the swimmers absolutely LOVE. If you can help out or join the Swim-a-Thon Committee, please contact TRACY INALL at inall@sbcglobal.net, as soon as possible. Volunteers are needed to help make this event a success. There will be a sign-up on the website closer to the event.

Senior/Junior Meet Entry's



Senior and Junior swimmers, your entry sign ups for the rest of the season is currently posted in the lobby! #focusandprocessfoundhere

Swim Meet Process Refresher

We are midway through the season and now is a good time to go back and refresh ourselves on the process of entering and attending swim meets.

[Please follow this step by step guide on our process.](#)

[Meets by squads](#)

Lost Coat @ SOCO Meet

Parents, please see the below message from Ellen Bonheim regarding a coat her daughter lost at SOCO,

Hi guys! Happy Monday!

Kira has lost her brand new winter coat. She definitely wore it to the meet Saturday afternoon but doesn't think she wore it home. And it isn't in Mike's car. She said you guys were all in a hallway area. Is there any chance someone saw it left behind and grabbed it for her?

It is black and Pink with lime green accents, size 16, has a hood, I don't remember the brand name.

Please check your swimmers bags as they may have accidentally picked it up. Contact [Ellen Bonheim](#) if you have it.

SoBol Fundraiser



Thank you to Meredith Mulhearn for organizing a team fundraiser at one of the hottest spots in Ridgefield, SoBol! The fundraiser will happen on December 20th and RAC will receive 10% of all sales that come from us. Please email your order to meredithcatherinedesigns@gmail.com that way SoBol can prepare your order for when you arrive.

What's New from USA Swimming



[For swimmers](#)

[For parents](#)

[For volunteers/ Team Leaders](#)

[LINK to past newsletters](#)

PARTNERS & SPONSORS



Sincerely,

RAC STAFF

