



2019 RAC SWIM-A-THON

15th Annual Swim-a-Thon is coming Friday, February 8th..the clock is started!

We are excited for this year's BIG team fundraiser and hope to raise a ton of money for our team. As a non-profit organization, the monthly dues that we charge our families are only part of the money required to cover all of the operational costs our team sees each year.

So each year we run a USA Swimming Foundation approved fundraising event called a Swim-a-Thon, which brings all of our kids together for a two-hour swimming event, this year's theme TBA soon!

5% of the proceeds raised from our Swim-a-Thon goes back to the USA Swimming Foundation to support youth learn-to-swim programs and to provide financial support to our U.S. National Team athletes and coaches. By donating to our Swim-a-Thon fundraiser, you are not only providing funds to build a stronger team at home, but you are also helping to give kids across the country the same great experience in the pool.

Everyone gets involved in this family-friendly event! Our athletes fundraising participation raises money from friends and family which is critical to financially helping out our team. Your support of our Swim-a-Thon is very much appreciated!

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.

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

**RAC NEWS VOLUME 17 - SEASON
2018-2019**

Current & Upcoming Events

[RYWC January Distance Meet - January 11th](#)

[RYWC IMTough Challenge - January 12th-13th](#)

[8&Under Quadrathon - January 20th](#)

[2019 IMXtreme Games - January 25th-27th](#)

[LINK](#)

Schedule Changes

(See Below)

Meet Results

[LINK](#)

What's New

Swim-A-Thon

IMX Scores

Upcoming Meets

Lost Watch

How to make the most of the coach-parent relationship

5 Sports Lessons a former pro-athlete still uses

RAC Beyond the Pool

Technique Corner

[BREASTSTROKE OUTSWEEP AND HEAD TO AIR](#)

For a free subscription, [click here](#)

GoSwim 

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

--John F. Kennedy, 35th President of the United States of America

Schedule Changes
[Thursday, January 3rd](#)
[Friday, January 4th](#)
[Thursday, January 10th](#)

What's New
IMX Scores

Take a moment to check out the updated IMX scores,

[2018-2019 Short Course](#) --- [2018 Long Course](#) --- [2017-2018 Short Course](#)

Upcoming Meets

As the new year is upon us, please take a moment to review the upcoming meets.

[**RYWC January Distance - January 11th**](#)

[**MEET ENTRY**](#)

LOCATION: [GREENKOLL AQUATIC CENTER](#)

CHECK-IN 3:45 // WARMUP 4:00PM // START 5:00PM

[**RYWC IMTough - January 12th-13th**](#)

[**Meet Entry**](#)

LOCATION: [GREENKOLL AQUATIC CENTER](#)

12/Under: Check-in 7:15am // Warm-up: 7:30am // Start: 8:30am

13/Over: Check-in 12:45pm // Warm-up: 1:00pm // Start: 2:00pm

[**HMST 8&Under Quadrathon - January 20th**](#)

Parents Deadline - January 8th

LOCATION : [Thompson Hall](#)

CHECK-IN 7:45AM // WARMUP 8:00AM // START 9:15AM

Lost Watch

On Saturday, December 29th during the combined Olympic Way practice, one of the young swimmers misplaced her watch. Please ask your swimmers to kindly check their belongings. If you find it, please contact [Margaret Rodgers](#)

How to make the most of the coach-parent relationship

“Too many youth sports parents, practices don’t look or sound like they did 20 years ago. There’s less screaming, kids aren’t running wind sprints after making mistakes, and parents are expected to take a more active role. Some see this shift as a sign coaches have become too soft and kids too coddled, but research does show that kids learn more and perform better when coaches, parents, and athletes work together harmoniously.

Frank Smoll, PhD, a sport psychologist at the University of Washington, says, “There’s more awareness now, compared to 20 years ago. Parents are a big part of the equation. Parents and coaches each have responsibilities to one another.” [Read More](#)

5 Sports lessons a former pro-athlete still uses

“His experience as an athlete served as his inspiration, and his teammates were vital networking resources — but Westervelt says it's the lessons he learned from years of practice, matches and training sessions that taught him to excel in business.” [Read More](#)

RAC Beyond the Pool



It was Sat. Dec. 15 at 1:00 pm where 5 RAC swimmers unknowingly descended upon a Jesse Lee Church separately. Each one would get up and perform a solo musical masterpiece in front of family and friends. No officials were there to watch for any DQ's but their teacher was there trying to provide encouragement as this time, there were no do-overs. One shot to get it right. They have been practicing their musical selection for weeks. Practicing at home day in and day out and maybe even going over it while swimming their laps (yeah, I think not).

Each parent holding their breath hoping there will be no squeaks from their instrument or a bad key played on the piano. Will the pressure of this holiday performance get to them or will their RAC training shine through? As the names were called, the crowd waited in anticipation to see who was going to play next. As our RAC swimmers were called, a look of "I got this" came over their face as they proceeded front and center. With a deep breath, each one played beautifully, lifting the spirit of all who were there.

Everyone was amazed as they performed a classic Christmas song or classical pieces. The confidence and determination showed as when each finished the crowd erupted in applause. They did it! In the end, they all looked at each other and said to themselves, "I didn't know that you took music lessons too!" As the session came to an end and they had a chance to mingle, our girls came together as they found another thing which binds them together.

Great job ladies and keep it up!

What's New from USA Swimming



[For swimmers](#)

[For parents](#)

[For volunteers/ Team Leaders](#)

[LINK to past newsletters](#)

PARTNERS & SPONSORS





Sincerely,
RAC STAFF

