



# Thanks to all who already donated!

A screenshot of a web-based donation page for the USA Swimming Foundation's Swim-A-Thon. At the top, the USA Swimming Foundation logo and the text 'SWIM-A-THON' are displayed next to a large, partially filled progress bar consisting of blue and silver segments. Below the bar, the text 'Help Our Cause! Click Here to Donate Today!' is followed by a green button labeled 'Please Help'. At the bottom of the progress bar, the text 'Amount Raised: \$8,570.00' is on the left and 'Goal Amount: \$38,000.00' is on the right.

*Please find out more about our sponsors by clicking their logo*



SHINE SALON

## RAC NEWS VOLUME 21 - SEASON 2018-2019

### Current & Upcoming Events

[Olympic Way Mini Meet - January 31st](#)

[Winter Tryouts - January 31st](#)

[CPAC AGE GROUP QUALIFIER - February 2nd and 3rd](#)

[SWIM-A-THON - February 8th](#)

[Bulldog Swimming Invite - February 9th and 10th](#)

[LINK](#)

### Schedule Changes

Friday 2/1

Saturday 2/2

Monday 2/4

([LINK](#))

### Meet Results

[LINK](#)

### What's New

Olympic Way Mini Meet

*Will you “survive”?*

A look ahead - Championship Season

Comparison is the thief of joy

*“Why compare yourself to others? No one in the entire world can do a better job of being you than you”*-[Eric Thomas](#)



## HOW DOES SWIM-A-THON HELP THE USA SWIMMING FOUNDATION?



Since 2012, more than \$1.4 million has been contributed in support of the USA Swimming Foundation's mission to save lives and build champions from teams hosting a USA Swimming Foundation Swim-a-Thon. Teams sign a contract to contribute **5%** (or more) of the gross proceeds from their event to the Foundation.

[MORE SWIM-A-THON FAQ'S](#)

## What's New

### Olympic Way Mini Meet



Good luck to all the Olympic Way swimmers competing in the [Session 2 Mini Meet!](#) The meet will take place on January 31st at Barlow Mountain Pool. All Olympic Way Swimmers should check in at 4:30 pm, warm-ups will begin at 4:45 pm and the meet will start at 5:00 pm. After the meet concludes, there will be a pizza party afterward in the pool lobby!

As always, we are looking for athlete volunteers from the competitive squads to come help time, organize and most importantly...CHEER! If you are able to come help, please contact [Coach Thammara](#).

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### ***Will you “survive”?***

*Each squad will “go the distance” for our Team and their Squad. That day, each Squad will have a Minimum goal distance that they will swim. Below are the Minimum goal distances and for each squad,*

- *Development Blue: swim 1500 mts and raise \$150*
- *Development Black: swim 1800 mts and raise \$150*
- *Age Group & Fitness: swim 4,200 mts and raise \$200*
- *Junior: swim 7,200 mts and raise \$250*
- *Senior: swim 8,000 mts and raise \$250*

*How far can you go FOR YOUR TEAM?*

*Each swimmer will have the opportunity to win prizes for every extra meter they go. For example; if a Junior Squad swimmer completes the minimum requirement of 7, 200 meters, but GOES THE DISTANCE, and completes 7,400 meters instead, (that's 200 meters more than required), for every 100 meters above their minimum requirement, the swimmer will “Level Up” (one level per 100 meters) and will have the chance to win prizes.*

*Additionally, all swimmers may “purchase” extra **meters** to “Level Up”, at \$25 per 100 meters. Based on the previous example, if the swimmer also raises \$200 above their Squad minimum requirement, that's 800 meters more on top of the 7,400 (8,200 meters!). The swimmer will “Level Up to 10” (maximum level with top prizes).*

**Each Level qualifies for different prizes**, including water polo Saturdays, private clinics, Hibashi session with the coaches to a pool party on your birthday! ([click for more info](#))

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## WINTER TRYOUTS 2018



**Where?** Barlow Mountain Pool

**When?** January 31st - 6:00-8:00pm

**Contact info:**

[Thammara Clemente](#)

203-438-3951

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## A look ahead - CT Swimming Championship Season

Recently, the coaching staff has been receiving questions regarding championship season, which meets mean what and what does their swimmer qualify for. Take a quick look at the guide below to help you navigate the upcoming championship season

### CT Seniors - February 21st-24th

Where? Wesleyan University

Who? [Qualifiers only \(click to link to see if you qualify\)](#). Any swimmers aged 14 or under that qualify need to communicate and plan with their primary coach on whether or not to attend this meet.

### CT Regionals - March 1st-3rd

Where? Location TBA, CT Swimming after receiving all entries will assign teams location based on entry size. This typically happens within 4 to 5 days of the entry deadline.

Who? Swimmers aged 8 to 18 from all competitive squads. Certain events have minimum time standards while others only require that you have swum them in the past (no swimmer can complete an event for the first time at regionals). [CLICK HERE TO SEE IF YOU QUALIFY.](#)

### CT Age Groups - March 14th-17th

Where? Chelsea Piers Stamford

Who? 14&under swimmers who have made at least one qualifying time. [CLICK HERE TO SEE IF YOU QUALIFY](#)

**It is the philosophy of the Ridgefield Aquatic Club that swimmers will attend and represent RAC at the highest level championship meet they have qualified for. If you have any questions on the above meets, please contact your primary coach.**

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**Comparison is the Thief of joy**



*This quotation, from Theodore Roosevelt, argues that comparing your work, your life, or whatever else will only serve to make you unhappy. Why? Because when you compare yourself to others, you know all the dirty details of your situation or the problems with what you've created but only the seemingly positive surface information about them or their work. So don't hold yourself up to some outside vague standard of greatness.*

*Judge your work by your principles and leave comparison out of the equation.*

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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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RAC STAFF



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