

RAC NEWSLETTER: SOCIAL DISTANCING EDITION Vol. 2 2019-2020

Current & Upcoming RAC Events

[Monday 4:00 pm: Hey Coach! What's Cooking? Feat. Jen Giles and Sean Burke](#)

Coach Sean takes over the kitchen and teaches us how to cook a family staple in the Burke household. Save your appetite for this one!

[Tuesday 4:00 pm Homemade Granola with the Giles Girls](#)

A cooking demo which will show you step by step how to make healthy nutrient-rich granola as a versatile energy-boosting snack for swimmers

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[Wednesday 4:00 pm Favorite Smoothies with the Archibald Girls](#)

A cooking demo illustrating a great way to create a nutritious and delicious smoothie

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[Thursday 4:00 pm Sports Nutrition Q&A with Jenn Giles and Liz Archibald](#)

Sports Nutritionists Jenn and Liz will answer all your questions about nutrition and swim performance. What have you always wanted to know? Ask away :)

[Please check your Practice schedule for upcoming events for your Squad Here](#)

(you have to be logged in on your Team Unify Account)

What's New

SWIM MOM MUSINGS: WHAT IS A SWIM MOM?

How do I Register for the Virtual Dryland Sessions

Other Online and Virtual Events

MISSION STATEMENT

The mission of the Ridgefield Aquatic Club (RAC) is to empower young people

to be champions in and out of the water.

VISION STATEMENT

RAC is a competitive swim program dedicated to:

- Promoting the sport of swimming
- Providing an enjoyable, team-oriented experience
- Recognizing each individual and value his or her role in the success of our club
- Teaching and developing life skills
- Providing each swimmer the opportunity to succeed at the highest level possible

VALUES

Our club members demonstrate:

- Commitment to the team
- A consistently strong work ethic
- Mutual respect
- Positive mental attitudes
- Self-confidence





[Click here to Download](#)

Available for FREE for all SwimOffice customers. Team administrators, coaches, and parents can download OnDeck and in real-time, access their team accounts, events, news, jobs, and more. In a matter of minutes, users will feel connected to their team's information like never before!

Also

Find us on 

Follow us 

And

Instagram

WHAT'S NEW



SWIMMOM MUSINGS: WHAT IS A SWIM MOM?

Courtesy of Donna Hale

All moms rock! But, swim moms are truly a special and rare treasure – champions along a journey filled with memories and milestones. As the mom of a swimmer who just finished freshman year, I must admit that I had no idea how my roles would change during her 15 years in the sport. Swimming changed her. But it also changed me. What are the best traits of Swim Moms – from summer league to the NCAA.

Swim Moms are prepared! They can produce a new set of goggles in what seems like seconds when their kids break theirs on the blocks. They also have extra towels, lots and lots of food, and even an extra fast suit in case their swimmer's shreds in the locker room. (This happened to me!)

Swim Moms are mini-swim computers. During my daughter's early years, I could recite her times in her prime events down to the millisecond. I knew the cuts for every major meet by heart. I suppose one could argue that this trait is also a liability. But it was fun. And I soon outgrew it when I

realized that despite all we hear, times are secondary. They are the icing.
The experience is the cake.

Swim Moms are cheerleaders. I can honestly say that I feel like I swam every one of my child's races with her. I cheered her own to the top of my lungs and did the same for her teammates and even opponents. I knew she had a pure and passionate love for this sport. It made me happy so I tried to be there for most of the moments. I never got it when parents dropped their off and returned after the meet.

Swim Moms volunteer a lot. Swimming is one of the best family sports because of the sheer number of people needed for running a meet. I spent many a weekend going around and prodding parents to get out of the bleachers and on decks to make the meets run smoothly. And I am sure I hold records for t-shirts sold. Swimming gives you a chance to bond with other parents, make lifelong friends, show your kids that their dedication to the sport matters.

Swim Moms support and love through the good and bad. Most kids who swim for a long time, experience both great victories and heartbreaking defeats. It is part of the experience. It is our job as parents, moms or dads, to hug them and support them every day. Make sure they are having fun. Make sure they are learning. Teach them to be awesome teammates and to give back to the sport however they choose. This is always easy to do because we all want our kids to win and be successful. But most of all we want them to make memories that they can cherish long after the adventure is over.

Donna Hale has been a swim mom for 12 years as well as executive of several nonprofit organizations. She volunteers regularly for her daughter Hannah's USA Team The Potomac Marlins, summer team Burke Station Destroyers, and Lake Braddock Swim and Dive Bruins.

How do I Register for the Virtual Dryland

The first step is to acknowledge that you have received, read, and understood the Minor Athlete Abuse Protection Policy with RAC and Connecticut Swimming. CSI members and member families may acknowledge MAAPP by logging into their FAST My Account for Swimmers/Parents, Coaches, or Officials.

Acknowledge Minor Athlete Abuse Prevention Policy (MAAPP)

CSI members and member families may acknowledge MAAPP by logging into their **FAST My Account** for Swimmers/Parents, Coaches or Officials. To acknowledge for your entire family, you must log into your Parent My Account.

To acknowledge for your entire family, you must log in to your Parent My Account. All info [HERE](#)

Then

[CLICK HERE](#)

Coaches will reach out to you with the group and time after you register on both

Other Online and Virtual Events



5/13 AT 3PM EST

**COACHES CORNER:
TRAINING AND RACE DETAILS**
Featuring: Mike Murray and Special
Guest Speakers

Sign up at: www.fitterandfaster.com/live



**LIVE BREASTSTROKE
TECHNIQUE**
ENDLESS POOL
FRIDAY 5/15 AT 3:30PM EST

TYLER CLARY AND BEN LEE
BREAK DOWN WHAT
MAKES A FAST
BREASTSTROKE
GIVEAWAY WINNERS
ANNOUNCED AT THIS
WEBINAR!

THE READY ROOM

**THE IMPORTANCE OF STRENGTH
TRAINING IN SWIMMING**



FEATURING BEN LEE AND ATIBA WADE
MONDAY 5/11 AT 5:30PM EST
SIGN UP AT WWW.FITTERANDFASTER.COM/LIVE



**FITTER
AND
FASTER FUEL**

Chloe Sutton and Cierra Range
May 14th at 6pm EST



**BREAKING IT DOWN:
FLIP AND OPEN
TURNS**

Tuesday 5/12 at 5pm EST

WITH CHLOE SUTTON AND TYLER CLARY
Sign up at <https://fitterandfaster.com/live/>

(click any image to Register)



Upcoming events



Motivation Monday with Josh Davis

May 11, 2020 2:00 pm



Leadership Power Half Hour with Toni Armstrong

May 12, 2020 1:30 pm



I.M. FIT with Katie Hoff

May 12, 2020 2:00 pm



Confidence Nuggets with Coach Christen

May 13, 2020 1:00 pm



Silver Lining Live! With Elizabeth Beisel

May 13, 2020 2:00 pm



The Mind Game with Dr. Megan

May 14, 2020 2:00 pm



Visualization: See Success Now & Later

May 14, 2020 5:30 pm



The Carpool Lane with Kristy Kowal

May 15, 2020 2:00 pm



Super Sprint Saturdays with Katie Hoff

May 16, 2020 11:30 am

(click any image to Register)

What's New from USA Swimming



[For swimmers](#)

[For parents](#)

[For volunteers/ Team Leaders](#)

Sincerely,

RAC STAFF

