



Welcome!

Welcome to Ridgefield Aquatic Club!

Whether you are new to competitive swimming or joining RAC from another swim club, we thought we would provide some helpful information about RAC and other tips:

- How to make the most of the RAC website
- How to sign-up for events, meets & jobs
- RAC newsletter/TeamFeed
- Helpful swimming apps

The RAC website:

<https://www.teamunify.com/Home.jsp?team=ctrac> (Bookmark this page.)

All important RAC information can be found here.

The website contains: RAC announcements, practice schedules, equipment needs, past newsletters, contact information, and most importantly sign-up for meets and other RAC events are also done here.



The RAC Newsletter and the RAC TeamFeed:

The RAC Newsletter is emailed to members of the club once a week or so. Please take a few minutes to read the newsletter as valuable information about practice changes, upcoming meets, meet results, and articles the coaches feel are worth reading. You may even see fun photos from practice or meets.

If you missed the email, a link to the current newsletter can always be found on the RAC website.

Helpful Apps To Download:



Parents can [download](#) OnDeck for real-time access to their RAC accounts, upcoming events, news, jobs, and more.

With [TeamFeed](#) we can easily share pictures, videos, practices, updates and much more with the team. Our team website is the perfect private social network and the best way to share all the fun and memories the team creates every day. It is also connected to Facebook and Instagram.

The OnDeck **Team Feed** is another place where Coaches will communicate with the club if practices are canceled from bad weather, etc.

Through OnDeck, you can find your swimmer's Best Times and monitor how close they are to Time Standards cuts for Regionals, Age Group, & Senior Championships, as well for higher-level meets Zones, Futures, Jr Nationals, etc.



Many of the meets we attend are found on [Meet Mobile](#). This app is very useful for tracking your swimmer's events, heat sheets (when available), and swimmer's results for each event. **Please note to find a meet, you must type in the meet name exactly as found in the meet announcement (capitals, no capitals, numbers, etc.) **



Instagram



Follow **racswwimming** on Instagram and Facebook for announcements, news and to see fun photos from meets and club events.



Follow us [@ridgeswimming](#) on Twitter also!

Your help and involvement as parents is greatly appreciated during the season with both practice and meets.

RAC Staff

Valuable contact information:

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