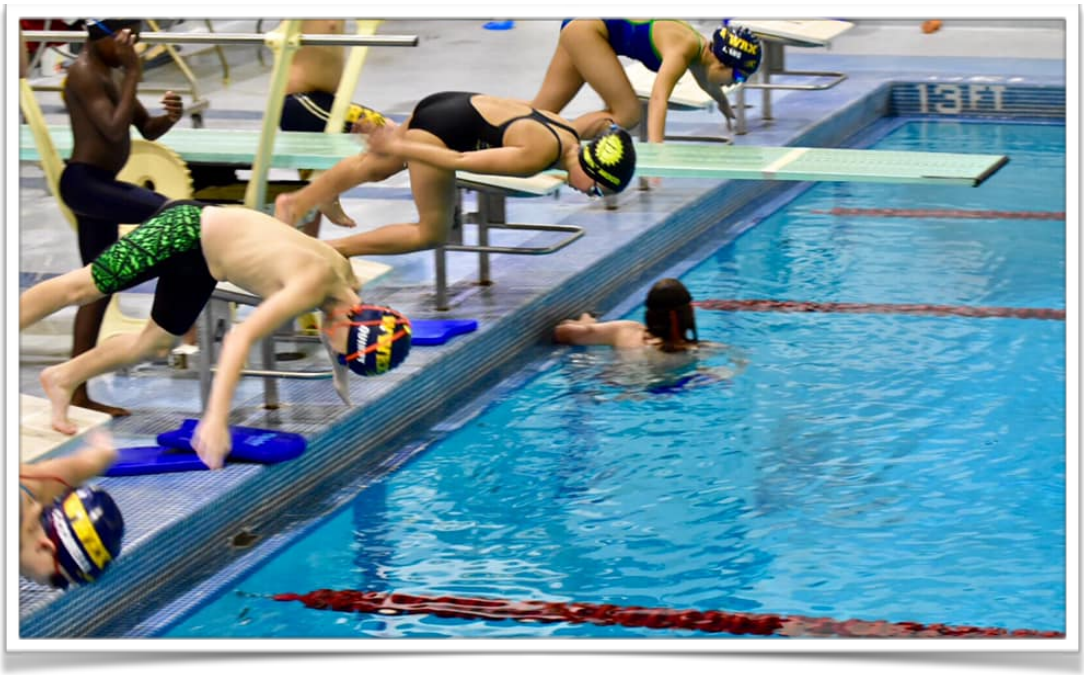
VOLUME 1, ISSUE 1 DECEMBER 29, 2019

WWRX NEWSLETTER

Stay On Deck with the Latest Team News



It may be the end of 2019, but we're just getting started!

WWRX will be making a strong showing in a month FULL of meets. Please sign up for volunteer slots to save your volunteer check!

With OAK right around the corner for USA and three home meets on the schedule for REC, our swimmers will be busy in the month of January. Now is a great time for parents to fill volunteer slots.

1 USA HOME MEET

We are working on scheduling a USA home meet for January

2 REC CHAMPIONSHIPS

Mark your calendars for **FEBRUARY 8**
LOCATION TBD

3 REC MEETS IN JANUARY

There will be 3 REC home meets in January

TEAM BANQUET

The WWRX Team Banquet will be on **March 27** at WHS.

WE ARE NUT FREE

Please keep our swimmers safe and bring only nut-free snacks to the pool.

REC MEET DATES FOR JANUARY:

1/11 v. Enfield
1/18 v. W. Hartford
1/25 v. Wethersfield

January is crunch time

The team needs to rise to the challenge with a meet scheduled nearly every weekend in January and REC championships fast approaching.

The Achilles heel of the winter practice season is upon us. It's that time of year when everyone gets a little stir crazy. It's winter vacation. The holidays wreak havoc on everyone's schedules. The short days and long nights of winter start to take a toll on motivation to practice.

With the New Year, comes a new focus. Let's get our swimmers excited about their goals again. Let's get them to practice so they can feel their own successes when their times drop in the upcoming meets.

As a group we are hoping to find a way to get all of our swimmers to push beyond what they think they can do. We have a very special and talented group of swimmers who have only scratched the surface of their true potential. If we can get each and every swimmer to fully commit to all aspects of training, thinking about

each aspect of practice, working hard each and every night, believing in themselves, then anything is possible.

Our swimmers are getting stronger and faster as the competitive winter season progresses. We had 67 faster swims in our meet on 12/22 compared to the meet on 12/7. Let's keep that momentum going. REC championships are on the horizon in February.

"As a group we are hoping to find a way to get all of our swimmers to push beyond what they think they can do." - NB

PANCAKE BREAKFAST A HUGE SUCCESS

The 2019 Pancake Breakfast was a huge success. Coaches, board members and parent volunteers worked together to pull off a smoothly operating pancake buffet.

This year we implemented Sign Up Genius to coordinate all the supply donations and work shifts needed to make this pop-up breakfast bar work.

With the help and support of our volunteers, the team raised $550!

Please SAVE THE DATE for the WWRX Team Banquet on March 27th.