



Welcome to the Rochester Rapids Swim Team!

Your child's registration, health and emergency form have been submitted - now what?! Use this informational sheet to help you get acquainted with the team. Our team practices at the Adams Street Pool, 85 Adams Street.

Practice Details

Two week trial

New swimmers are welcome to try out the Rapids with a free 2-week trial membership. Contact Coach Hannah (hefedeli@gmail.com) to identify the best level for your swimmer.

Practice Schedule

Practice days and times depend on the group that your child is assigned. **Due to COVID swimmers are not permitted to use the locker room. Please come to practice wearing practice gear, and be prepared to travel home wearing a wet bathing suit. Masks are required to enter the building. Swim bags, coats etc. must be brought onto the pool deck area.** Parents are not allowed to watch practice on deck - it's a liability and a space issue.

	Level				
	1*	2*	3**	4	Seniors
Monday	6:30-7:30 PM	7:30-8:30 PM	6:30-8:30 PM	6:30-8:30 PM	6:30-8:30 PM
Tuesday	7:30-8:30 PM	6:30-7:30 PM	6:30-8:30 PM	6:30-8:30 PM	6:30-8:30 PM
Wednesday	NO PRACTICES				
Thursday	6:30-7:30 PM	7:30-8:30 PM	6:30-8:30 PM	6:30-8:30 PM	6:30-8:30 PM
Friday	7:30-8:30 PM	6:30-7:30 PM	6:30-8:30 PM	6:30-8:30 PM	6:30-8:30 PM

* Level 1 and 2 swimmers are registered for EITHER Monday/Thursday practices OR Tuesday/Friday practices. Due to the low numbers of swimmers that we can accommodate in the pool at one time due to COVID-19, swimmers cannot attend practice on days that they are not registered for.

* Level 3 swimmers can choose between 1 hour and 2 hours practices

Group Descriptions

Level	Age Group	Group Description
Level 1	6-11	This group is for swimmers who are new to competitive swimming or need to learn the four competitive strokes.
Level 2	8-13	This group is for swimmers who can swim all four competitive strokes, but still need significant stroke development.
Level 3	9-14	This group is for swimmers who can swim all four competitive strokes at various distances. While technique is still the main focus, swimmers are introduced to speed and endurance sets.
Level 4	11+	This group is for swimmers who can focus on training, but still need stroke development.
Senior	High School	Senior Team swimmers have mastered stroke technique and are involved in more intensive training both in the water and out. Senior Team workouts are tough; the coach expects members to consistently work very hard during practice.



Swim Team Information

When you join the Rochester Rapids Swim Team, your swimmer becomes a member of the USA Swimming Team. The website: www.usaswimming.org is a tremendous resource for you –please take a moment to familiarize yourself with all that this organization has to offer! Our team is assigned to the Niagara District of USA Swimming (www.niaragarswimming.org) and the Rochester area USA Swimming Teams are part of the Genesee Valley Swim League (GVSL).

There are some great mobile applications that you will find useful to track your swimmer’s progress, such as: Deck Pass, Meet Mobile and OnDeck. The Rochester Rapids team alias used by some of these sites is: nrrst

Communication Methods

Our team is “powered by Team Unify” – a wonderful on-line resource for managing a swim team. Most of the information listed in this document and lots more can be found on this site: www.rochesterrapids.com Once our registrar enters your registration information, you will receive an email about how to create an account.

Registration for the Recreation Center

Anyone needing access to the recreation center must fill out a City of Rochester Recreation Registration form. This can be done on or before the first day of practice. All registrants will receive a key tag to “scan in” upon arrival. This is required for the two week trial. Parents are encouraged to fill out a form as well - that way you’ll be able to observe practice and attend parent meetings. There are also a couple of annual social events you won’t want to miss! It’s like the YMCA, everyone scans in when entering!

Who runs the team?

Family volunteers! All team functions except coaching are performed by parent volunteers – these functions include board positions (President, Vice President, Secretary, Treasurer, and at-large members), social event coordinators, fundraising coordinators, membership recruiters, a meet manager, a registrar, and equipment manager, etc! Let us know how you would like to get involved

Team Social Events

The Rapids hold several social events throughout the year, which we would like each swimmer and their families to participate in. These events are a great way to get to know the Rapids Community. Typical events include: Our annual holiday party in December, a Carbo Load party before our Championship events in the Spring, a “Silver, Blue and Gray” Meet – where the kids compete against their parents in fun meet at Adams Street, and our end of season awards banquet.

Team Communication Meetings

Each year, the team has three mandatory communication meetings for families. In September/October we conduct a meeting to orient you to the team and to discuss the meet schedule for the year – we also elect new volunteer board members at that time. In February/March we have a meeting to prepare for our Championship season. In June, we have an end of season meeting to review the accomplishments of the season, and discuss options for summer swimming.

Team Fundraisers

The Rapids conducts three Team Fundraising events – these events are designed to be fun ways to connect with other swim families, while raising funds for special team equipment and to ensure the financial stability of the team. Our fundraisers are: 1) Election Day Bake-Sale at Adams Street Rec Center, 2) Applebees Pancake Breakfast and 3) The required USA Swimming sponsored “Swim-A-Thon”.



Meet Types

The meet calendar will be finalized at the end of September, and will be available hardcopy and on our website. Genesee Valley Swim League (GVSL) meets are mandatory for all swimmers, There will be GVSL junior meets for our 12 and under swimmers, GVSL senior meets for our 13 and older swimmers, and a couple of GVSL combination meets for the entire team. At the end of the regular meet season (March/April) there will be a GVSL Championship style meet for all swimmers.

Swimmers can participate in additional invitational style meets as they are interested and able – some of the invitational style meets require achievement of certain cut-times for participation.

Meet Registration and Payment

Our meet manager registers swimmers for meets and the individual events at each meet.

Our team typically pays a fee (about \$5.00) for each swimmer to participate in a meet and an additional fee (about \$3.50) for each event swam. \$50 from a swimmer's registration fee is used to establish an escrow account for these meet fees. Meet expenses are deducted from the account throughout the season.

Meet Fee Escrow balances at the end of the season will be returned to swimmers or carried over to the next season.

Meet Responsibilities for Swimmers and Parents

Swimmer Preparation:

Swimmers need to arrive at the pool 15 minutes before the scheduled warm-up for the meet.

Parents should check the meet program (available at the meet for a few dollars) to determine the list of events your swimmer will participate in.

Please create an **Event Matrix**, written with a black sharpie marker, on your swimmer's hand, so they can quickly reference which events they will swim, as well as the heat # and lane # they are assigned to. Meets move along quickly and this will help prevent swimmers from missing an event. A matrix like this works great:

Event #	Heat #	Lane #
2	4	7
11	6	2
17	2	5

Parent's Meet Responsibilities:

Parents are encouraged to attend all meets to cheer on the team. Meets are run by parent volunteers! All the officials and timers are family members of the swimmers. So please be prepared to volunteer at every meet your swimmer attends. Typically, the Rapids families are assigned to be meet timers, and we will communicate a schedule of which lanes and time slots you will be assigned to cover. We are always looking for parents to volunteer to become certified as a meet official, since we are required to provide at least one for every meet we attend. Don't be nervous about timing or officiating. These are often the best spots to watch a meet!

We hope this document provides information that answers most of your questions. If after reading through it you still have questions, please don't hesitate to contact us:

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