

Rio Rapids Newsletter

July 3, 2018

No Practice Wed, 7/4 - Fri, 7/6!!

Please enjoy the holiday and some R&R before we gear up for champs!

Champs Jobs to be Posted Soon!

Nicole will be learning of our champs job assignments on Thursday evening, and will then be working furiously to get them up on the website. Please be sure to sign up ASAP after she announces they are ready to be filled. We have a short turnaround time in which to provide our list of volunteers for every job to the League.

Six & Unders only swim on Saturday. If you have ONLY one swimmer on the team, and s/he is a 6 & Under that will compete at the League championships, then your family will only need to work one champs shift on Saturday. If you have any older swimmers that will swim at champs, then you are required to complete two shifts per family over the course of the two-day meet. Please remember that failure to fulfill your volunteer requirements will result in a \$25/shift fee, but your help and time are more valuable. The number of jobs we will be assigned will be based on the number of swimmers on our team, and if your family doesn't help, then more of the burden falls on other families. Let's all do our part to make this a successful and enjoyable event!



Way to Go, Swimmers and Coaches!

Congratulations on defeating the Gold River Stingrays and Glen Oaks Sea Lions! And congratulations to all those swimmers who have already qualified for Meet of Champs! Go, Rio!

Photo courtesy of Carrie Shepardson-Berkstresser. Thanks, Carrie!



NO PRACTICE

Wednesday, July 4 -
Friday, July 6
Enjoy the break!

Wacky Wednesday Practice on July 11th

Swim in wacky clothes!

Meet v. Del Norte

WEDNESDAY, July 11th
@ 5pm, Check-in 3:00pm

Kids Night Saturday,
July 14, 6:00-10:00pm

Get to Know Coach Mo
on page 3!

Rio is what?



Spirit Squad Meeting: Tues, July 10

The spirit squad will meet on Tuesday, July 10th from 9:45-10:15am in order to prepare for the Del Norte meet. Let's pump up that Rapids spirit, and be good, welcoming hosts to the Dolphins!

Wacky Wednesday Practice on July 11th!

Swimmers, come ready to swim in your wackiest outfit!

You might consider big, baggy clothes, socks, an old swimsuit with lots of holes (over a good suit!), etc., but not jeans or sweats. Have fun swimming with the extra drag!



Photo courtesy of Carrie Shepardson-Berkstresser.

Del Norte Meet on Wednesday, July 11th

Please check in between 3:00-3:30pm. Warm-ups will begin at 4:00pm. The meet will begin at 5:00pm and should be done by 8:30. When you declare your swimmer(s) by July 9th, you may select three individual events out of the available eight. The events will only be 25 or 50 yards, and both genders and all ages will compete together at the same time. The coaches will assign each swimmer to relay races as well, and some relays will be kickboard relays while others will be t-shirt relays. We still have lots of open volunteer spots, so please sign up!

Last Call for Rapids Gear!

The last time to purchase Rapids gear for the season will be at the Del Norte meet. It will be your last opportunity to purchase before Champs so now's the time to stock up and show Rapids pride. Popular items have been reordered and are now available. This includes visors, hats, and the ladies tank. Get yours before they sell out again!

Saturday, July 14th is Kids Night from 6-10pm!

Hotdogs, and popcorn, and s'mores, oh my! For one night only, the coaches will take your kids while you do whatever you want for four hours! They will eat, play games in the pool, and watch a movie, which will most likely be *The Greatest Showman*. Swimmers, remember your suits and a sweater. You may like to bring a pillow and blanket or sleeping bag to snuggle with during the movie on the basketball court. Parents, please respect our coaches' time and ensure you pickup by 10:00pm at the very latest. Rio closes at 10pm on Saturdays, you so may need to enter via the gates by the 8-lane pool. (We will charge \$1/minute/child for every minute you are late.) Here's to a night of fun for everyone!

SWIM JOKE

Q: Which swimming stroke do sheep enjoy most?

A: The baaaackstroke.

HEAR YE, HEAR YE! GET THEE TO THE CHAMPS PEP RALLY! JUNE 18, 6:00-9:00

Come get your hair sprayed or cut, paint your nails, get your tattoos, and get psyched for our conference championships! Bring your dinner and beverages (no glass containers) and enjoy a fun evening with all your Rapids friends.



A Lesson in Perseverance: Coach Maurisa "Mo" Major

She started swimming when she was eight years old, for the Rapids, of course, and had to patiently learn all the strokes. She continued to swim for the Rapids, and on and off with STAS, until she was 18. Although she was not a stellar swimmer, after high school, Coach Mo had the opportunity to swim all four years at the University of Redlands, and play water polo as well. "Go, Bulldogs!" She finally broke one minute for her 100 Free during her freshman year of college.

She recalls her favorite memory happened during her sophomore year when she made her first final in conference championships. It was for the 200 Butterfly. She made it again her senior year, and earned three best times. "I was mediocre all through high school, but then was successful in college because I kept working at it."

She began coaching in 2017 for the Rio Rapids and El Camino High School. She enjoys coaching because she loves seeing kids improve, particularly after they come to her for advice, then successfully apply it. She really likes seeing their progress from season to season.

In the fall she will begin a Masters in Fine Arts program at Mills College in Oakland. I am confident that with her continued hard work and determination, she will persevere in her goal of writing graphic novels (and publishing them, too!), and becoming a college-level teacher.

Mo, thank you for investing in our swimmers, and teaching them about hard work and perseverance!

Here is a little more fun info about Coach Mo:

Q: What is your favorite stroke?

A: Butterfly.

Q: What is your least favorite stroke?

A: Backstroke.

Q: What are your favorite snacks?

A: Bagels, Sour Gummi Worms, Sour Patch Kids, pizza, Chinese food, tacos. "Kids, eat your vegetables!"

Keep working hard like Mo, kids! You can do it!

Champs Hotels Almost Fully Booked!

It appears you can still get a room for two, but not four people at the Courtyard location. As of July 3, it appears you can still get a room for four at the Residence Inn. If you want a hotel room, you need to book immediately!!

Start date: 7/20/18

End date: 7/22/18

---Last day to book: 7/6/18 ---

Please use the link to make your reservation. Our special group rates are:

Courtyard Stockton for \$129.00 per night; Residence Inn Stockton for \$139.00 - \$149.00 per night. CANCELLATION: Reservations must be cancelled 72 hours prior to arrival. If not cancelled before 72 hours, (1) one nights room and tax will be charged to the credit card on file.

[Click Here For Hotel Reservations](#)

Thanks for a fun and safe rafting trip, coaches and parents!



2018 Rapids Schedule

Please Note Times for Several Events Have Changed

Day	Date	Event	Location	
Wed	Jul 4, 0006	No Practice		
Sat	July 7	4 th of July Bye Week		
Wed	July 11	Del Norte Dolphins	RDO	3:00 PM Check-in
Sat	July 14	Kids Night	RDO	6:00-10:00
Wed	July 18	Champs Pep Rally	RDO	6:00-9:00
Sat/Sun	July 21/22	Comstock Championships	UOP	7:00 AM
Tues	July 24	Awards Banquet	RDO	6:30 PM
Sat/Sun	Aug 4/5	Meet of Champions	Woodland HS	7:00 AM

Summer Practice Schedule	Primary Time	Make-up Only
11 & Up	8:00 to 10:00 am	6:00 to 7:15 pm
9 - 10	10:00 to 11:15 am	6:00 to 7:15 pm
7 - 8	11:15 am to 12:15 pm	5:00 to 6:00 pm
6 & Under	12:15 to 12:45 pm	4:30 to 5:00 pm