

# Rio Rapids Newsletter

Early June 2019

## FIRST AWAY MEET OF THE YEAR!!

We have our first **AWAY MEET** this Saturday June 8th against the Gold River Stingrays which is located at Gold River Sports Club, 2201 Gold Rush Drive, Gold River, CA 95670.

Rio swimmers should be at Gold River for check in **no later than 7:15am** Warm Ups will be at 7:30am. The meet will start promptly at 8:30.

## RAPIDS NIGHT AT THE RIVERCATS THURSDAY, JUNE 13

Thursday, **June 13** is Swim Team Night at the Sacramento Rivercats game and the Rio Rapids need to represent! Tickets are only **\$10-\$15**. This comes with early entry at 5:30 and we get to walk on the field in the pre-game parade at 6:20!

To purchase these special tickets, go to: <https://groupmatics.events/event/Riodel8>. You must purchase by Saturday, June 8, so hurry! There will be NO Swim Practice on Thursday June 13th.

## ONE FOR THE TEAM

Show your team spirit by joining us for a fundraiser to support our Rio del Oro Rapids, Come in to Chipotle at 2517 Fair Oaks Blvd. in Sacramento on Tuesday, June 11th between 4:00pm and 8:00pm. Bring in this flyer, show it on your phone or tell the cashier you're supporting the cause to make sure the 33% of the proceeds will be donated to the Rio del Oro Rapids



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## PICTURE DAY AND RAFTING TRIP

Picture Day and Rafting Trip on June 19<sup>th</sup>

There is NO Practice Morning or Afternoon on Picture Day June 19th.

Individual pictures will begin @ 8:30 am. The team picture will begin at 10:00 am to line up; the picture will be right around 10:30. Those individuals who did not have their picture taken prior to the team pic will be able to finish before the rafting trip. Remember to have your swimmers wear their Rapids team suit or a black suit. For the rafting trip, swimmers that are 10 and under must have a parent/guardian with them on the trip. Older swimmers can be dropped off and picked up, but parents are encouraged to join us. The more the merrier!

Picture Day and Rafting Schedule of Events

- 8:30 AM: Individual Pictures Begin
- 10:00 AM: Team Picture Begins
- 11:00 AM: Leave for Sunrise
- 11:30 AM: Meet as a group at American River Raft Rentals
- Push off around 12:00 PM
- The rafting trip takes about 3 to 4 hours depending on the release from Nimbus Dam.
- Between 2:30 and 4:00 PM: Expected Arrival to River Bend Park

American River Rafting Field Trip

Plan to join in the fun and raft down the river with your fellow Rapids. Please provide your swimmer with sunscreen, sunglasses, snacks, and beverages (no glass containers), small ice chest, money for snacks, shoes or sandals. If bringing a cell phone a waterproof pouch or bag is recommended. Please leave all other items of value at home. You must be 18 or older with ID to rent a raft. Due to the full and fast river this year, no one under 10 may raft without a responsible adult in their boat. We will be launching from the American River Raft Rentals. American River Raft Rentals also says children must be at least 5 years old and weigh at least 40 pounds to raft.

American River Raft Rentals

11257 S Bridge St

Rancho Cordova, CA 95670

The Rafting Trip will end at: River Bend Park. River Bend Park is located at the end of Rod Beaudry Drive. It is off of Folsom Blvd between Mather Field and Bradshaw. There is a shuttle for those who rent rafts from American River Raft Rentals that can take us back to American River Raft Rentals. Families do need to get swimmers to the rental site and pick them up there at the end.

## SURVIVING THE HEAT

Was it hot enough for you last weekend?

Sacramento heat has finally returned. Here are a few tips when it comes to staying hydrated and fueled at a hot swim meet.

Cooler tips:

1. Bring one.
2. Freeze a few water bottles, they'll keep food cool and be drinkable as the temps rise. (pro-tip, fill the bottle 3/4 of the way to lessen chances of a water explosion in your freezer...unless that's your thing in which case, knock yourself out.)
3. Watermelon. Slice it, dice it, bag it and eat it. Watermelon is 90% water so it's very hydrating. It also has amino acid L-citrulline. It's good for post workout muscle soreness. Your kids won't care about that but our team parents who wrangle kids to events will since they have one of the most exhausting parent volunteer gigs!
4. Skip the salty snacks. They're dehydrating. Opt for fruit, cold pasta salads, sandwiches, and popsicles.
5. Bags of frozen fruit can be a great, sweet treat. Pack a bag of diced pineapple from the frozen food aisle. Easy to eat and easy to share as it thaws.

## SHARPIES 101:

From "eat my bubbles" to "will this ever come off?" Sharpies are a staple of a swim meet. We use them for everything from tracking events to showing our team spirit. Last weekend, I watched kids playing tic tac toe on each other. (Probably not a good idea.)

The good news is that permanent marker isn't actually permanent.

So, what gets Sharpie off skin fastest?

1. You can scrub with a washcloth and soap. It will work...eventually. If you have a 6 and under and assist in the scrubbing process in the bath, it's likely to drive you to a dark place.
2. Tea tree oil. Lots of parents say it works instantly and it's non-toxic.
3. Coach Richard's secret to getting off Sharpie; "Spray Sunscreen, takes it right off."

## WHAT TO EXPECT AT CHAMPIONSHIPS

We are in full swim meet mode and the weekend of swim Championships will be here before we know it at the [Chris Kjeldsen Pool at the University of the Pacific in Stockton](#) on July 20th and 21st. Our kids who have been working hard all season long get the opportunity to swim in a fast college pool. It truly is an awesome experience for our young swimmers. This email going to front load you with some information if you have never been to champs before.

Check in for both days is early, usually 6:30 to 7:00am. This is a hard dead line as kids that have not checked in are scratched at 7am. Because the meet is operated by the league there are no exceptions. Travel time from Sacramento is about an hour, so please plan accordingly, including parking at University of the Pacific. Another fantastic option is booking a room at our team hotel. [Book your Champs Hotel Here!!](#) It's fun for the kids to stay in a hotel and it saves parents from two days of long drives. Please note that 6 and under swimmers only swim on Saturday.

The event order is ran like a duel meet with Sunday starting with long Freestyle. The prelims are held in the morning, with our final swimmers swimming in the afternoon, then Relays.

The team areas are typically ran like a duel swim meets. It is very important, however, if your child does not stay in the team tent area that you, the parent, get your swimmer to the team tent area as parents are not allowed to walk your child to the ready bench. Unlike a duel meet, **Championships is a closed deck event.**

Thus it is important that your child is on time and ready to swim as the team area parent is only allowed to take our swimmers to the ready bench. 100s of swimmers attend, so the swimmers must be at the staging area on time for the meet to run smoothly.

Once Champs is a bit closer, a detailed email will be sent out with our team locations and further information. In the meantime, should you have any questions, please feel free to reach out to our Championships Coordinator, Leslie Guillon @ [lesliesguillon@gmail.com](mailto:lesliesguillon@gmail.com)

## BOOK YOUR CHAMPS HOTEL NOW:

Hey Rapids families: is there anything better than getting up on a Saturday and driving to Stockton at o'dark thirty to arrive at UOP by half past the crack of dawn to spending the entire day at Championships, only to get back in the car, drive back to Sacramento and then rinse and repeat on Sunday?

Only one thing and that is staying at the team hotel!

Some families book both Friday and Saturday. But, even staying Saturday night takes the edge off a busy competition weekend.

My son ran into Coach Nick at Starbucks Sunday morning after staying at the team hotel Saturday night and he STILL talks about it a year later! (Coach Nick is kind of a big deal after all.)

Courtyard Stockton (limited rooms) is available for \$139 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.

[Book your Champs Hotel Here!!](#)

## SUMMER PRACTICE SCHEDULE - STARTING JUNE 17TH

11 & Over: 8:00 to 10:00 am

9 - 10: 10:00 to 11:15 am

7 -8: 11:15 to 12:15 pm

6 & Under: 12:15 to 12:45 pm

### Make up Practice

6 & under: 4:30 to 5:00 pm

7- 8: 5:00 to 6:00 pm

9 - Up: 6:00 to 7:30 pm

## 2019 RAPIDS MEET AND EVENT SCHEDULE

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Location</u>	
Sat	June 8	Gold River Stingrays	Gold River	7:15 AM
Thurs	June 13	River Cats Night - No Practice	Raley Field	5:30 PM
Sat	June 15	Arden Hill Otters	RDO	7:15 AM
Mon	June 17	Summer Schedule Begins	RDO	See Practice Times
Wed	June 19	Team Picture and Rafting Trip	RDO (no practice)	9:00 AM
Sat	June 22	Johnson Ranch Barracudas	RDO	
Wed	June 26	Pasta Night -Pool Party		
Sat	June 29	Glen Oaks Sea Lions	Glen Oaks	7:15 AM
Sun	June 30	Member Appreciation Day	RDO	11:30 to 3:00 PM
Th/Fr	July 4-5	No Practice		
Sat	July 6	4th of July Bye Week		
Sat	July 13	Del Norte Dolphins	Del Norte	7:15 AM
Sat	July 13	Family Movie Night	RDO	6:00PM - 10:30PM
Thurs	July 18	Champs Pep Rally	RDO	6:00-9:00
Sat/Sun	July 20/21	Comstock Championships	UOP	7:00 AM
Tues	July 23	Awards Banquet	TBD	6:00-9:00 PM
Sat/Sun	Aug 3/4	Meet of Champions	Woodland HS	7:00 AM
Wed	8/21/2019	Fall Swim Meeting	RDO	TBA, evening
Mon	8/26/2019	Fall Swim Practice Begins	RDO	TBA

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