

# Rio Rapids Newsletter

Late May 2019

## MEMORIAL DAY WEEKEND BREAK: NO PRACTICE FRIDAY OR MONDAY

We will be taking an extended break for memorial day weekend. We will not be having practice either Friday May 24th or Monday the 27th. Enjoy the break and we will see you back at practice on Tuesday May 28th.

## TEAM SUITS HAVE ARRIVED

Team Suits are in! Please ask a coach to retrieve your suit. Or they will be available at the next home meet. If you have not yet ordered a team suit you can call California Swim Shop at 916-971-9836 or you can order a straight black suit from your friendly online swim store.

## PARENT JOBS OPEN FOR REST OF SEASON

Parent Jobs have been opened for the rest of the season. Please log on to sign up for your parent jobs. It takes many volunteers to run a swim meet and we need you. Last meet we had major gaps (starter, etc) with some jobs that are vital to operation the meet. Please think about jumping in to help out!!

## NON COMPETITIVE SEASON 1 ENDING

The first session of our new noncompetitive swim season will be ending next Friday, May 31. For those people signed up as non competitive for the first session you have 3 options. The 1st and worst would be to be done as of May 31. That would be a poor decision as the swim session is just getting started! Your 2nd option would be to sign up for the second session of the of our non competitive group. The 3rd option and most economical, would be to switch over to our competitive program for no extra cost, (except the 15\$ League Fee). However you would now be responsible for the parent jobs shift requirement as stated during registration, and your swimmer(s) would now have the option and ability to swim in swim meets, which really are the best part of swim team!



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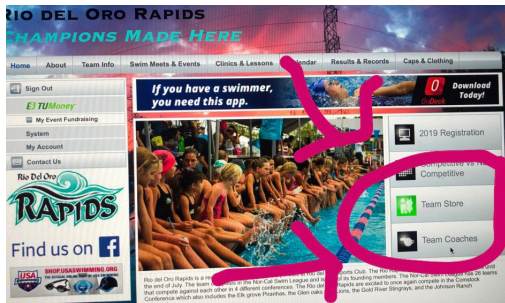
## TEAM STORE IS OPEN – NEW THIS YEAR

Show your team colors by going on a shopping binge in our new online team store. This is the **only** place to order the new gear this year.

*Where do I find the store?*

[You can click this link](#)

Or you can find it right on the front of the Rio Rapids Team Unify Page



*When do I have to order by and how do I pay?*

Place your order by 6/2/19 and pay by credit card online.

*What is for sale?*

Sweatshirts, shorts, t-shirts, visors and so many other impulse purchases for kids and adults.

*When will I get my Rapids gear?*

All gear will be produced once the store closes on 6/2/19 and will arrive at Rio Del Oro for pickup 7-10 days later.

## CHAMPS HOTEL NOW AVAILABLE--BOOK SOON!

We have 25 rooms reserved for our team at the Marriott Courtyard Stockton. Start date: 7/19/19 End date: 7/21/19 ---Last day to book: 7/6/19 ---Below are our special group rates. Please use the link to make your reservation. Courtyard Stockton is \$139.00 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.

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

## HOW TO SURVIVE A SWIM MEET:

Check in at Swim Meets is @ 7:15 AM - warm ups will begin about 7:45 am

Your Athlete's Swim Bag should contain:

(Label everything: bags, goggles, towels, etc. look alike)

- TEAM SUIT: Bring your swimmer's competition suit and, if possible, a spare. (You never know)
- TEAM CAP: Bring a competition swim cap plus an extra (they tear easily and are easily misplaced!)
- GOGGLES: Bring two pairs! Have your child "break in" a new pair of goggles during warm-ups to make sure they are adjusted properly! Prior to an event, make sure the goggles fit snugly or they will end up around your swimmer's neck!
- TOWELS: Bring at least one towel per event plus one for warm ups.
- WARM CLOTHING: Pack your swimmer's bag with a set of sweat pants and sweatshirt. Morning meets will sometimes get chilly.
- SUNSCREEN: Apply waterproof sunscreen BEFORE your child suits up. Sunscreen needs time to penetrate and get to work.
- WATER: Especially when the weather is hot, make sure your swimmer has plenty of water bottles and/or Gatorade. Even though they are immersed in water, swimmers dehydrate easily!
- FOOD: Bring plenty of nutritious snacks: goldfish, fruit, jerky, power bars, cheese sticks, yogurt, dry cereal in Ziploc bags, etc. Please avoid bringing NUTS!!
- MISCELLANEOUS: A black sharpie (for marking events, heat and lane numbers on your swimmer's hand), Baby powder (for dusting swim caps), deck of cards, board games, etc. (No Screens PLEASE)

Other necessary items:

- Blankets or tarps (especially if you're setting up camp on a damp lawn)
- EZ-up (during the summer, it's very important to keep swimmers out of the sun.)
- Sleeping bags are a good way to keep bodies warm in-between events especially at the cooler evening meets.
- Lawn chairs (parents need to be comfortable, too!)

## 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>	
Fri	May 24	No Practice		
Mon	May 27	No Practice		
Sat	June 1	Elk Grove Piranhas	RDO	7:15 AM
Sat	June 8	Gold River Stingrays	Gold River	7:15 AM
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 T	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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