

Rio Rapids Newsletter

May 2019

TIME TRIALS - THIS SATURDAY 7:15 CHECK-IN

The swim season kicks off with a race against the clock. Time trials are essentially a meet without another team. Kids will swim each event and set a base time for their season. This time is a benchmark to gauge improvement and help kids set goals.

Why do time trials?

Time trials help coaches figure out how fast our swimmers will be this season. Each time trials is full of surprises as we see the side effects of winter growth spurts, winter swim programs and life in general.

Time trials is also like a meet shakedown. First time swimmers and swim parents get a sense of the flow of a meet. Parent volunteers learn how to do their new swim meet gigs.

Parents: this is a great time to get to know each other. You're going to spend HOURS with each other this summer. Find your pals. Make swim season fun. This is why we call it the #RioVillage.

Suggestion: write down your kids' times and post them somewhere prominent in the house. They're a great motivator in the early season as swimmers get into shape and practice better technique. Get ready to watch those times drop.

2019 RAPIDS PARENT PARTY:

The **2019 Parent Party** is set for **Saturday May 11th from 5:00 until ????** The Parent Party will be held at the **Levin's house** this year. (Richard and Sarah) Kids club and play center will be available at RDO. This is a fun party! A great opportunity to get to know the coaches and other parents who you will be spending much time with over the summer! Light appetizers and libations will be offered. We hope to see you there!!



[Contents](#)

Time Trials

2019 Rapids Parent Party

Coaches Corner

Special Message From Olympic Swimmer Debbie Meyer

Meet Jobs - Timer

How to Survive a Swim Meet

The Nitty Gritty of Swim Meets

Miss Swim Suit Order Day?

Champs Hotel UOP July 20-21

Spring Practice Schedule

2019 Rapids Schedule

Personalized Swim Caps

COACHES CORNER – JUNIOR COACH – CLAIRE GUILLON

Ever looked at your kid's swim practice and felt a decade older because those coaches look so darn young? Good news. Some of them really are that young! And, you're not getting older. In fact, you will soon

Rio's junior coach program allows middle school swimmers to experience what it's like to coach the little kids. Junior coaches assist Coach Richard and his team in the water while gaining valuable experience about what it takes to coach kids. They provide an extra set of arms and eyes during practice and are often the ones yelling the loudest for your littles during their first 25 free at a meet.

Meet Junior Coach , Claire Guillon:

1. How long have you been a rapid?

I joined Rapids when I was 5 years old - so this is my 8th season as a Rapid!

2. What's your favorite thing about swim team?

I love the feeling of the Rapids family. I have met so many great friends from different schools and towns, but we all love having Rapids swim in common. I also love swim meet Saturdays (minus the waking up early part) because I get to spend the day with my friends and racing.

3. Why did you want to be a junior coach

I remember how enthusiastic Richard and the other coaches were about coaching us when I was little. I hope I can share the same feeling of the joy of swimming to the little Rapids that I teach in the two lane pool.

4. How would you describe your coaching style?

I want the little Rapids to have fun, but also learn the skills of swimming for life. I am serious about pool safety but we also have a lot of fun.

5. What's your own swim team goal this season?

Breaking 30 seconds on my 50 free (so close!) and improving my racing drive.

6. Finish this sentence : The thing about Coach Richard is _____.

He would do anything for a Rapids swimmer. Rapids for life!

7. What is your favorite stroke?

Backstroke, no doubt!



SPECIAL MESSAGE FROM 3 TIME OLYMPIC GOLD MEDALIST SWIMMER DEBBIE MEYER (FORMER HEAD COACH OF THE RIO RAPIDS)



[CLICK HERE FOR THE VIDEO](#)

MEET JOBS - TIMER

Can you push a button? Congrats, you're qualified and hired to volunteer as a swim meet timer! Timers have a front row look at all the meet action. Perks include never missing your kid swim while simultaneously being inaccessible to your child for snack bar \$\$ for a nice block of time. Hazards include the occasional splash from the high school swimmers when they dive or go deep on a flip turn. Bottom line, don't wear your good shoes and get ready for some fun. Here's a look at what it's like to be a timer from Steve Teeters, "It isn't difficult and there are always at least three timers per lane so the responsibility averages out. This is a good position for new volunteers and allows a front row view of the swimmers."

Experience Level Required: Little to no experience is required to be a timer and training for this job can be done just before the meet begins.

Description: The job of the timer is to push a small button when the swimmer touches the wall with any part of their body (usually their hand(s)). This is one of the simplest jobs at a swim meet and it gives you a great seat to watch all the action.

Duration: There are two shifts (first and second) and they last approximately 2.5 hours each. You will be fed and watered and you will also be able to have bathroom breaks. If both parents are at the meet it is helpful for one to time while the other takes care of the swimmer(s). Parents can switch off. If you have your child alone, trade off with a friend. For each day your child swims in a meet, you need to be prepared to time if asked.

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!)

THE NITTY-GRITTY OF SWIM MEETS

Boys and girls compete separately (except time trials) in the following age groups, as determined by their age on June 15: 6 & under, 7 & 8, 9 & 10, 11 & 12, 13 & 14, 15 - 18.

Two basic categories of races are conducted, individual and relay. (Time trials is individual events only) All relay races involve four swimmers per team. The relay races are freestyle and medley. In the 6 & under age group, the freestyle relay is co-ed. In the medley, each swimmer swims an equal distance in a different stroke. The order is backstroke, breaststroke, butterfly, and freestyle. A relay team is disqualified if any swimmer false starts or violates the rules governing their stroke.

There are five categories of individual races: freestyle, backstroke, breaststroke, butterfly, and individual medley (IM). The IM consists of equal lengths of each of the four strokes. The order is: butterfly, backstroke, breaststroke, and freestyle. In the 6 & under age group, swimmers participate in freestyle, co-ed freestyle relay, and the backstroke events. In the 7 & 8 age group, swimmers participate in all events except the IM. The other age groups swim all events.

DID YOU MISS SWIM SUIT ORDER DAY?

The Rapids Suit is an all black Speedo swim suit that can be customized with the Rapids logo and your swimmer's name . We purchase our team suits from **California Swim Shop**. You can call California Swim Shop @ (916) 971-9836. They are located at 7330 Fair Oaks Blvd. Suite 7, Carmichael, CA 95608. They can also be found online at: www.caswimshop.com. Be sure to mention the Rapids for a team discount! If you do not get a team suit from CSS please make sure your swimmer has an all black suit to compete in!!

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!!](#)

PERSONALIZED RDO SWIM CAPS AVAILABLE!

Show your team spirit and avoid a lost cap by purchasing a personalized silicone RIO DEL ORO swim Cap. Each cap is just \$15.00 (2 cap minimum per name). You must purchase two caps per name. Please print out this order form and make your check payable to CALIFORNIA SWIM SHOP. No Rio house charges are accepted. Detach and turn in your order form to the front desk at Rio Del Oro Racquet Club by May 6th. All swim cap orders will be available for pick up after May 27th.

[Print out your personalized cap order form here!](#)

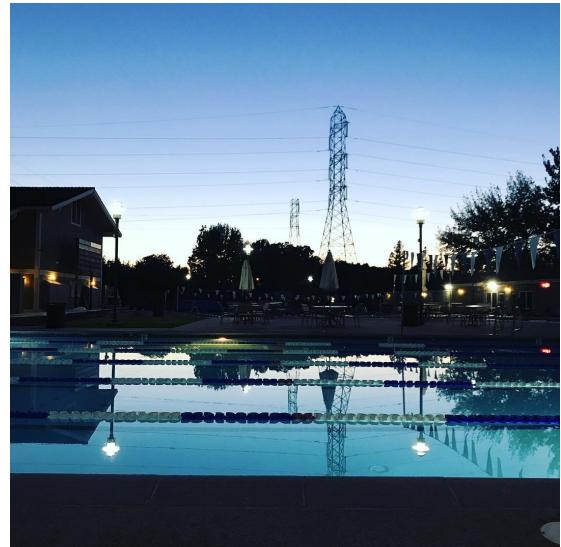
SPRING PRACTICE SCHEDULE

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

7- 8: 4:30 to 5:15 pm

9 - 10: 5:15 to 6:15 pm

11 & over: 6:00 to 7:30 pm (15 min Dry-land)



2019 RAPIDS MEET AND EVENT SCHEDULE

Day	Date	Event	Location	
Sat	April 27	Time Trials	RDO	7:15 Check IN
Sun	May 5	Rapids Spring Invitational	RDO	7:15 Check IN
Sat	May 11	Rapids Parent Party	Coach Richard's House	5:00 PM to ????
Sat	May 18	Rollingwood Rockets	RDO	7:15 AM
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 Fieldtrip	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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