

April 29, 2008

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Reminder – Parent Party this Friday, May 2nd

Swimmer parents take your marks, get set, GO!!! Let's kick off the swim season in fantastic form by flying off the blocks at the fun and fabulous parent party this **Friday, May 2nd at 6:30 p.m.!** Get your sitters lined up now, if necessary, because you will definitely want to be where it is happening this Friday night! It is the best way to break the ice and meet the parents you'll be seeing all season long. New parents will immediately feel initiated into the Rapids swim family, and veteran parents will have a chance to reconnect!

As a bonus, the local favorite **LANE 5** rock band is scheduled to make an exclusive appearance at the Rapids' parent party. LANE 5 features the Rapids' own Cashel Barnett (drums), his father, David Barnett (vocals), and Nick Witry (guitar). Get ready for a great time!

Swim Team Parent Board President Shawn Moore and his wife, Kori, are graciously opening their home for this event. Shawn and Kori's address is **1371 Jonas Avenue** and their phone number is 359-3968.

How does this party work? If your last name begins with A-N, bring an appetizer and a beverage to share; if it's O-Z, bring a dessert and beverage to share. It's that simple. Any questions can be addressed to Monica Fugit at 456-7624 or mfugit@surewest.net.

Time Trials – May 10th

Make sure your calendar is marked for **Saturday, May 10th** for the RDO Rapids Time Trials. This important event will enable coaches to seed swimmers in appropriate heats for upcoming meets. The Rapids split into two sections, "Teal" and "Black," and go head to head against each other in a mock competition.

Volunteers will be required at the Time Trials. If you have any questions about your volunteer duties, please contact Michele Witry at michelewitry@hotmail.com or Merete Glick at mereteglick@pacbell.net. For additional information, see item on "Volunteers Needed" in this news flash.

Positive Coaching Alliance Mini-Workshop at Time Trials

The Rapids and the Positive Coaching Alliance will be offering an abbreviated workshop for parents on **May 10th at 8 a.m.** at the Time Trials on Court 13. While the swimmers are warming up, parents are strongly encouraged to attend this important mini-workshop on sportsmanship and ethics. It will cover such topics as how and when to talk to your swimmer about their performance, and when to "push" them to practice and when to "back off", and how to best support their personal development through sports, etc. The Rapids are fortunate to have this partnership with PCA, and your participation is necessary to make this program beneficial for the team. In addition, all participating parents will receive a surprise treat – so we'll see you there!

Parking Reminder for Time Trials and All Swim Meets

Because swim meet parking ties up a parking space for about five hours (as opposed to other club usages which average about an hour and one-half or less), swim team families are asked to park on the street, or in the tennis court parking lot, or in the designated lot behind 2401 American River Drive. The main parking lot is reserved for members coming for fitness and tennis. There is also no parking at 2399 American River Drive and 111 Scripps Drive. Violators will be towed from those addresses. Thanks for your cooperation with this.

Rio Invitational Swim Meet – May 17th

The RDO Rapids are pleased to announce that their fourth annual Swim Invitational is scheduled for **Saturday, May 17th**. It's the first opportunity of the season for Rapids swimmers to test themselves against competitors from Glen Oaks, Johnson Ranch, Rocklin, Davis, and Laguna Creek. Registration forms are available in the lobby on the forms wall and near the family files. The meet will accommodate up to a maximum of 500 swimmers, so sign up early!

Rio Invitational Program Ads Available

If you're interested in advertising for the Rio Invitational spring program, please contact Shareen Fat at fatjams@aol.com or 482-7939. Your ad will be seen by swim families at Rio del Oro and the surrounding area.

Volunteers Needed

For those of you who have not already committed to a specific volunteer position, you have three days left to select before you are assigned one randomly. Please take a moment to review the list of volunteers needed, and choose an activity that you will enjoy throughout the 2008 season. It takes a concerted effort to organize and run a top notch recreational swim program like the Rapids, and we couldn't do it without your help!

Here is a brief list of currently available positions which will be filled on a first to reply, first-assigned basis:

Timing - Best seat in the house – shade, with free food and drinks supplied.
Record swimmers' times.

Snack Bar- Help purchase and sell food during home meets. Periodic shifts allow time to watch your swimmer.

Ready Area- Help the children get to the ready area on time for each of their races, and supervise them in the designated ready areas. Needed:

6&U boys - 1 additional volunteer
6&U girls - 1 additional volunteer

7/8 boys - 1 additional volunteer
7/8 girls - 1 additional volunteer
11/12 boys - 2 additional volunteers
11/12 girls - 2 additional volunteers

Ribbons - Often the only spot in air conditioning – attach result labels to appropriate ribbons.

This is the last chance to sign up, so please make your selection by Friday, May 2nd. After that date families who have not volunteered for a job will be assigned one. Please contact Parent Job Coordinators Michele Witry at michelewitry@hotmail.com or Merete Glick at mereteglick@pacbell.net with your decision, or to let them know if you are not returning this year. Thank you in advance for your contribution to the team this season by volunteering!

Rio Rapids are Going Green!!

Do you have any old “Rapids Wear” that is taking up space in your dresser drawers? Any gently used team swim suits, practice suits, hoodies or sweats that no longer fit? Bring them to the Rio Rapids Clothing selling table and swap them out for an item that does fit – or simply donate them so that a fellow Rapid can put them to good use!!

Give your items to Linda Babcock or Jen Lux and they will “recycle” them so that others who wish to be “Green” can use them. They will put the items in the “Go Green” Swap box for all to visit at home swim meets.

Nothing to swap? No worries, simply take any item that fits for \$5. So don't delay, look through your drawers and “Go Green” today!!

Late Swim Suit Orders

If you missed the Swim Suit Order Day on April 23rd, it's not too late to get your order in. Contact California Swim Shop, 7330 Fair Oaks Boulevard, Suite #7 in Carmichael, 971-9836. Hours are Monday through Friday 10-8, and Saturday 10-5. Either drop in to try on a suit for size, or call to order over the phone.

Rapids receive a group discount from the full suggested retail price: girls' suits are \$54, and boys' suits range from \$31.50 for speedo style to \$37 for jammers. It's an extra \$6 for personal monogramming. The Rapids have adopted a new style suit this year, but it is not necessary to switch. The previous style will transition well with the new one, and most parents are expected to have their children grow out of (or wear out) their current suits before switching.

SWIM TEAM IMPORTANT DATES

May 2	Parent Party
May 10	Time Trials
May 17	RDO Invitational
June 7	Johnson Ranch @ RDO
June 14	Davis @ RDO
June 21	RDO @ Glen Oaks
June 28	Elk Grove @ RDO
July 12	RDO @ Rocklin
July 26-27	Championships
July 30	Swim Team Banquet

Swim Team Practice Times

Current swim practice times are as follows:

6 and under:	4:00 - 4:30 p.m.
7 and 8:	4:30 - 5:15 p.m.
9 and 10:	5:15 - 6:15 p.m.
11 and older:	6:15 - 7:30 p.m.

Please remember to bring your own towels – club towels are not to be used by swim team members.

E-Mail Distribution List

If there are any corrections to this e-mail distribution list, or you wish to have your address removed, please reply to this newsletter at surfergail2@aol.com. E-mail addresses remain confidential.