

# June 12, 2008

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## **Second Swim Meet of the Season this Saturday, June 14**

The Rapids are lined up against the Davis Aquadarts this Saturday at Rio del Oro for the second official NorCal League swim meet of the season. Swimmers are expected to arrive by 7:15 a.m. for check-in and warm-ups. It's important for all swimmers to be there! Please notify coaches of any planned absences ahead of time by using the sign-out binder by the family files.

## **Reminder: Swim Meet Recommendations**

Families may want to bring a blanket or sleeping bag for swimmers to sit on under the age group pop-ups, along with some non-intrusive games or toys to keep them occupied between their events. Crayons and marking pens are prohibited, as they can melt and damage the court or deck surface. Please remember to pick up your trash before leaving at the end of the meet.

Coach Richard Levin requests that swimmers refrain from using the back pool (with the two lap lanes) during the meet. It should be kept clear throughout the meet for swimmers who want to warm-up before their event.

All Rapids are encouraged to cheer each other on as much as possible throughout the meet – Rapids' team spirit is what keeps us strong!

### **Volunteer Commitments**

Volunteers will be required at the swim meet again this weekend. Thanks to all parents who helped last weekend and enabled the meet to run so smoothly! If you have any questions regarding your job, please contact Parent Job Coordinators Michele Witry at [michelewitry@hotmail.com](mailto:michelewitry@hotmail.com) or Merete Glick at [mereteglick@pacbell.net](mailto:mereteglick@pacbell.net)

### **Two Special Volunteers Needed**

The Rapids are looking for a volunteer to transport twelve easy up tents to the two away meets this season and Championships. It would be helpful to have a truck or SUV. The easy ups can be picked up the night before the meets, or by 6 a.m. the morning of the event. Upon arrival at the venue, a set-up crew of volunteer parents will help unload and set up the tents.

In addition, the Rapids need someone who is willing to serve as a starter at the home meets. The primary requirement is a good trigger finger. Training will be provided by Head Meet Referee Tom Birmingham.

If you are interested in either of these jobs, please contact Michele Witry at [michelewitry@hotmail.com](mailto:michelewitry@hotmail.com).

### **Check out the Snack Bar**

The Rapids Snack Shack has a variety of items to satisfy you during the meets: hot and cold drinks, breakfast items, snacks, fruit, and a delicious lunchtime grill menu. All proceeds of the snack bar benefit the team. The Rapids' current fund raising goal is to purchase a new, larger LED scoreboard for swim meets (that is easier to see the results.)

If there are items that you would like to see offered at the snack bar, or you have any other suggestions, please contact Snack Bar Committee Chairs: Candis Elkin at [canbrad@comcast.net](mailto:canbrad@comcast.net) or Debbie Vanderford at [italia4every1@sbcglobal.net](mailto:italia4every1@sbcglobal.net). The Rapid appreciate your support!

### **Parking Reminder for Home 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 Rapids Proved Tough Against Johnson Ranch Barricudas**

Last weekend, the Rapids demonstrated their strength and competitive nature in a close loss against Johnson Ranch (JR 418 – RR 409). Coach Richard will be

working with swimmers on their finishes to make sure they stay strong up to the end of their races.

### **Jennifer Shortley Breaks League Record**

At the June 7 meet against the Barricudas, the Rio Rapids' Jennifer Shortley established a new league record in the 11-12 girls 50 yard breaststroke with a time of 33.44. Congratulations, Jennifer!

### **Pasta Party and Relay Night – Wednesday, June 18**

The Rapids' Famous Annual Pasta Party is adding a new twist this year – buddy swim relays! Mark your calendar for this fun family event, and scan through your cookbooks for new recipes for the potluck-style dinner. Families with last names beginning A-M are asked to bring a family size green salad and a small dessert to share. Families with last names beginning N-Z are asked to bring size pasta dish and a small dessert to share. All families should bring their own beverages. It is scheduled from 6 to 9 p.m. Don't miss the food and fun!

### **Picture Day and Raging Waters – Tuesday, June 24**

Get your smiles ready for Picture Day and an adventure at Raging Waters on Tuesday, June 24. Individual photos and the group shot will be taken in the morning, and afterwards, swimmers and their families will head to Raging Waters at Cal Expo for a day of fun in the sun. Parents are expected to provide transportation and supervision for their children. Coaches will be in attendance and they look forward to going on rides with as many of the team members as possible. (However, please note, they are not responsible for chaperoning your children.) The discounted group rate cost per entrant is \$17.50, and parking is \$8.00 per car. Tickets will be sold on deck in the morning while photos are taken.

### **80's Skate Night – Wednesday, July 16**

Skate night is a great opportunity for the Rapids to have fun together outside of the pool! It's scheduled for Wednesday, July 16 from 6 – 8 p.m. at Kings Skate off Bradshaw Road. Admission is \$4.50 per skater. Wear your funkiest 80's (disco) wear and show your Rapids spirit!

### **Championship Ads Available**

Ads in the NorCal League Championships program are now available. This is a great way for your business to receive regional exposure to a select demographic of local athletes and their families. Or, ads may be used to recognize the efforts of your special swimmer! Parents within an age group may want to go in together on an ad and feature the swimmers just in that age.

Rates are:

Full page = \$300

Half Page = \$165

Quarter Page = \$90  
One Eighth Page = \$50  
Business Card = \$30

The Rapids will receive 50% of the advertising revenue in excess of the \$200 minimum required by the League, so it's very helpful to the team's fund raising efforts.

If you're interested in advertising for the League Championships program, please contact either Eric Jang at [jang6@surewest.net](mailto:jang6@surewest.net) or Veronica Graffis at [vgraffis@aol.com](mailto:vgraffis@aol.com).

### **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!!

### **Summer Practice Began on June 9**

Summer practice schedule began on Monday, June 9, and listed below is the breakdown of times (until July 25):

11 and 12:	7:15 – 8:30 a.m.
13 – 18:	8:15 – 9:45 a.m.
9 – 10:	9:45 – 10:45 a.m.
7 – 8:	10:45 – 11:45 a.m.
6 and unders:	11:45 – 12:30 p.m.

#### *Afternoon Practice*

Note: Attendance at afternoon swim sessions must be made in advance with the head coach. Coaching staff is limited in the afternoon, and it is used solely to accommodate swimmers in summer school or camp.

10 and unders:	4:00 – 5:00 p.m.
11 and overs:	5:00 – 6:00 p.m.

### **Practice Reminders**

Please remember the following:

- Bring your own towels to practice – club towels are not to be used by swim team members.
- Check in using your club I.D. card.
- Lock your backpacks up in the kids' club lockers.
- Do not bring valuables to the club.

### **Lock Up Your Backpacks and Do Not Bring Valuables to the Club**

A word of warning to the trusting: Do not leave your valuables lying around – lock them up!! Last week, Jordan Strawder's entire backpack was stolen. Today, two Rapids had cash stolen from their backpacks. Day use lockers are available in the kids' club. Ask a staff member for a lock.

### **Swim Team Important Dates**

June 7	Johnson Ranch @ RDO
June 9	Summer Practice Schedule Begins
June 14	Davis @ RDO
June 18	Pasta Party and Relay Night
June 21	RDO @ Glen Oaks
June 24	Picture Day/Raging Waters
June 28	Elk Grove @ RDO
July 12	RDO @ Rocklin
July 16	Skate Night
July 23	Pep Rally
July 25	Last Day of Practice
July 26-27	Championships
July 30	Swim Team Banquet

### **Swim Team Handbooks are Here!**

The 2008 Rapids handbooks have arrived and have been placed in your family file. (Please note: it's a good idea to clear out your family file right now – information has been placed in there, and some of the files are getting thick!)

The handbook contains comprehensive details about the Rapids – everything you wanted to know about the team but were afraid to ask. It is an extremely valuable resource, and it keeps things running smoothly.

Great thanks to **Glass McClure Advertising** for their generous donation of these handbooks! Glass McClure has supported the Rapids over multiple years by producing this guide, and we appreciate it very much.

### **New and Improved Rapids Website**

The Rapids are pleased to announce that the Rio Rapids website is now updated and improved! It is a wonderful resource for information on the coaches, upcoming meets, special events, and driving directions. Many thanks to parent volunteer **Bill Simpson** who has worked diligently on this project, along with

several coaches that added contributions. Check it out now at [www.riorapids.com](http://www.riorapids.com). This is another valuable tool in keeping you informed.