

# June 18, 2008

In this week's News Flash:

- .. **Reminder: Pasta Party Tonight!**
- .. **The BELIEVE IT! Swim Meet Against Glen Oaks, Saturday, June 21**
- .. **Two Special Volunteers Needed**
- .. **Rapids Show Improvement During Meet with Davis**
- .. **Picture Day and Raging Waters Trip – Tuesday, June 24**
- .. **80's Skate Night – Wednesday, July 16**
- .. **Championship Ads Available**
- .. **Practice Reminders**
- .. **Swim Team Important Dates**
- .. **E-mail Distribution List**

## **Reminder: Pasta Party Tonight!**

Just a reminder about three important F's: Family, food, fun! It's all happening tonight, **June 18, 6 – 9 p.m.** at Rio del Oro for the Rapids Pasta Party.

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.

Swimmers should bring a suit, cap and goggles to participate in buddy swim relays. As a bonus, Coach Richard will be serving as your DJ, so be prepared to dance! See you there!

## **The BELIEVE IT! Swim Meet Against Glen Oaks, Saturday, June 21**

The Rapids will travel to Carmichael this weekend to face rival Glen Oaks, and the Rapids will be testing their powers of positive thinking and intention. "If you BELIEVE it, then you will ACHIEVE it" is the Rapids' mantra. Visualize the victory...

Swimmers should arrive by 7:15 a.m. for check-in and warm-ups. Directions to Glen Oaks can be found on the Rapids web site at [www.riorapids.com](http://www.riorapids.com). Please notify coaches of any planned absences ahead of time by using the sign-out binder by the family files.

It's important for all swimmers to be there – it is expected to be a highly competitive meet and everyone's participation is needed. Coach Richard is offering an incentive for the team if the Rapids win: all three male coaches will subject their hair to Mohawk cuts – now visualize that and swim your best!

## **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).

### **Rapids Show Improvement During Meet with Davis**

Coach Richard Levin says the Rapids showed improvement in their strokes, turns, and finishes in last weekend's meet against the Davis AquaMonsters. The Rapids ended up winning the meet -- congratulations, Rapids! Thank you to all the parent volunteers who contributed their time and energy to make the meet run so smoothly.

### **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).

### **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. (There have been problems with theft.)
- Do not bring valuables to the club.

### **Swim Team Important Dates**

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