

June 23, 2008

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Reminder: 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 poolside, and afterwards, swimmers and their families will head to Raging Waters at Cal Expo for a day of fun in the sun.

Individual photos will be taken starting at 8 a.m., and the team photo will be at 10:30 a.m. The make-up day for individual photos will be announced later. Photo package descriptions and order forms were placed in family files last week.

At Raging Waters, 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.)

NOTE – CHANGE IN QUOTED ENTRY FEE: The discounted group rate cost per entrant is **\$17.99**, not \$17.50 as quoted earlier. Parking is still \$8.00 per car. Tickets will be sold on deck in the morning while photos are taken. Please bring cash, and as close to exact change as possible. Thank you.

Rapids Take an Easy Day of Practice After Believing and Achieving on Saturday

After a light warm-up, the Rapids played water polo and other water games today to celebrate their incredible victory at the meet against Glen Oaks this past Saturday. (RDO 439 – GO 390.) It turned out to be a close meet all the way to the freestyle relays at the end.

Coach Richard was ecstatic, and he was very impressed and amazed with the Rapids' efforts. He remarked that the team did a great job on everything they

had been working on last week: their starts, turns, and finishes. WE BELIEVE! is the catchphrase for the season now...and we believe that coaches Richard, Lucas, and Nick are in need of a special hair cut!!

Next Meet at Home Against Elk Grove – Saturday, June 28

We're scheduled to meet at Rio this weekend against Elk Grove. Swimmers should check in by 7:15 a.m. for warm-ups. Parent volunteers are needed and expected. The Ready Bench Area needs a couple more volunteers – if you are interested, please contact michelewitry@hotmail.com. Home meet parking policies will be in effect.

Thanks to Volunteers

Thanks to all the volunteers who helped at the Glen Oaks meet. Special thanks to Ray Espinosa for the use of his truck to transport the easy-ups, and for Bob Price for jumping in at the last minute to transport and set up all the tents. We appreciate you!

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 or Veronica Graffis at 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 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