



2010 RAPIDS SWIM TEAM

www.arrst.org

twitter.com/arrst

PRACTICE SCHEDULE	
Tuesday, June 1st – Friday, June 18th (Monday-Friday practice)	
6 and under	5:30 - 6:30 pm
7-11 (with no competitive swim experience or swimmers who do not know free, back and breast strokes)	6:00 – 7:00 pm
12 and over	7:00 – 8:00 pm
Monday, June 21st – Friday, August 6th (Monday-Friday practice)	
6 and under	10:00 – 10:30 am
7-11 (with no competitive swim experience or swimmers who do not know free, back and breast strokes)	9:00 – 10:00 am
12 and over	8:00 – 9:00 am

1. All year-round swimmers are expected to attend at least one RAPID's practice per week.
2. All swimmers must advise the coach if they will not attend a meet by 10am the morning of the meet. A book is available at practice each morning to indicate if a swimmer will not be participating or the parent can email our volunteer coordinator at: vc@arrst.org
3. Swimmers should wear shorts and gym shoes to practice for dry land training.

IMPORTANT DATES TO REMEMBER	
Wed, 5/26 – 6pm Spotsy YMCA	Officials Training – please consider attending
Wed, 6/02 – 6pm Hampton Oaks	
Sat, 6/05 – 9am Leeland Station	
Wed, 6/08 – 6pm Dahlgren	
Sat, 6/12 – 9am Fox Point	
June 30 th , after morning practice	Team pictures
August 6 th (more details to follow)	Pep Rally at Austin Ridge Community Center
August 7 th (more details to follow)	RAPIDS Pool Party

MEET SCHEDULE		
DATE	HOME	AWAY
Saturday, June 12 th	Austin Ridge Mock Meet 8am-10:30am	
Wednesday, June 23 rd	Austin Ridge	Woodlands
Wednesday, June 30 th	Austin Ridge	Dahlgren
Wednesday, July 7 th	Massad YMCA	Austin Ridge
Wednesday, July 14 th	College Heights	Austin Ridge
Wednesday, July 21 st	Curtis Park	Austin Ridge
Monday, July 26 th	Austin Ridge	Fawn Lake
Saturday, August 7 th	FINALS – Location TBD	

1. Wednesday, June 23rd is an Exhibition meet – results do not count towards RSL standings.
2. Rain date for all meets will be the next day.
3. One volunteer per family is required for each meet in which your swimmer(s) participates.
4. All meets begin at 6pm. Please have swimmers on deck 15 minutes before warm-up times. Home team warm-ups begin at 5pm. visiting team warm-ups begin at 5:30pm.
5. Directions to all pools can be found on the team website: www.arrst.org

WHAT SHOULD YOU BRING TO A SWIM MEET?

Goggles (and an extra pair, just in case)

Swimsuit

Team cap

Towel

Sweats or warm clothes for cooler evenings

Sharpie pen to mark your swimmer's events

Deck chairs

Money for concessions

Water

**PLEASE REMEMBER TO CHECK OUR TEAM WEBSITE
ON A REGULAR BASIS FOR INFORMATION AND UPDATES:**

WWW.ARRST.ORG

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