



RED RAIDER AQUATICS



Raider Report - Week of October 16, 2023 - Bloomington/Normal -

Practice Changes This Week

- No changes this week

Practice Schedule – October 16-23, 2023

→ *The single most important factor for continued improvement is consistent practice attendance!* ←

Monday 10/16/23	Tuesday 10/17/23	Wednesday 10/18/23	Thursday 10/19/23
All Groups - 7:00-8:30 pm	All Groups - 7:00-8:30 pm	All Groups - 7:00-8:30 pm	All Groups - 7:00-8:30 pm
Friday 10/20/23	Saturday 10/21/23	Sunday 10/22/23	Monday 10/23/23
All Groups - Dryland 7:00-7:30 pm Swim 7:30-9:00 pm	No Practice	All Groups - 2:30-4:30 pm <i>Halloween Practice & Party at Horton Pool</i>	All Groups - 7:00-8:30 pm

“For the strength of the pack is the wolf, and the strength of the wolf is the pack.”



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Halloween Practice / Party - Sunday, October 22 - Horton Pool

Mark your calendars - Our first annual Bloomington/Normal Halloween party will be this Sunday, October 22 during practice at Horton Pool. We have lots of fun and exciting games and treats planned for the party. We hope that all of our Bloomington/Normal swimmers can join us for the fun and scary events. Coach Ryan will have more information available for our swimmers/families later this week.

Action Required - Team Suits and Other Apparel from A3 Performance

We are excited to announce we are once again ordering team suits from our official team vendor A3 Performance. A3 supplies us with our team suits, parkas, practice equipment etc. They also have various spirit wear designed especially for our team. To make it easy they have set-up an online team store just for us that can be accessed [HERE](#).

Please note that all Red Raider swimmers are required to purchase team suits and wear them at meets.

As our team suits and parkas are custom designed for our team with our team logo imprinted in them they must be ordered by October 19 All suits and parkas are ordered online through our team store [HERE](#). Once the suits and parkas are ready A3 will ship them to the coaches and we will distribute them to our families.

We have suits at the pool that swimmers may try-on to make sure they order the correct sizes. Racing suits should be tighter than you might normally pick for a practice suit. We advise being fitted rather than making a mistake on purchasing the wrong size suit.

Team shirts and hoodies are ordered through another vendor - please see below for information.

Team caps are ordered in bulk by the team through A3 can be purchased at the pool through Coach Ryan. Latex caps - \$8.00 Silicone caps - \$12.00 Team caps are the only caps that should be worn at practice and meets.

Action Required - Team Shirts - Sizes

We are once again ordering team shirts for all of our swimmers. Each swimmer will receive 3 team shirts once again this season which you paid for through the registration process at the beginning of the season.

We do however need all of our families to go into their team account and input their swimmer's t-shirt size into their account. You can access this by logging into your account on our team website, then clicking Manage under your swimmers account. At the bottom right of the page you should see a link for Shirt Size. Click on that link and enter your swimmers shirt size. Be sure to click save to the right after entering their size.



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T-shirts sizes must be entered into the system by [October 14th](#).

If you have any issues or questions about entering this information please contact coach Jeff.

We will also have hoodies and sweatpants available to order along with the opportunity for parents to order shirts. This information will be sent to you later this week.

Action Required - Team Spirit Wear - Hoodies, Sweat Pants and Parent Shirts

Get Ready to dive into the spirit of our Red Raiders team with our fantastic spirit wear collection. Support our Red Raiders swim team by purchasing our spirit wear! You will look stylish at the pool while showing your unwavering support for our swimmers. Grab your gear today and be a part of our swim team's success both in and out of the water. Thank you for your support!

We once again have team shirts, sweatpants, hoodies available for all our team members and families to purchase (see below for items and prices). These items can be purchased for the swimmers, parents or others that want to support our team.

To order your spirit wear please complete the order form [HERE](#) and return it to your coach by Tuesday, October 19.

- Team Shirts (fall/winter 2023/24 season shirt) - \$16.00
- Sweat Pants - Black with Red Raider Aquatics lettering (same design as previous seasons) - \$28
- Red Raider Hoodie - Red with Red Raider skull logo (same design as previous seasons). - \$35
- Red Raider Shirt - Red with Red Raider skull logo. - \$16

If you have any questions please contact Coach Jeff at redraideraquatics@yahoo.com.

Red Raiders Race to 24 Recruiting Contest

We are so excited to announce a new swimmer recruitment contest called "Race to 24". We are looking to add 24 new swimmers to our team by January 1st, 2024. Race to 24 is where our Red Raider swimmers and families can help recruit new swimmers to our team and win great prizes along the way.

"Race to 24" information can be found online [HERE](#). Please show the brochure and information to your swimmers so they can get involved and invite their friends to join our Red Raider Family. We also have 2 team flyers on that page which we encourage you to share on your social media accounts and send to family and friends that might be interested in joining our team.

Anyone interested in joining our team can contact me by email at redraideraquatics@yahoo.com.

Thank you once again for being a part of our team and supporting our continued success. Please let me know if you have any questions.



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Race to 24 - New Swimmer Count - 1 new swimmer / 23 to go for Ice Cream Sundae Party (as of 10/16/23
- see below for welcome)

Join the Race to 24 and make a splash on your Red Raider swim team!

Here's your chance to be part of an exciting contest. Swimmers, recruit 24 new team members by January 1, 2024, and we'll celebrate with an ice cream sundae party that's sure to satisfy your sweet tooth.

But that's not all! Participants can also win fantastic prizes along the way, including a brand-new team cap to showcase your team spirit, or indulge in delicious treats with a Dairy Queen or Starbucks gift card and a Race to 24 bag tag!

Don't miss out on this opportunity to grow our Red Raider swim family, enjoy tasty sundaes, and score amazing rewards.

Dive in and start your Race to 24 journey today!

Welcome to Our Newest Swimmer - Nicky Grieco

A big warm welcome to our newest Red Raider swimmer Nicky Grieco. Nicky, who is 5 years old, joined our Bloomington/Normal site this past weekend. This is Nicky's first year-round swim team experience and we are so excited to have him and his family on our Red Raider team. Welcome Nicky!

Action Required - USA Swimming Registration - New Swimmers

Reminder - All Red Raider swimmers must be registered with USA Swimming for the 2024 calendar year. This one-time per year fee provides our swimmers and our team with insurance protection.

All swimmers new to our team and/or those that do not have a current USA Swimming membership must do so right away.

If you swam on our team last year or had a membership through another team you have until early December to register as your membership runs through the end of the calendar year

Families who fail register their swimmers with USA Swimming and their swimmers will not be eligible for practice or competition.

To register please see the step-by-step directions [HERE](#).

Reminder - Practice Equipment - List of Required Equipment



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Below is a list of equipment each swimmer should have and bring to practice everyday. The equipment can be purchased online from our team vendor A3 Performance. Our A3 team store can be found [HERE](#).

- **Little Raiders / Buccaneers / Pirates:** Fins, Water Bottle, Kick Board, Mesh Bag
- **Silver / Red / Sr Prep / Black:** Fins, Water Bottle, Kick Board, Mesh Bag

Please be sure to put your name on all of your equipment.

Swimmers should also wear appropriate clothing and shoes for all dryland practices (no flip flops or slides)

We are also ordering team suits again this year. Information on team suit orders will be coming to you soon.

Reminder that only Red Raider caps should be worn at practice and meets.

Reminder - Fall/Winter 2023-24 Meet Schedule

We are excited to announce our meet schedule for the Fall/Winter season is now available online [HERE](#) and [HERE](#). The schedule is tentative at this point as we are still making final decisions about a couple of meets (particularly the date and location of our Feb Valentine meet). We feel this meet schedule fits the needs of our individual swimmers and our team as a whole. Further details regarding each meet will be posted as they become available from the host teams.

We encourage all of our swimmers to participate in as many swim meets as possible. Competitions are a very important experience for all swimmers.

Meets give swimmers an opportunity to demonstrate what they've learned at a competitive level, and they let swimmers and coaches know how they are progressing with their training.

Because swim meets are measured (timed), they are a great opportunity for swimmers to set goals and measure their improvements over time. - **Continued on next page**

While it may feel like they are competing against other swimmers because the races are organized in heats, it's important to remember that every swimmer is at their own level, and they are also competing against their own previous times and trying to make progress throughout the season.

Aside from the competition and training, swim meets are also a great way to get to know your teammates, make new friends, show support for other swimmers, and feel like part of a team in relay competitions. Unlike most practices, swim meets allow swimmers to interact socially, and are a highlight of training and team spirit.

A great article on the importance of swim meets can be found [HERE](#) (please read).

Invite a Friend/Family Member to Join Red Raiders



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Have any family or friends interested in joining our team or looking for a new sport? If so, we encourage you to invite them to join the Red Raiders for our upcoming season which promises to be fun and exciting. Our latest team flier can be found [HERE](#). We encourage you to share it with family and friends and to also post it on your various social media sites.

Reminder - Questions/Concerns?

With the start of a new season, the team expanding etc we want to make sure any and all of your questions and/or concerns are addressed. We encourage you to communicate with us directly so we can answer your questions. Please always feel free to contact me by email at redraideraquatics@yahoo.com. Thank you for your direct communications.