RED RAIDER AQUATICS

Raider Report - Week of January 1, 2024

- Springfield -

Practice Changes This Week

- We are now following our new Springfield practice schedule which can be found **HERE** See below for details.

Practice Schedule – January 1-8, 2024

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

Monday 01/01/23	Tuesday 01/02/23	Wednesday 01/03/23	Thursday 01/04/23
No Practice **All Groups**	• Little Raiders – 5:00-5:40 pm • Buccaneers – 5:00-5:45 pm • Pirates - 5:00-6:00 pm • Silver – 5:45-7:15 pm • Red -5:30-7:30 pm • Sr Prep - 5:30-7:30 pm • Black - 5:00-7:30 pm	• Little Raiders – No Practice • Buccaneers – No Practice • Pirates - No Practice • Silver – 7:00-8:30 pm • Red - 7:00-9:00 pm • Sr Prep - 7:00-9:00 pm • Black -6:45-9:00 pm	• Little Raiders – 5:00-5:40 pm • Buccaneers – 5:00-5:45 pm • Pirates - 5:00-6:00 pm • Silver – 5:45-7:15 pm • Red -5:30-7:30 pm • Sr Prep - 5:30-7:30 pm • Black - 5:00-7:30 pm
Friday 01/05/23	**Saturday 01/06/23**	**Sunday 01/07/23**	**Monday 01/08/23**
• Little Raiders – 5:00-5:50 pm • Buccaneers – 5:00-5:50 pm • Pirates - 5:00-6:00 pm • Silver – 5:30-7:15 pm • Red - 5:30-8:00 pm • Sr Prp - 5:30-8:00 pm • Black - 5:30-8:00 pm	• Little Raiders–9:30-10:30 am • Buccaneers – 9:30-10:30 am • Pirates - 9:30-10:30 am • Silver – 9:00-10:30 am • Red - 8:00-10:30 am • Sr Prep - 8:00-10:30 am • Black - 8:00-10:30 am	• Little Raiders - 11-11:45 am • Buccaneers – 11-11:45 am • Pirates - 11:00 - 12:00 noon • Silver – 9:30-11:00 am • Red - 9:00-11:30 am • Sr Prep - 9:00-11:30 am • Black - 9:00-11:30 am	• Little Raiders – No Practice • Buccaneers – No Practice • Pirates - No Practice • Silver – 7:00-8:30 pm • Red - 7:00-9:00 pm • Sr Prep - 7:00-9:00 pm • Black -6:45-9:00 pm

"For the strength of the pack is the wolf, and the strength of the wolf is the pack."

RED RAIDER AQUATICS

Action Required - USA Swimming Registration

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.

If you have not already registered your swimmer for the 2024 calendar year please do so NOW. 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 December 31 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** (updated 12/11/23).

Reminder - New Springfield Practice Schedule

Everyone should have received the email last week announcing our new and improved practice schedule for our Springfield site. Below is a recap of the email in case anyone missed it. We hope everyone takes advantage of what this new schedule offers.

Over the last several months (Since August) we have been working with the Springfield Park District to alter our available pool time in Springfield to better serve the needs of our swimmers at this site. This has been a long, arduous process as there is another team that is vying for pool time as well. There were several times we felt we had the schedule negotiated only to have it fall through. We can finally announce the results of all our hard work and persistence.

Click **HERE** for the new Springfield schedule. ***This new schedule began on Wednesday, December 27th.***

While the additional pool time is not everything we asked for, it does help our team and swimmers significantly. We are continuing talks with the park district about adding additional time in the future. We are very excited about how the additional time will help our swimmers and hope that our families take advantage of the practice times we now have. We need to show the park district we are utilizing these times so we can continue to have access to them.

Below are the specific changes to our schedule...

Mondays and Wednesdays - On Mondays and Wednesday we will now have the diving well available from 7:15-8:00 pm and then move to the main pool at 8:00 pm. ***- Continued on Next Page***

We plan to use the diving well time/space to do work on starts, turns, underwaters, stroke technique, general fitness exercises etc. We are very excited about this as we feel it will allow us to work on these vital aspects of our sport. We will move to the main pool at 8:00 pm for our regular practices. The Silver group will now finish at 8:30 pm allowing them to be home a bit earlier. We will continue with dryland on these days as well. Dryland training will take place both in the back hallway and around the diving well.

Fridays - We now have 3 lanes on Friday from 5:00-8:00 pm. We will share the pool with the other team who will also have 3 lanes. This is a huge gain for us as it will allow us another day of in-water practice. It also allows our young swimmers another day of practice at an earlier time. We will be shuffling groups into the water by practice group with our Little Raiders, Buccaneers and Pirates starting at 5:00 pm and our other groups starting at later times. The Silver, Red, Sr Prep and Black groups will also have dryland before they get into the water.

I cannot stress enough how valuable this time is to our team and swimmers and hope everyone takes advantage of the opportunity. We do not want to lose this time in the future so we need to show we are using this time to the fullest.

Pirates - Due to the number of swimmers we have in the pool after 5:45 pm on Tuesdays and Thursdays we are moving the Pirates group to 5:00-6:00 pm on these days. We feel this will allow us to use our pool space and coaching resources more efficiently to help all our swimmers. We hope this change does not negatively impact any of our families with swimmers in this group. If it does cause any issues, please contact Coach Jeff right away and we can discuss alternatives for your swimmer.

Again, we are extremely excited about the new schedule and the opportunities they present for our swimmers. If you have any questions or concerns, please feel free to contact me at redraideraquatics@yahoo.com

Red Raiders Race to 24 Recruiting Contest - New Swimmer Count 9 / 15 To Go til Party

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. - ***Continued on Next Page***

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.

Race to 24 - New Swimmer Count - 9 new swimmers / 15 to go for Ice Cream Sundae Party

Upcoming Swim Meets

January 12-17 - CCMY Mid-Winter Classic Meet - Urbana, Il
This is a great meet held in Urbana, Illinois and is open to swimmers in all of our practice groups. All Red Raider swimmers from both Springfield and Bloomington/Normal are highly encouraged to participate in this meet.

This is a prelim/finals meet on Saturday, January 13 for all swimmers in the 10-U, 11-12, 13-14 and Open age categories with the top swimmers in these age groups returning to swim again in finals in the evening sessions - Top 8 finishers from Session 3, 10 & Under events (1 heat per event) Top 16 finishers from Session 2, 11-12 events (2 heats per event) Top 16 finishers from Session 2, Open events (2 heats per event) The 8-U swimmers will swim timed finals only (meaning they will only swim each event once). The Sunday events are timed finals for all age groups.

Registration has been re-opened for any swimmers that want to enter this meet. Registration will be open until January 3.

February 9-11 - Red Raiders Valentines Classic Meet - Springfield, Il

This is a team hosted meet and all Red Raider swimmers from both the Springfield and Blooomington/Normal site will be entered in this meet and are expected to participate. Meet details will be posted soon. All families are required to work 3 meet sessions throughout the meet weekend.

Upcoming Practice Schedule Changes - Known

Please see below for upcoming practice schedule changes for the next month that we currently know about. Please note that practice schedules can change due to various reasons, most of which are out of our control due to other activities, meets, etc at Eisenhower Pool.

- Tuesday, January 9 - Little Raiders, Buccaneers, Pirates will start practice at 5:30 pm due to high school meet at Eisenhower.
- Tuesday, January 16 - Little Raiders, Buccaneers, Pirates will start practice at 5:30 pm due to high school meet at Eisenhower.

Reminder - Questions/Concerns?

We want to make sure any and all of your questions and/or concerns are always addressed. We encourage you to communicate with us directly so we can answer your questions. Please always feel free to contact Coach Jeff by email at redraideraquatics@yahoo.com. Thank you for your direct communications.

Remind App for Communications

Reminder– This year we will be using the Remind App to help us better communicate important updates, last minute changes, etc to our families. If you do not already have the Remind app we encourage you to download it HERE and sign-up to our account using the class code @rraiders1. For SafeSport reasons only parents will be allowed to sign-up for our account so please do not allow any of your swimmers to do so on their devices.