



RED RAIDER AQUATICS



Raider Report - Week of May 15, 2023 - Springfield -

Practice Changes This Week

- Sunday, May 21 - Red and Sr Prep will practice from 9:00-11:30 am

Practice Schedule – May 8-15, 2023

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

Monday 05/15/23	Tuesday 05/16/23	Wednesday 05/17/23	Thursday 05/18/23
• Little Raiders – No Practice • Buccaneers - No Practice • Pirates - No Practice • Silver – 7:30-9:00 pm • Red - 7:00-9:00 pm • Senior Prep - 7:00-9:00 pm • Black - 7:00-9:00 pm	• Little Raiders – 5:00-5:40 pm • Buccaneers – 5:00-5:45 pm • Pirates – 5:45–6:45 pm • Silver – 5:45–7:15 pm • Red – 5:45–7:30 pm • Senior Prep – 5:45–7:30 pm • Black – 5:00-7:30 pm	• Little Raiders – No Practice • Buccaneers - No Practice • Pirates - No Practice • Silver – 7:30-9:00 pm • Red - 7:00-9:00 pm • Senior Prep - 7:00-9:00 pm • Black - 7:00-9:00 pm	• Little Raiders – 5:00-5:40 pm • Buccaneers – 5:00-5:45 pm • Pirates – 5:45–6:45 pm • Silver – 5:45–7:15 pm • Red – 5:45–7:30 pm • Senior Prep – 5:45–7:30 pm • Black – 5:00-7:30 pm
Friday 05/19/23	Saturday 05/20/23	Sunday 05/21/23	Monday 05/22/23
• Little Raiders – No Practice • Buccaneers - No Practice • Pirates - No Practice • Silver – 4:30-5:30 pm Dryland • Red - 4:30-5:30 pm Dryland • Sr Prp -4:30-5:30 pm Dryland • Black -4:30-5:30 pm Dryland	• Little Raiders – No Practice • Buccaneers – 8:45-9:30 am • Pirates – 8:30-9:30 am • Silver – 8:00-9:30 am • Red – 7:45-9:10:15 am • Senior Prep – 7:45-10:15 am • Black – 7:30-10:15 am	• Little Raiders – 11-11:40 am • Buccaneers – 11-11:45 am • Pirates – 11:00-12 noon • Silver – 9:30-11:00 am • Red – 9:00-11:30 am • Senior Prep – 9:00-11:30 am • Black - 9:00-11:30 am	• Little Raiders – No Practice • Buccaneers - No Practice • Pirates - No Practice • Silver – 7:30-9:00 pm • Red - 7:00-9:00 pm • Senior Prep - 7:00-9:00 pm • Black - 7:00-9:00 pm

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



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Action Required - Red Raider Team Suits and Apparel - Order Dates Extended to May 19

Order Dates Extended to Friday, May 19

Now is the time to order your Red Raider apparel! Everyone should have received two emails regarding our spring/summer apparel orders (team suits, t-shirts, hoodies, etc). The emails can be found [HERE](#) (initial email and clarification email).

Please see below for specific notes about the ordering process.

- **Spring Summer Team Shirts** - All Red Raider swimmers registered for the summer season will receive 3 team shirts designed especially for the summer season. The cost of these shirts was included in your initial team registration. **To receive these shirts however you must complete and return the order form that can be found [HERE](#).** This will allow us to provide the swimmers with the correct size shirts. **T-shirt orders must be returned to your coach by May 19**
- **Additional Team Apparel** - You may also order additional team shirts (for parents etc) and team hoodies and sweatpants using the same form [HERE](#). These orders **must be returned to your coach by May 19**
- **Team Suits** - Reminder that all Red Raider swimmers must purchase the current team suit for use in meets. Team suits may be ordered from our team vendor A3 Performance from the Red Raider dedicated website [HERE](#). **Team suits must be ordered by Friday, May 19.** Team suits will be delivered to the coaches who will then distribute them to those that ordered them.

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

Upcoming Meets

- **May 19-21 - FMC Spring into Season Meet** - FMC Aquatic Center, Westmont, IL
 - The meet updates and reminders sheet will be sent out this week once we receive the latest updates from the host team.
- **June 9-11 - Red Raider Capital City Classic Meet**, Nelson Center Pool, Springfield, IL
 - This is a team hosted meet. Red Raiders swimmers will be automatically entered in this meet and are expected to participate. All Red Raider parents are required to work 3 sessions of this meet throughout the weekend.

New Red Raider Flyer - Please Share With Family and Friends

The Red Raiders are looking to add new swimmers to our Springfield site and have developed a brand new flier to highlight our team that can be found [HERE](#) We encourage you to share this new flyer with your family, friends and on all your social media.



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We offer a free 2 week trial for any new swimmer that wants to give it a try. Please feel free to share our new team flier with anyone that may be interested.

Remember for each swimmer that joins our team based on your reference you will receive a \$10 gift card to Dairy Queen. If 5 of your friends and/or family members join based on your reference, you will receive a brand-new team hoodie with your name printed on it.

Reminder - Added Dryland Time for Red, Sr Prep and Black Groups

Additional dryland time for Red, Sr Prep and Black groups starting this week. Moving forward, the Red and Sr Prep will start dryland at 7 pm on Monday and Wednesday (instead of 7:30 pm). The Red, Sr Prep and Black groups will also have dryland training on Saturdays from 9:30-10:15 am. We hope that our swimmers take advantage of these additional training times.

Reminder - Meet Schedule for Spring/Summer 2023 Season

We are excited to release our meet schedule for the 2023 Spring/Summer season which can be found on our website [HERE](#) and [HERE](#).

We worked very hard to put together a schedule that meets the needs of all of our Red Raider swimmers that has a mix of meet that are close by and a couple that require a bit more travel to cities/meets we have not attended in the past.

Like during this past fall/winter season one of our goals is to increase meet participation by our swimmers. Meets are an important piece of the sport of swimming and are “where swimmers learn the value of hard work, of setting and chasing goals, and other life skills including dealing with setbacks, developing sportsmanship, to even just broing down with your fellow swimmers.”

Please see below for a great article on why your swimmer should participate in swim meets.

We have two team hosted meets that all Red Raider swimmers are expected to attend...

- *Red Raider Spring Fling - April 29-30 at Eisenhower Pool, Springfield, Il*
- *Red Raider Capital City Classic - June 9-11 at Nelson Center Pool, Springfield, Il*

Swimmers will be automatically entered in these two meets unless you contact me in advance. Swimmers not attending these meets should only be due to unavoidable reasons.

We have also made another change to our schedule this summer. Instead of attending the ISI Regional Championship meet we are going to an indoor meet in Brownsburg, Indiana. Illinois Swimming is not having a downstate Regional Championship meet this summer so we would be forced to attend one of the meets in the



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Chicago area. The meet in Brownsburg, In is a fantastic prelim/finals meet that will allow ALL of our Red Raider swimmers to swim in a championship type meet at an incredible indoor facility.

If you have any questions about the schedule please contact Coach Jeff or Coach Ryan and we will gladly help answer them.

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. You can also use the Remind app to communicate a direct message to me. You can also see me at the pool and ask any questions before or after practice. 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.