RED RAIDER AQUATICS

Raider Report - Week of May 12, 2025

- Springfield -

Upcoming Practice Changes

- Monday, May 12 - No Practice
- Friday, May 16 - Silver and Red will finish at 6:30 pm

Practice Schedule May 12-19, 2025

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

Monday 05/12/25	Tuesday 05/13/25	Wednesday 05/14/25	Thursday 05/15/25
No Practice	• Little Raiders – 5:15-6:05 pm • Buccaneers - 5:15-6:15 pm • Pirates - 5:15-6:30 pm • Silver – 5:15-7:00 pm • Red -5:15-7:15 pm	• Little Raiders - No Practice • Buccaneers - No Practice • Pirates - No Practice • Silver – 7:30-9:00 pm • Red -7:30-9:00 pm	• Little Raiders – 5:15-6:05 pm • Buccaneers - 5:15-6:15 pm • Pirates - 5:15-6:30 pm • Silver – 5:15-7:00 pm • Red -5:15-7:15 pm
Friday 05/16/25	**Saturday 05/17/25**	**Sunday 05/18/25**	**Monday 05/19/25**
• Little Raiders – 5:00-6:00 pm • Buccaneers -5:00-6:00 pm • Pirates - 5:00-6:00 pm • Silver – 5:00-6:30 pm • Red -5:00-6:30 pm	• Little Raiders - 9:40-10:30 am • Buccaneers - 9:30-10:30 am • Pirates - 9:15-10:30 am • Silver – 9:00-10:30 am • Red - 8:45-10:30 am	• Little Raiders - 11:00-12 noon • Buccaneers - 11:00-12 noon • Pirates - 10:45-12 noon • Silver – 10:15-12:00 noon • Red -10:00-12 noon	• Little Raiders - No Practice • Buccaneers - No Practice • Pirates - No Practice • Silver – 7:30-9:00 pm • Red -7:30-9:00 pm

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

RED RAIDER AQUATICS

Locker Room Use

A quick reminder that the locker rooms are for using the restroom and changing only. We have been asked by the park district pool management to make sure our swimmers are respectful of all the facilities and especially the locker rooms. There have been some recents incidents where the locker rooms were left very messy. While the park district did not indicate it was our swimmers that left the mess we want to make sure it is not our swimmers leaving any messes in the facilities as we do not want to lose the privilege of using the pools.. Please remind your swimmer(s) to use the facilities as intended. Thank you.

Reminder - Coach Jeff Out of Town May 9-19

Coach Jeff will be out of town from May 9-19. He will still be available by email for any questions and/or concerns. Our Springfield site will continue to have practice during this time which will be led by our other coaches.

Reminder - Importance of Practice Attendance

It is the time of year when everyone's schedules get very busy with spring sports, school activities and other happenings. With that the coaches want to emphasize the importance of consistent practice attendance each week. Our experience shows us that consistent attendance at practice is the number factor in our swimmers' improvement. There are many reasons for this.

For our younger swimmers they are learning good practice skills and habits. Each time they attend practice they either learn new skills or the previously learned skills are reinforced. When they miss for extended stretches they often fall back and have to re-learn those skills/habits. We often see much poorer practice performance when our younger swimmers miss extended periods.

For our middle and more advanced swimmers the coaches plan the week and months before us and design the workouts accordingly. The planned program of physical development includes programmed physical stress and recovery times.

Progress can only be made by the athlete by imposing a previously unexperienced stress on the body system. The body will then adapt to this stress, if provided the appropriate degree and timing of recovery.

The stresses applied can be in the form of speed, distance swum, or "density" of workout. (yards per time period.) Stress can also be specifically applied in accordance with energy systems. A quality swimming program will mix the stresses in appropriate quantities and types for the group of athletes, and thus the individuals, being trained. The "mix" will be different for different groups and individuals, based on their previous training.

Thus, attendance at workout is a CRITICAL feature in making physical progress in the program. When an athlete misses a workout, they upset the d balance of "how much of what" stresses they apply to their body. In worst cases, athletes attend the recovery workouts, and miss the stressful workouts and thus never apply increasing stress to their systems.

To make it easier for our families we suggest you develop a weekly practice schedule. This assists both the parents and the swimmers to know they have practice on a given day and it eliminates the discussion of whether they are going that day. If you have to miss a practice try to attend on another day.

When planning your schedule try not to leave big gaps between days your swimmer will attend. Try not to miss “just because” - something will inevitably come up later in the week that may cause another missed practice. If your swimmers does mis an extended period try to get back on track with your planned schedule as soon as possible

While we do not have practice attendance requirements for most of our practice groups we do have suggested minimums which we feel best help the swimmers to show continuous

improvement. These recommendations are listed below by each practice group. Factors such as age, goals, commitment etc will also play a role in your weekly attendance. Remember, these are suggestions we feel will help best benefit your swimmer.

Daily Suggested Minimum Practice Attendance by Practice Group

- Little Raiders - 2 times per week
- Buccaneers - 2-3 times per week (depending on age)
- Pirates - 3 times per week
- Silver - 3-5 times per week (depending on age)
- Red- 4-6 times per week (depending on age and goals)

If you have any questions about the above or your child’s attendance please feel free to speak with Coach Jeff.

URGENT Reminder - Spring/Summer 2025 Season Registration in Now Open

Reminder - Our Spring/Summer 2025 Season Registration is Now Open - Please Register Today.

We look forward to an exciting season that promises to be fun filled and we are so thrilled to have your family join us this season. We are excited to announce that our spring/summer season begins April 1st. We hope all of our Red Raider swimmers continue to swim with us throughout the spring and summer season as we have ***lots of exciting meets and activities planned*** including some short course (25 yard) dual meets to supplement our usual summer long course meets.

The Spring/Summer 2025 season registration is now live on our team website.

RED RAIDER AQUATICS

This season's registration packet is available HERE with all the registration information needed to register your swimmer(s). Please be sure to read through it carefully before proceeding.

To register your swimmer(s) please click HERE (Please remember to select the correct practice site registration option). The registration is very simple with step-by-step directions. Please be sure to read through all of the Red Raider Aquatics documents/policies (available in the registration packet) before registering your swimmer(s).

Spring Only Option

We realize some of our families have other summer activities, etc., therefore, we are offering a spring only option this season for swimmers who swim with their summer league or participate in other sports/activities in June and July. Swimmers will swim with the Red Raiders during the months of April, May and through our team hosted Capital City Classic meet (June 6-8) and then have the option to opt out for any of the remaining months

Again, thank you for your support. We are so excited for the wonderful season ahead and are so thankful you have chosen Red Raider Aquatics as your competitive swimming family. If you

If you have any questions please let us know.

Reminder - Spring Practice Schedule

Reminder - Our Spring/Summer season has started and our new practice schedule can be found on our website **HERE**. There are a few changes from our previous schedule so please be sure to read through it carefully. The summer schedule is still being finalized with the park district and will be posted soon.

Reminder - Safesport - Locker Rooms and Restrooms

In order to help keep our swimmers safer and for us to follow **SafeSport** rules we have adopted the following policies regarding the use of the locker rooms and restrooms at Eisenhower Pool. Please inform your swimmer about these policies. If you have questions please contact Coach Jeff

Locker rooms - only swimmers are allowed to use the locker rooms before, during and after our practice times. Parents, coaches, spectators are not allowed in the locker rooms. Swimmers should not use the upstairs restrooms. NOTE - if your child is not able to change on their own they are allowed to change in the upstairs bathrooms if accompanied by their parent/guardian

Restrooms - The upstairs restrooms should only be used by parents, coaches and spectators. Swimmers should not use the upstairs locker rooms (see exception above)

Reminder - Questions/Concerns?

RED RAIDER AQUATICS

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.