



RED RAIDER AQUATICS



Raider Report - Week of July 6, 2026 - Bloomington/Normal -

Upcoming Practice Changes + Two Week Practice Schedule

- Friday, Saturday, Sunday July 10-12- No Practice - Heat Illinois Open Meet in Urbana
- Starting July 13 - All Monday-Friday practices will end at 7:30 pm
- [Two-Week Practice Schedule - July 6-19, 2026](#)

Practice Schedule July 6-13, 2026

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

Monday 06/29/25	Tuesday 06/30/25	Wednesday 07/01/25	Thursday 07/02/26
Buccaneers - 6:30-8:00 pm Pirates - 6:30-8:00 pm Silver/Red/HS -6:00-8:00 pm	Buccaneers - 6:30-8:00 pm Pirates - 6:30-8:00 pm Silver/Red/HS -6:00-8:00 pm	Buccaneers - 6:30-8:00 pm Pirates - 6:30-8:00 pm Silver/Red/HS -6:00-8:00 pm	Buccaneers - 6:30-8:00 pm Pirates - 6:30-8:00 pm Silver/Red/HS -6:00-8:00 pm
Friday 07/03/26	Saturday 07/04/26	Sunday 07/05/26	Monday 07/06/26
No Practice Heat Illinois Open Meet in Urbana, IL	No Practice Heat Illinois Open Meet in Urbana, IL	No Practice Heat Illinois Open Meet in Urbana, IL	Buccaneers - 6:30-7:30 pm Pirates - 6:30-7:30 pm Silver/Red/HS -6:00-7:30 pm

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



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HEAT Illinois Open Meet July 10-12, Urbana, IL

Our Red Raider swimmers will be back in action this weekend as we head to the **HEAT Illinois Open** in Urbana, Illinois from **July 10-12**.

This meet is always a great opportunity for our swimmers to continue building on the progress they have made so far this summer season. Families should be sure to review the meet information, schedule, and any meet updates prior to the weekend, so everyone is prepared and ready to go.

Notes -

- The host team has requested that each team provide timers throughout the weekend. We will need parents to time each session. Thank you in advance for your assistance with this.
- Swimmers are allowed to wear tech suits at this meet.
- All Bloomington/Normal 11-12 aged swimmers will be swimming in the OPEN age group unless Coach Ryen has told them differently.

We look forward to a fun and successful weekend in Urbana and wish all our RAID swimmers the best of luck as they race this weekend.

[Meet Information Packet](#)

[RAID Team Entries](#)

[Meet Timeline/Session Report](#)

[Psych Sheet](#)

Meet Schedule - Swimmers must arrive at the pool at or before the arrival times listed below and should proceed to get ready for warmups.

Friday, July 10 (All Age Groups)

Arrival Time - 2:45 pm Warmups - 3:00-3:30pm Meet Starts: 4:15pm

Saturday AM (Age Groups - 8-U, 10-U, 11-12)

Arrival Time - 7:15 am Warmups - 7:30-8:00am Meet Starts: 8:15am

Saturday PM (Age Groups - 13-14, Open)

Arrival Time - 11:45 am Warmups - 12:00 noon Meet Starts: Not before 1:15pm

800 Free Session

Warmups - 20-30 minutes immediately following conclusion of PM Session

Sunday AM Age (Groups - 8-U, 10-U, 11-12)

Arrival Time - 7:15 am Warmups - 7:30-8:00am Meet Starts: 8:15am

Sunday PM (Age Groups - 13-14, Open)

Arrival Time - 11:45 am Warmups - 12:00 noon Meet Starts: Not before 1:15pm



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Practice Schedule Change Starting July 13

As we move into the championship meet portion of our summer season, we want to let Bloomington/Normal families know of a small adjustment to our weekday practice schedule.

Starting July 13, all Monday-Friday Bloomington/Normal practices will end at 7:30 pm as we head into the final stretch of the season. This schedule adjustment will remain in place during the championship meet portion of the summer.

Please plan accordingly for pick-up each evening. Thank you for your flexibility and continued commitment as we prepare for an exciting championship season ahead!

Red Raider Yard Signs - Show Your RAID Pride!

We have begun handing out the Red Raider Aquatics yard signs at practice. If your family has not yet received yours, please see your coach at practice and we will make sure you get one.

We are excited to announce that Red Raider Aquatics yard signs have arrived and they look fantastic! We purchased enough yard signs to provide one free sign to every Red Raider Aquatics family. We hope you'll proudly display your sign in your yard and help show off your RAID pride throughout our communities.

These signs are a great way to celebrate your swimmer's involvement with Red Raider Aquatics while also helping spread the word about our team to friends, neighbors, and future swimmers.

Check out the yard sign design below—we think it looks fantastic and hope you'll proudly display it in front of your home!

A Red Raider Aquatics Swimmer Lives Here!





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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 or Coach Ryan at rjb875@hotmail.com. Thank you for your direct communications.