



RED RAIDER AQUATICS



Raider Report - Week of January 27, 2025 - Springfield -

Upcoming Practice Changes

- Tuesday, January 28 -
 - Little Raider, Buccaneers - 4:30-5:30 pm
 - Pirates, Silver, Red - 4:00-5:30 pm
- Wednesday, January 29 - No Practice
- Saturday, February 2 - No Practice

Practice Schedule January 27-February 3, 2025

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

Monday 01/27/25	Tuesday 01/28/25	Wednesday 01/29/25	Thursday 01/30/25
• Little Raiders – No Practice • Buccaneers - No Practice • Pirates - No Practice • Silver – 7:30-9:00 pm • Red -7:30-9:00 pm	• Little Raiders – 4:30-5:30 pm • Buccaneers - 4:30-5:30 pm • Pirates - 4:00-5:30 pm • Silver – 4:00-5:30 pm • Red -4:00-5:30 pm	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
Friday 01/31/25	Saturday 02/01/25	Sunday 02/02/25	Monday 02/03/25
• Little Raiders – 5:00-5:50 pm • Buccaneers - 5:00-6:00 pm • Pirates - 5:00-6:15 pm • Silver – 5:00-6:45 pm • Red -5:00-7:00 pm	No Practice	• 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 Starts and Turns Practices	• 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



Special Starts and Turns Practice - Sunday, February 2nd

We are excited to announce we are doing another special starts and turns practice this Sunday, February 2nd. This practice will focus a bunch on starts/dives and turns at our Springfield site. We hope all our Springfield swimmers can make it to this special practice.

Swim Meet Entry Fee Billing - Thursday, January 30th

We are processing meet entry fee billing on Thursday, January 30th for the Harvest Classic, CAAP Polar Plunge, BNSC Bruce Walker, Decatur Seth Dunscomb and HEAT Mid Winter meets. If you need to make other arrangements to pay your entry fees beside your card on file please let Coach Jeff know by Wednesday, January 29th and we can make those arrangements.

Reminder - New Practice Schedule - Extended Practice Times

Please note that we are expanding the practice times for the Buccaneers, Pirates and Silver groups starting this week. We are adding 10-15 minutes of practice to these groups' practices on most days which will allow us to give the swimmers in these groups more attention and practice time. We feel it will also allow for an easier transition when swimmers move up from one group to another. The new schedule can be found [HERE](#). Changes are highlighted in yellow.

Action Required - USA Swimming Registration

Reminder - All Red Raider swimmers must be registered with USA Swimming for the 2025 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 2025 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](#)....

<https://www.usaswimming.org/docs/default-source/membership/athlete-self-renewal-guide.pdf>



RED RAIDER AQUATICS



Upcoming Meets - January & February

- February 14-16 - Red Raider's Valentines Classic, Springfield, IL
 - This is a team hosted meet at Eisenhower Pool in Springfield. All Red Raider swimmers are automatically entered in this meet and are expected to participate.
- February 28-March 2 - Illinois Swimming Regional Championships, Peoria, IL

Reminder - New Swimmer Recruitment - Invite A Friend/Family Member to Join – Win Discounts & Prizes

Know anyone that might be interested in joining our Red Raider Aquatics' family? If they try-out and join our team you could win some exciting prizes. **For each swimmer that joins our team based on your reference you will receive a &75.00 credit on their families account that can be used toward the team and/or meet fees. Swimmers will also receive their choice of a \$10 Dairy Queen gift card or a Red Raiders' team cap.**

We have a new team flier that we encourage you to share with family, friends, and on all of your social media accounts. The flier can be found [HERE](#). Please let those interested know that we offer a one week free trial so they can see if their child likes it

We accept new swimmers throughout the year and right now is a great time to join. Please pass our information on to family and friends and have them contact Coach Jeff at redraideraquatics@yahoo.com or Coach Ryan at rjb875@hotmail.com.

Springfield Site Evaluations - We also are hosting new member tryouts/placements every Thursday at 5:15 pm at Eisenhower Pool. If they cannot come on Thursday, please have them contact Coach Jeff by email at redraideraquatics@hotmail.com to arrange for another day/time.

Reminder - Watching Practice at Eisenhower Pool

Parents are always welcome to be present and observe our practices. We do require however that parents watch practice from the wood bleacher side of the pool only. USA Swimming rules state that only swimmers and coaches are allowed on the actual pool deck during meets and practices.

We also ask that parents limit the communication with their swimmers during practice. While it is often tempting to call out instructions to your young swimmers it actually distracts them and the other swimmers from the directions given from the coaches. We encourage our swimmers to learn that this is their sport and they are responsible for listening and learning. They WILL make many mistakes along the way which is fine as this is how they learn. Thank you for your cooperation and help.



RED RAIDER AQUATICS



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?

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.