



RED RAIDER AQUATICS



Raider Report - Week of October 17, 2022

Practice Changes This Week

- Tuesday, October 18 -
 - Little Raiders – 4:40-5:25 pm
 - Buccaneers - 4:40-5:25 pm
 - Pirates - 4:40-5:25 pm
 - Silver – 4:00-5:25 pm
 - Red - 4:00-5:25 pm
 - Senior Prep - 4:00-5:25 pm
 - Black - 4:00-5:25 pm
- Saturday, October 22 – No Practice All Groups Due to PAWW Spooktacular Meet
- Sunday, October 23 - No Practice All Groups Due to PAWW Spooktacular Meet

Practice Schedule – October 10-17, 2022

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

Monday 10/17/22	Tuesday 10/18/22	Wednesday 10/19/22	Thursday 10/20/22
<ul style="list-style-type: none"> • Little Raiders – No Practice • Buccaneers - No Practice • Pirates - No Practice • Silver – 7:30-9:00 pm • Red - 7:30-9:00 pm • Senior Prep - 7:30-9:00 pm • Black - 7:00-9:00 pm 	<ul style="list-style-type: none"> • Little Raiders – 4:40-5:25 pm • Buccaneers - 4:40-5:25 pm • Pirates - 4:40-5:25 pm • Silver – 4:00-5:25 pm • Red - 4:00-5:25 pm • Senior Prep - 4:00-5:25 pm • Black - 4:00-5:25 pm 	<ul style="list-style-type: none"> • Little Raiders – No Practice • Buccaneers - No Practice • Pirates - No Practice • Silver – 7:30-9:00 pm • Red - 7:30-9:00 pm • Senior Prep - 7:30-9:00 pm • Black - 7:00-9:00 pm 	<ul style="list-style-type: none"> • 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 10/21/22	Saturday 10/22/22	Sunday 10/23/22	Monday 10/24/22
No Practice – All Groups	No Practice – All Groups Due to PAWW Spooktacular Meet	No Practice – All Groups Due to PAWW Spooktacular Meet	<ul style="list-style-type: none"> • Little Raiders – No Practice • Buccaneers - No Practice • Pirates - No Practice • Silver – 7:30-9:00 pm • Red - 7:30-9:00 pm • Senior Prep - 7:30-9:00 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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Red Raiders' Apparel Order

Order Deadline - Thursday, October 20th (date has been extended)

All Red Raider swimmers must return the order form.

Red Raider team apparel - available for the 1st time ever. Get your brand new Red Raider Aquatics' team apparel!!!. It is a great way to show your support and pride in your swimmer and their team. It makes it easy to find and meet other Red Raider parents, which helps unite our community and welcome newcomers. Available with this order will be the official team shirts, hoodies and sweatpants.

We have three team shirts featuring our team logo for this season - one each in black, red and gray.

Red Raider swimmers receive one shirt for free and must purchase the two additional shirts.

Additional shirts may also be purchased for swimmers and parents.

You may also purchase the team logoed hoodie and sweatpants to complete your team spirit!

To order your apparel click on the link [HERE](#), complete your form and *return it with payment to Coach Jeff by **Thursday, October 20th** (The date has been extended)*

Please note that we will also have an order available for team suits, parkas, goggles, fins etc. We are working with our vendor A3 Performance to set-up an online team store for that equipment and hope to have it available by next week.

PAWW Spooktacular Meet - October 21-23 - Peoria, IL

- Meet Location - Central Park Pool, 415 W Richmond Ave, Peoria, IL 61604
- [Meet Information Packet](#)
- [Red Raider Meet Entries](#)
- Meet Schedule
 - Friday AM (All Ages) - Warmups- 3:45 pm Meet Starts - 5:15 pm
 - Saturday AM (8& under, 10&U) - Warm-ups - 7:45 am Meet Starts - 9:15 am
 - Saturday PM (11-12, 13-O) Warmups - 11:45 am Meet Starts - 1:15 pm
 - Sunday AM (8& under, 10&U): Warm-ups - 7:45 am Meet Starts - 9:15 am
 - Sunday PM Warmups - (11-12, 13-O) - Warmups - 11:45 am Meet Starts - 1:15 pm

The meet Updates and Reminders sheet will be sent later this week as additional information is posted by the host team.



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Red Raider Trunk or Treat - Saturday, October 29th

Mark Your Calendars - On Saturday, October 29th, at 4:00 pm we will be hosting a team Trunk or Treat event at the Sherman Park in Sherman, IL. Bring your favorite candy, snacks, or treats to share from your trunk! Kids and parents are encouraged to dress up and decorate their trunks for a chance to win a prize! Even if you don't want to dress up your trunk, the kids will still love the candy you pass out! Prizes will be awarded for best costumes, best trunk, and game winners. Siblings are of course welcome! Hope to see you there!

The Carter Brothers Haunted House is across the street from the park so all swimmers and families can go there for more Halloween fun.

Red Raider Team Suit Vendor - A3 Performance

We recently signed an agreement with [A3 Performance](#) as our team suit and swim equipment vendor. They are currently finalizing an online team store where our team suits, parkas, fins, goggle etc can be purchased. We hope to have that online store available to everyone this week and will send the link to it when it is.

We have also ordered 200 team caps from them (100 latex and 100 silicone) which we should receive in the next 3 weeks. Every Red Raider Swimmer will receive a free latex team cap with their membership. Additional team caps will be available for purchase (both silicone and latex) directly from our team. Note - We are not doing personalized caps this season as it would have taken too long to order. We hope to have them available next season.

Here is a copy of our new team suit in female version. We will post a picture of the male suit soon.





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Practice Attendance - Suggestions/Recommended

We often get asked the question “how many practices should my swimmer attend each week.?”

We do not have minimum practice requirements for each group (with the exception of the Elite group) but do have recommended/suggested levels that we feel give the swimmers the best chance to keep pace with their practice group and show continued progress.

Below is a guideline for minimum suggested and recommended practice attendance for each of our practice groups. We know that all of our swimmers have many activities during the week and cannot always attend practice but we do encourage them to attend when they can.

The minimum suggested practice listed below are the number of practices we feel the swimmers should attend to be able to keep up with the group’s progression from week to week and month to month.

The recommended practice attendance listed is the amount we feel will maximize the swimmers’ chances of steady, continued improvement.

Swimming is an exponential sport meaning one practice builds on itself... one week builds on itself, one month builds on itself and so on. Regular and consistent practice attendance is important for continuous improvements. What we do in practice next month should not be the same as what we do today as growth is the goal.

- **Little Raiders** - Recommended – 2 times per week
- **Pirates** - Recommended – 2 times per week
- **Buccaneers** - Minimum Suggested – 2 times per week Recommended – 2-3 times per week
- **Silver** - Minimum Suggested – 3 times per week Recommended – 4+ times per week
- **Sr Prep** - Based on individual goals
- **Black** - Minimum Suggested – 4 times per week Recommended – 5-6 times per week
- **Elite** - 90% average per month required Recommended – Daily practice attendance is expected

Invite A Friend/Family Member to Join – Win 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 \$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.



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Please pass on our new team flier to anyone that might be interested in joining our team. You can access the flier by clicking [HERE](#)

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 Jeffrey.skeels@yahoo.com . We

are hosting new member tryouts/placements every Thursday at 6:00 pm at Eisenhower Pool. If they cannot come on Thursday, please have them contact Coach Jeff by email at jeffrey.skeels@yahoo.com to arrange for another day/time.

Reminders From Previous Weeks

Meet Schedule - Fall/Winter 2022/23

The fall/winter 2022-23 meet schedule is now posted on the website [HERE](#). We are looking to add a couple more intrasquad meets throughout the season and are looking for a meet at the end of January. The schedule will be updated as these meets are added.

One of our goals for the season is to increase meet participation from what we have seen the last couple seasons. 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.” (See article below).

While we do not have any rules on kids participating in meets, we are asking our swimmers to participate in a minimum of 5 meet sessions during the season (outside of our Harvest Classic and Valentine Classic meets). Note that this is not a hard rule but a suggestion to keep our swimmers involved in the sports.

Our weekend meets are usually made up of 2.5 days with a Friday evening session (normally longer events), and with 2 sessions each on Saturday and Sunday. Normally the Saturday and Sunday sessions are split into older and younger swimmer sessions with one group swimming in the morning and the other in the afternoon.

Commit Team Management Software

We are using a new team management software system this year called Commit Swimming. We have found that it is pretty intuitive compared to other systems that we have used in the past. Commit Swimming has two components:

- Team Suite – This is the business side of the system where you can do registrations, meet sign-ups, view team calendars, view the team newsletters, view billing etc.



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- Performance Suite – Where you can view meet results, best times etc. You can get the to Performance Suite by logging in at workouts.commitswimming.com. They also have a Commit Swimming app where you can view the performance Suite portion. You can download the app by clicking below:
 - [Apple Devices](#)
 - [Android Devices](#)

Commit Swimming has two great videos that explain both the Team Suite and Performance Suite components. We recommend you take a few minutes to view both videos which are available below:

- [Team Suite Video](#)
- [Performance Suite Video](#)

7 Reasons Why Every Swimmer Should Go to Swim Meet by Oliviwer Poirier-Leroy

Swim meets are a little unforgiving when viewed in a certain manner. You spend months training a countless number of hours, only to have your performance completed in a manner of minutes, with no recourse if you disagree with the numbers on the scoreboard.

But on the other hand, they are also places 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.

Here are 7 reasons every swimmer should go to swim meets:

1. Sportsmanship
2. Teaches Swimmers to Set Goals and Make a Plan to Crush Them
3. Learning to Cope with Disappointment
4. It is the Ultimate Feedback for How You Train
5. Teaches the Value of Hard Work
6. Gives You the Opportunity to Redefine Your limits
7. Camaraderie

You can read the entire article with more details [HERE](#).

Invoices/Receipts – Some of you may have noticed when registering/paying fees through our new online system that the billing/payment is going to the Academy Bullets-Springfield. While the team's name has changed and we are no longer a part of the larger Bullets organization the Red Raider's corporate name/bank account name is still listed as the Academy Bullets-Springfield so that is why your invoice and receipts will have

that name listed on them. We hope this has not caused any confusion for anyone and if you see this in the future you will know why. Thanks.



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Remind App for Communications – 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.