



RED RAIDER AQUATICS



Raider Report - Week of March 18, 2024 - Bloomington/Normal -

Practice Changes This Week

- March 23-31 - No Practice (Spring Break)

Practice Schedule – March 18-25, 2024

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

Monday 03/18/24	Tuesday 03/19/24	Wednesday 03/20/24	Thursday 03/21/24
<ul style="list-style-type: none"> • 8 & Under Swimmers 6:30-7:30 pm • 9 & Over Swimmers 6:00-8:00 pm 	<p>No Practice All Groups</p>	<ul style="list-style-type: none"> • 8 & Under Swimmers 6:30-7:30 pm • 9 & Over Swimmers 6:00-8:00 pm 	<ul style="list-style-type: none"> • 8 & Under Swimmers 6:30-7:30 pm • 9 & Over Swimmers 6:00-8:00 pm
Friday 03/22/24	Saturday 03/23/24	Sunday 03/24/24	Monday 03/25/24
<ul style="list-style-type: none"> • 8 & Under Swimmers 6:30-7:30 pm • 9 & Over Swimmers 6:00-8:00 pm 	<p>No Practice All Groups</p>	<p>No Practice All Groups</p>	<p>No Practice All Groups</p>

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



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Spring Break - No Practice March 23-31

There will be no practices for the B/N site during the Spring Break week of March 23-31. Practice will resume on April 1st

Reminder - Spring/Summer Season Begins April 2

We are excited to announce our spring/summer season begins the week of April 2nd. 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. We are finalizing the registration packet and hope to have it posted and emailed to everyone later this week.

The fall/winter season continues through March with a short break the week of March 24-31.

Coach Jeff Out of Town - March 14-April 1

Coach Jeff will be out of town on vacation from March 14-April 1. He will be available through email at redraideraquatics@yahoo.com if you have any questions, etc while he is gone. Please allow time for a response as he may not always be where there is internet service.

Dryland Training Clothes and Shoes

All 9 and over swimmers should bring clothes and shoes appropriate for dryland training on each day. Please bring clothes suitable for training both indoors and outside. Please be sure to wear athletic shoes and not sandals or slides. Swimmers should also bring water bottles Swimmers should also bring water bottles to each practice..

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.