



RED RAIDER AQUATICS



Raider Report - Week of June 09, 2025 - Springfield -

Upcoming Practice Changes

- Monday, June 9 - No Practice
- Wednesday, June 4 - Little Raiders added practice 5:15-6:05 pm at Nelson Center
- [Two-Week Practice Schedule - June 9-22](#)

Practice Schedule June 9-16, 2025

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

Monday 06/09/25	Tuesday 06/10/25	Wednesday 06/11/25	Thursday 06/12/25
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 At Eisenhower Pool	• 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 At Nelson Center Pool	• 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 At Eisenhower Pool
Friday 06/13/55	Saturday 06/14/25	Sunday 06/15/25	Monday 06/16/25
• Little Raiders – 5:15-6:05 pm • Buccaneers - 5:15-6:15 pm • Pirates - 5:15-6:30 pm • Silver – 5:15-6:45 pm • Red -5:15-6:45 pm At Nelson Center Pool	• Little Raiders - 9:15-10:00 am • Buccaneers - 9:00-10:00 am • Pirates - 8:45-10:00 am • Silver – 8:30-10:00 am • Red - 8:30-10:00 am At Nelson Center Pool	No Practice	• Little Raiders – No Practice • Buccaneers - No Practice • Pirates - 5:15-6:30 pm • Silver – 5:15-7:00 pm • Red -5:15-7:15 pm At Nelson Center Pool

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



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Re-Cap - RAID Capital City Classic (CCC) Meet

Wow - what a great weekend for our team! Our swimmers swam fantastic, and our team hosted another incredible meet that was enjoyed by so many swimmers and teams.

We are so proud of all our Red Raider swimmers on an incredible meet. Our swimmers did a great job racing and the coaches are extremely proud of them and the progress they continue to make.

The RAID swimmers' meet results are now posted on our website and can be found [HERE](#)

Parents - thank you for all your hard work and dedication to making this meet so successful once again this year. Everyone did an incredible job throughout the weekend. We especially want to thank those parents and families that worked more than the required 3 sessions - and especially those that worked every session of the meet!!!! Thank you once again to everyone that made the meet such a fun and successful event!

Urgent - Important Message Regarding Swim Meet Participation

One of our goals this season is an increased participation in swim meets by our Springfield site swimmers. We feel this is one area that has been lacking over the last couple seasons and we would love to see participation improve by all our swimmers.

Swim 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 hanging out with your fellow swimmers."

We highly encourage our swimmers to participate in the meets on our schedule. We have worked hard to put together a meet schedule that allows for meets that are close in distance in an attempt to make them easier to attend. Most meets you can sign up for the specific days your swimmer is able to attend.

Attending swim meets is crucial for a swimmer's development and enjoyment of the sport. It provides opportunities for learning, building confidence, and experiencing the community aspect of swimming. Meets offer a chance to showcase progress, test skills against others, and set and achieve personal goals.

Learning and Improvement - Swim meets allow swimmers to observe and learn from other competitors, coaches, and teammates. They also provide a platform to see how training translates into competition, helping to identify areas for improvement.

Building Confidence - Racing in a meet builds confidence as swimmers face the challenge of competing under pressure. They learn to manage nerves and push themselves to perform their best.

Teamwork and Community - Swim meets foster a sense of community and teamwork, as swimmers bond with their teammates and parents. They learn to support each other and celebrate successes together.



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Goal Setting and Achievement - Meets provide a tangible way to measure progress towards personal and team goals. Swimmers learn to set realistic goals and experience the satisfaction of achieving them.

Resilience and Responsibility - Swim meets teach valuable lessons about resilience and responsibility. Swimmers learn to handle disappointments, persevere through challenges, and take ownership of their performance.

Evaluating Training Progress - Coaches use swim meets to evaluate athletes' progress, assess training methods, and make adjustments as needed. This helps ensure swimmers are developing their skills effectively.

Family Experience - Swim meets can be a rewarding family experience, allowing parents to support their child's passion and participate in their swim team journey.

Two-Week Rolling Practice Schedule

To help our swim team families better plan their schedules, we are now posting a two-week rolling practice schedule. This means that at any given time, you'll be able to view practice times and any anticipated changes to the schedule for the current week as well as the following week. By updating the schedule regularly and always keeping two weeks available, we hope to provide greater visibility and flexibility for your planning. The two week schedule will be included in our Raider Report each week for the most up-to-date schedule. The current two week schedule can be found [HERE](#)

Champaign Illinois Open Meet Sign-up

The meet sign-up for the Champaign Illinois Open meet (July 11-13) is now open and will close on June 12. This is an excellent meet for all of our swimmers and we highly encourage swimmers from both sites and all of our practice groups to participate in this meet. If you have not already signed up for this meet you may do so on our website.

- **July 11-13 HEAT Illinois Open** (Urbana, IL) Eligible Swimmers – All swimmers from our Springfield and Bloomington/Normal sites are highly encouraged to enter this meet (Little Raiders should check with their coach before entering). **Meet Sign-up is now open and closes on June 12** [Meet Information Packet](#)

Reminder - Practices at Nelson Center - Great Opportunity for Swimmer's Improvement

During the summer season we are incredibly fortunate to be able to practice in a 50 meter long course pool at the Nelson Center (Eisenhower Pool is 25 yards). We have found over the years that our swimmers that practice in the 50 meter pool show tremendous progress over the summer season. This progress carries over to the fall/winter season. Yes, the pool is longer and it is a bit harder but that is what makes the training there beneficial.



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We are one of only a handful of teams in the state of Illinois that have access to practice in a 50 meter long course. We currently have 4 practices per week (Monday, Wednesday, Friday and Saturday) scheduled at Nelson Center and we HIGHLY encourage our swimmers to take advantage of that opportunity and the benefits it provides.

Upcoming Meets

Please see below for our upcoming meets. The summer season goes by very fast and the sign-ups for most of the meets are already open and will close quickly (check registration closing dates)

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 hanging out with your fellow swimmers.”

We highly encourage our swimmers to participate in meets. **Please click [HERE](#) for a great article on why your swimmer should participate in swim meets.**

- **June 29 PAWW Summer Sizzler** (Peoria, IL) Eligible Swimmers – All swimmers from our Springfield site are **highly encouraged** to enter this meet. Registration will open soon (we are waiting for the event file from the host team). [Meet Information Packet](#)
- **July 11-13 HEAT Illinois Open** (Urbana, IL) Eligible Swimmers – All swimmers from our Springfield and Bloomington/Normal sites are highly encouraged to enter this meet (Little Raiders should check with their coach before entering). **Meet Sign-up is now open and closes on June 12** [Meet Information Packet](#)

Reminder - Summer Practice Schedule

We are now using our summer practice schedule. This means we will be swimming at the Nelson Center pool on Monday, Wednesday, Friday and Saturdays and Eisenhower on Tuesday and Thursday. We are excited about this schedule as it allows us more practice time with all weekday practices beginning at 5:15 pm (both at Nelson Center and Eisenhower). This gives us more practice times and greater opportunities for our swimmers. The summer practice schedule can be found online [HERE](#) and [HERE](#). Please review the schedule as there are several changes from our spring schedule.

Notes regarding practices at Nelson Center

As the Nelson Center pool is an outdoor pool there are some differences that need to be followed...

- Being an outdoor pool we are subject to varying weather conditions that may change quickly. Swimmers should come prepared for all conditions (hot, cold, rain, etc)
 - Swimmers should wear sunscreen during our outdoor practices.



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- Swimmers need to bring water bottles in order to stay hydrated.
- Rain/Storms - We will have practice if it is raining as the swimmers are already wet. If there are storms we will go inside the building for safety and try to wait out the storms to continue practice if possible.
- Swimmers should bring their bags, clothes etc onto the pool deck. Please do not leave any items in the locker rooms.
- Parents are welcome to watch practice but must watch from one of the following areas - on the observation deck on top of the Nelson Center building or from the raised deck on the west side of the pool. **Parents are not allowed to watch practice from the actual pool deck.** Thank you for your help and cooperation.

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 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.



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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 miss 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.

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 is 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.

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).



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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 - 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.