



RED RAIDER AQUATICS



Raider Report - Week of February 20, 2023

Practice Changes This Week

- Friday, February 24 - No Practice Due to Regional Meet at Eisenhower Pool
- Saturday, February 25 - No Practice Due to Regional Meet at Eisenhower Pool
- Sunday, February 26 - No Practice Due to Regional Meet at Eisenhower Pool

Practice Schedule – February 20-27, 2023

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

Monday 02/20/23	Tuesday 02/21/23	Wednesday 02/22/23	Thursday 02/23/23
• 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	• 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	• 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	• 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 02/24/23	Saturday 02/25/23	Sunday 02/26/23	Monday 02/27/23
• Little Raiders – No Practice • Buccaneers - No Practice • Pirates - No Practice • Silver – No Practice • Red - No Practice • Sr Prp -No Practice • Black -No Practice Illinois Swimming Regional Meet - Hosted by Red Raiders	• Little Raiders – No Practice • Buccaneers - No Practice • Pirates - No Practice • Silver – No Practice • Red - No Practice • Sr Prp -No Practice • Black -No Practice Illinois Swimming Regional Meet - Hosted by Red Raiders	• Little Raiders – No Practice • Buccaneers - No Practice • Pirates - No Practice • Silver – No Practice • Red - No Practice • Sr Prp -No Practice • Black -No Practice Illinois Swimming Regional Meet - Hosted by Red Raiders	• 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 Raider Hosted - FEB 24-26 Illinois Swimming Regional Championships at Eisenhower

The Illinois Swimming Regional Championships are this weekend at Eisenhower Pool. This is a Red Raiders' hosted meet this year and we are honored to host this meet for Illinois Swimming as it shows the respect they have in our program running quality meets.

To make this meet successful we need the help of all our entire team and as such *all Red Raider families are expected to work at this meet even if they do not have a swimmer entered in the meet.*

If you have not signed up to work at this meet please do so right away [HERE](#)

Participation in the team's 2022-23 fall/winter program requires each member family to commit to supporting this meet by working for a minimum of two(2) worker sessions. Parents may sign-up to work the meet [HERE](#)

Red Raider Aquatics depends a great deal on the support of all parents. Your role as a swim parent is very important to the success of the club and to the sport of swimming. Additionally, swim meets are an important source of fundraising for the team which allows funds to be put back into the program to aid in the development and success of the swimmers.

[Meet Packet](#)

Meet Schedule- There is only one session each day at this meet. Please see the schedule below.

- Friday (All ages) – Event #'s 1-16
 - Arrival time – 4:15 PM Warm-up - 4:30 PM Meet Start - 5:30 PM
- Saturday AM (All Age Groups) – Event #'s 17-70
 - Arrival time – 6:45 AM Warm-up - 7:15 AM Meet Start - 9:00 AM
- Sunday AM (All Age Groups) – Event # 71-130
 - Arrival time – 6:45 AM Warm-up - 7:15 AM Meet Start - 9:00 AM

[Red Raider Individual Entries](#)

[Red Raider Relay Entries](#)

"Coming together is a beginning. Keeping together is progress. Working together is success."



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--Henry Ford

Reminder - Introducing Our Monthly Red Raiders' Attendance Beast Contest - Starting Feb 1

Our Red Raider Polar Bear contest has proven to be a huge success over the last 2 months. Our swimmers have shown incredible enthusiasm for the contest and have done a fantastic job. We know the results will pay off for us in future meets.

Because of the success of the Polar Bear attendance contest we have decided to start a new one called the Red Raider Attendance Beast contest. This new contest will run every month and will have basically the same guidelines as our Polar Bear contest.

For each month a swimmer reaches their minimum practice attendance contest we will award that with a special Red Raiders' Attendance Beast bag tag with the month listed on the back. We will also offer special prizes for each swimmer with the most attendance during the month.

- Swimmers must swim the entire practice. Please don't bring sick kids to the pool. It is a good idea to get some extra days in early to make up for unforeseen illness and family vacations. Practice attendance goals:

Average for the month:

- **Little Raiders** - 2 times per week
- **Pirates** - 2 times per week
- **Buccaneers** - 3 times per week
- **Silver** - 3 times
- **Red** - 3 times per week
- **Sr Prep** - 3 times per week
- **Black** - 4 times per week

Here are some suggestions to help you achieve the attendance goals..

- Set your practice schedule for the week ahead of time. Then when it is time to go to practice there is no negotiating whether to go or not as you have already made that decision.
- Attend an extra practice during the week. We all have unexpected issues that might prevent us from attending practice (sickness, the pool not being available, school events, etc). If you have extra practices banked you can still keep on pace with your goals. Remember, extra practice carry's over from week to week.



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- Don't miss just because. This goes with the previous two suggestions. Set your schedule and don't miss practice just because - Only miss your scheduled practice when it is out of your control.

Upcoming Meet

February 24-26 - Illinois Swimming Regional Championships - Hosted by Red Raiders - Eisenhower Pool, Springfield, IL. This is a meet for swimmers that qualify for the Regional Championships. We are honored to be asked to host this meet for Illinois Swimming. ***All Red Raider families are expected to work at this meet even if they do not have a swimmer entered in the meet.*** A worker sign-up page will be available this week for everyone to sign-up for times slots to work. Questions? Contact Coach Jeff

Remind App for Communications

Reminder— 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.