



RED RAIDER AQUATICS



Raider Report - Week of May 29, 2023 - Bloomington/Normal -

Practice Changes This Week

- Please note changes below marked in Red on Thursday, Friday, Saturday and Sunday

Practice Schedule – May 29-June , 2023

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

Monday 05/29/23	Tuesday 05/30/23	Wednesday 05/31/23	Thursday 06/01/23
No Practice	All Groups - 6:30-8:00 pm	No Practice	All Groups - 6:00-8:00 pm
Friday 06/02/23	Saturday 06/03/23	Sunday 06/04/23	Monday 06/05/23
All Groups - 6:00-8:00 pm	No Practice	All Groups - 2:30-4:30 pm	All Groups - 6:00-8:00 pm

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



RED RAIDER AQUATICS



Capital City Classic Meet - Parent Worker Requirements - Sign-up

As you know, our team hosted Capital City Classic (June 9-11) is quickly approaching. This meet is typically our largest team hosted meet of the year with upwards of 600+ swimmers attending. We have been working diligently in the background to plan for this meet and are excited to host another fantastic event again this year.

Red Raider families are needed to make this meet a success for our swimmers. Your role as a swim parent is very important to the success of the club and to the sport of swimming. 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. They also allow our swimmers to participate in meets at their home pools without having to travel.

Participation in the team's 2023 spring/summer program requires each member family to work a minimum of three (3) worker sessions.

Sign-up for work times is done online and is very easy. To sign-up, please visit the site [HERE](#).

Upcoming Meets

- **June 9-11 - Red Raider Capital City Classic Meet**, Nelson Center Pool, Springfield, IL
 - This is a team hosted meet. Red Raiders swimmers will be automatically entered in this meet and are expected to participate. All Red Raider parents are required to work 3 sessions of this meet throughout the weekend.
- **June 16 - Central Zones Open Water Swimming Championships**, Pleasant Prairie, WI
 - This is the Open Water Championships for the Central Zone of United States Swimming. This is a great open water (in lake) that is open to all Red Raider swimmers that meet the qualifying times. Please go our meet schedule page [HERE](#) for details. **Registration is now open and closes on June 9th.**
- **July 7-9 - CCMY Heat Illinois Open**, U of Illinois, Champaign, Urbana, IL
 - This is a great meet held at the University of Illinois. We highly encourage all of our Red Raider swimmers to participate in this meet. We would like to have a large presence of our swimmers attending. **Registration for this meet is now open and will close on June 7th.**

Reminder - New Red Raider Team Caps in Silver for the Summer

Many of the swimmers asked for caps in a lighter color than our normal black team caps as during the summer the dark caps can get very hot when practicing and competing outdoors.



RED RAIDER AQUATICS



As such, we are excited to announce we have special silver team caps for our summer season. These team caps are available in silicone and can be purchased for \$12. Coaches will have the new caps available for purchase.

Please note that the silver caps will be our official caps for all of our summer meets (through August) and should be the only caps worn at meets (if a swimmer uses a cap) Swimmers may wear either their black or silver team caps for practice.

Bloomington/Normal June/July Practice Schedule Starts Thursday, June 1st

Our June/July practice schedule will begin this Thursday, June 1st for our Bloomington/Normal site. The new schedule will be posted this week as we are finalizing the details.

New Red Raider Flyer - Please Share With Family and Friends

The Red Raiders are looking to add new swimmers to our Bloomington/Normal site and have developed a brand new flyer to highlight our team that can be found [HERE](#) We encourage you to share this new flier with your family, friends and on all your social media.

We offer a free 2 week trial for any new swimmer that wants to give it a try. Please feel free to share our new team flier with anyone that may be interested.

Remember 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.

Meet Schedule for Spring/Summer 2023 Season

We are excited to release our meet schedule for the 2023 Spring/Summer season which can be found on our website [HERE](#) and [HERE](#).

We worked very hard to put together a schedule that meets the needs of all of our Red Raider swimmers that has a mix of meet that are close by and a couple that require a bit more travel to cities/meets we have not attended in the past.

Like during this past fall/winter season one of our goals is to increase meet participation by our swimmers. Meets are an important piece of the sport of swimming and are “where swimmers learn the value of hard work,



RED RAIDER AQUATICS



of setting and chasing goals, and other life skills including dealing with setbacks, developing sportsmanship, to even just broing down with your fellow swimmers.”

Please see below for a great article on why your swimmer should participate in swim meets.

We have two team hosted meets that all Red Raider swimmers are expected to attend...

- *Red Raider Spring Fling - April 29-30 at Eisenhower Pool, Springfield, Il*
- *Red Raider Capital City Classic - June 9-11 at Nelson Center Pool, Springfield, Il*

Swimmers will be automatically entered in these two meets unless you contact me in advance. Swimmers not attending these meets should only be due to unavoidable reasons.

We have also made another change to our schedule this summer. Instead of attending the ISI Regional Championship meet we are going to an indoor meet in Brownsburg, Indiana. Illinois Swimming is not having a downstate Regional Championship meet this summer so we would be forced to attend one of the meets in the

Chicago area. The meet in Brownsburg, In is a fantastic prelim/finals meet that will allow ALL of our Red Raider swimmers to swim in a championship type meet at an incredible indoor facility.

If you have any questions about the schedule please contact Coach Jeff or Coach Ryan and we will gladly help answer them.

Reminder - Questions/Concerns?

With the start of a new season, the team expanding etc we want to make sure any and all of your questions and/or concerns are addressed. We encourage you to communicate with us directly so we can answer your questions. Please always feel free to contact me by email at redraideraquatics@yahoo.com. Thank you for your direct communications.