



# RED RAIDER AQUATICS



## Raider Report - Week of September 26, 2022

### Practice Changes This Week

- ☐ Monday, September 26 - No Practice all groups
- ☐ Thursday, Sept 29th
  - Little Raiders – 5:35-6:20 pm
  - Buccaneers – 5:35-6:20 pm
  - Pirates – 5:35-6:35 pm
  - Silver – 6-7:15 pm
  - Red – 6:20--7:30 pm
  - Senior Prep – 6:20--7:30 pm
  - Black – 5:35-7:30 pm
- ☐ Saturday, October 1st – Black Group – 7:00-9:00 am

### Practice Schedule – September 19-26, 2022

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

| Monday 9/26/22                                                                                                                                                                                                                                                                 | Tuesday 9/27/22                                                                                                                                                                                                                                                                       | Wednesday 9/28/22                                                                                                                                                                                                                                                                        | Thursday 9/29/22                                                                                                                                                                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Little Raiders – No Practice</li><li>• Buccaneers - No Practice</li><li>• Pirates - No Practice</li><li>• Silver – No Practice</li><li>• Red - No Practice</li><li>• Senior Prep - No Practice</li><li>• Black - No Practice</li></ul> | <ul style="list-style-type: none"><li>• Little Raiders – 5:00-5:40 pm</li><li>• Buccaneers – 5:00-5:45 pm</li><li>• Pirates – 5:45-6:45 pm</li><li>• Silver – 5:45-7:15 pm</li><li>• Red – 5:45-7:30 pm</li><li>• Senior Prep – 5:45-7:30 pm</li><li>• Black – 5:00-7:30 pm</li></ul> | <ul style="list-style-type: none"><li>• Little Raiders – No Practice</li><li>• Buccaneers - No Practice</li><li>• Pirates - No Practice</li><li>• Silver – 7:30-9:00 pm</li><li>• Red - 7:30-9:00 pm</li><li>• Senior Prep - 7:30-9:00 pm</li><li>• Black - 7:00-9:00 pm</li></ul>       | <ul style="list-style-type: none"><li>• Little Raiders – 5:35-6:20 pm</li><li>• Buccaneers – 5:35-6:20 pm</li><li>• Pirates – 5:35-6:35 pm</li><li>• Silver – 6-7:15 pm</li><li>• Red – 6:20--7:30 pm</li><li>• Senior Prep – 6:20--7:30 pm</li><li>• Black – 5:35-7:30 pm</li></ul> |
| Friday 9/30/22                                                                                                                                                                                                                                                                 | Saturday 10/01/22                                                                                                                                                                                                                                                                     | Sunday 10/02/22                                                                                                                                                                                                                                                                          | Monday 10/03/22                                                                                                                                                                                                                                                                      |
| No Practice – All Groups                                                                                                                                                                                                                                                       | <ul style="list-style-type: none"><li>• Little Raiders – No Practice</li><li>• Buccaneers – 8:45-9:30 am</li><li>• Pirates – 8:30-9:30 am</li><li>• Silver – 8:00-9:30 am</li><li>• Red – 7:45-9:30 am</li><li>• Senior Prep – 7:45-9:30 am</li><li>• Black – 7:00-9:00 am</li></ul>  | <ul style="list-style-type: none"><li>• Little Raiders – 11-11:40 am</li><li>• Buccaneers – 11-11:45 am</li><li>• Pirates – 11:00-12 noon</li><li>• Silver – 9:30-11:00 am</li><li>• Red – 9:00-11:00 am</li><li>• Senior Prep – 9:00-11:00 am</li><li>• Black - 9:00-11:30 am</li></ul> | <ul style="list-style-type: none"><li>• Little Raiders – No Practice</li><li>• Buccaneers - No Practice</li><li>• Pirates - No Practice</li><li>• Silver – 7:30-9:00 pm</li><li>• Red - 7:30-9:00 pm</li><li>• Senior Prep - 7:30-9:00 pm</li><li>• Black - 7:00-9:00 pm</li></ul>   |



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## PAWW Meet Sign-up Deadline - Monday, September 26

[PAWW Spooktacular meet](#) sign-up deadline is Monday, September 26. If you have not already registered for the [PAWW Spooktacular meet](#) in Peoria, Illinois on the weekend of October 21-23 please do so now.

This is a great early season meet and all of all of our swimmers in the Buccaneers, Pirates, Silver, Red, Senior Prep and Black groups are highly encouraged to participate. Swimmers in the Little Raiders should check with Coach Jeff if they are ready to participate in this meet.

As a reminder, 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.”

Signing up for the meet is easy. Go to the meet schedule on our website [HERE](#), scroll down to the PAWW Spooktacular Meet to see the meet information, then click on the [Go To Meet](#) link. Once on the meet page you will see a link to commit to the meet. You may also access the meet through your dashboard in our team's site once you have logged in.

Note – You only need to commit to the meet as the coaches will select the events the swimmers compete in.

## Special Starts and Turns Practice on Saturday, October 1

We are excited to announce our special starts and turns practices have returned. We are running a special starts and turns practice on Saturday, October 1 at Eisenhower Pool. We hope our swimmers will take advantage of this great opportunity, The schedule is as follows:

- Buccaneers– 8:45-9:30 am at Eisenhower - Starts and Turns practice
- Pirates – 8-10:00 am at Eisenhower - Starts and Turns practice last 60 minutes of practice
- Silver – 8:00-9:30 am at Eisenhower - Starts and Turns practice last 60 minutes of practice
- Red/Senior Prep - 8:00-9:30 am at Eisenhower - Starts and Turns practice last 60 minutes of practice
- Black – 7:30-9:30 am at Eisenhower - Starts and Turns practice last 60 minutes of practice

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

- *Rudyard Kipling*



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## How to Balance School & Swimming - 11 Tips from Olympians by Fitter and Faster

One of the most common questions our Elite Clinicians get asked at swim camps is **"How did/do you balance the demands of school and swimming?"** We asked two of our Olympian Clinicians their best tips for being successful in the classroom and in the pool. Click below to read our blog post on this subject and see if you can apply these tips to improve both your grades and your times! [Read More HERE](#)

## 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 \$5 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.

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](mailto:Jeffrey.skeels@yahoo.com). We also 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](mailto: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.



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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.
- 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](https://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 Oliwier 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](#).



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**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.

**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.