

Welcome to the 2023 summer swim season – we are so excited for all the fun the kids are going to have in the coming weeks!

Although our season is short, it is action-packed – we apologize in advance for the long email, but there's a lot of information to share! Please keep this somewhere you can reference it – we will also post a copy on the swim team page of the RSC website.

Practices:

Starting Wednesday, June 8th we will move to our regular summer practice schedule. That schedule is:

Monday – Thursday:

- 7:30 – 9a – 11+ swimmers
- 9-10a – 9-10 year old swimmers
- 10-11a – 8 and under swimmers

Fun Friday:

- 9-10a – 11+ swimmers
- 10-11a – 10 and under swimmers

Practices are highly encouraged, but not mandatory. You do not need to let us know if your child is unable to make it – we know that there are lot of other summer activities too 😊

Regular practices end on Friday July 7th

Communication:

Please sign up for our Remind account, this will be the fastest way to learn about practice cancellations. <https://www.remind.com/join/rscswi>

Suits and Gear:

If you ordered your suits before the season started, we anticipate that those will be in soon! Suits and gear ordered from Urban Tri Gear will be delivered to the pool – we will reach out with additional information as soon as we have it.

If you still want to order a suit, we work with Urban Tri Gear and you can call or visit the store - <https://urbantrigear.com/>

Additionally, there is Cuda merch in the RSC online store - https://www.storessimple.com/inkyourwear/groupproducts.php?prodgroup_id=5771&prodgroup_bypass=true

Please note, the team suit is also not mandatory. While we love the look of a unified team, you can always wear any sort of Speedo-type suit for practice and meets. Similarly, swim caps are highly encouraged, but not required.

Additionally, if you are looking to sell/swap/buy, we do have a secondary market on Facebook - <https://www.facebook.com/groups/974408592673971>

Important Dates:

- June 8th – Cuda Classic
 - This is an intrasquad meeting, open to our swimmers ages 12 and under. The meet is quick and a great way to learn how a swim meet works (or a great reminder for returning swimmers after a winter off)
- June 15th – Buckle up, it's a BUSY day!!
 - Morning: Tie-Dye –
 - After morning practice, each child will receive their team t-shirt and have the opportunity to tie-dye it! This is an activity that we do every other year and the kids love it, so plan on staying a little after practice!
 - If you child is unable to attend, they can either (1) have a friend tie-dye for them, or (2) choose to just have a plain shirt. They will receive their shirt either way.
 - Afternoon (time, TBD, likely around 3p): Photo Day –
 - Photos will be taken at RSC, individuals and team photos – please do your best to attend, we love to share the team photo in the clubhouse!
 - If you would like to order in advance, please visit - <https://www.pmipphoto.com/pages/picture-payment?cn=19160>
 - **Picture Day Code: 19160**
 - Late Afternoon – HOME MEET vs. OBBT
 - Positive check-in for meets is at 4:45 p.m., but hopefully everyone is already there for pictures
 - We know this is a long day – unfortunately, schedules did not allow for us to do these activities in any other way. Luckily, OBBT is typically a small team and relatively fast meet. But, be sure the kids have plenty of WATER and food.
- June 19th – 6p AWAY meet at Five Seasons Sports Club
 - Positive check-in for meets is at 4:45 p.m.
- June 22nd – 6p AWAY meet at LaGrange Field Club
 - Positive check-in for meets is at 4:45 p.m.
- June 26th – 6p HOME meet against Salt Creek
 - Positive check-in for meets is at 4:45 p.m.
- June 29th – 6p AWAY meet at Village Field Club
 - Positive check-in for meets is at 4:45 p.m.
- July 4th – PARADE!!

- Fill-up those Super Soakers and get ready for fun! All Cudas (and their water guns) are invited to march in the parade!
- July 6th – 6p AWAY meet at River Forest Tennis Club
 - Positive check-in for meets is at 4:45 p.m.

Meets:

- You must let us know if your child will be swimming by responding to the meets in Team Unify – they are all separately listed under the “Events” tab.
- Meet registration closest 2 days before the meet – this is a hard deadline.
 - Obviously we understand illness and other emergencies come up, if your child is registered but will not be attending, please let us know as soon as possible
 - PLEASE help us to prepare for meets by responding and respecting the deadline.
- If you’d like more information on what to expect at a meet, check out - <https://static1.squarespace.com/static/536b97f5e4b0fe2bd2fc9db6/t/628c00edb385df419cd74f2d/1653342445417/First+Swim+Meet+-+What+to+Expect.pdf>.
- If you’d like information about how to read a heat sheet, check out - <https://static1.squarespace.com/static/536b97f5e4b0fe2bd2fc9db6/t/628c00b0380dc66f9a2619b6/1653342384063/Reading+a+Heat+Sheet+101.pdf>
- **You should expect your child to swim in 2-4 events** – these are selected by the coaches in advance and we strive to give each child to swim in every event over the course of the season (depending, of course, on attendance and team needs).
- **If you are upset by what your child is or is not swimming, please reach out to us separately and AFTER the meet and we will be happy to talk with you about your concerns. Please do not approach the coaches with concerns during the meet, they are focused on the kids; please do not put your child in an event in which they are not entered by a coach.**

Volunteering:

- Teamwork makes the dream work!
- We are lucky to have a big team and kids who really love to swim, however to provide them the best summer experience, WE NEED HELP 😊
- Each family is required to volunteer at least twice during the season, and there are plenty of opportunities.
- As separate email will be going out in the coming days for volunteer sign-up.

Conference:

- The final meet of the season is the championship meet on July 15th at Five Seasons Sports Club
- Unlike other meets, this is by coach invitation only
- To be considered for the conference team:

- The swimmer must have competed in at least two meets
- The swimmer must be available to practice the week of July 10th
 - **There are no exceptions to this requirement**
- The swimmer will be selected based on their swim times and may swim as little as one race
- Additional information about the Conference meet will be shared as the season progresses

We know that this was a TON of information, and we appreciate your sticking through to the end!! Summer swim really is one of the best times of the year and we're looking forward to all of the fun ahead for our swimmers.

As always, if you have any questions, please reach out to barracudas.rsc@gmail.com

Thank you!!

Erin

Liz

Megan