



RAVE 2024 SWIMMING SEASON INFORMATION

Registration night

The RAVE Registration Night is Thursday, February 15, 6 – 8 pm, at the Rosemount Community Center. All parents and caregivers are strongly encouraged to register their athlete in person in order to ensure your space on the team and get important information about the season and The RAVE. The registration fee is \$35 (check payable to The RAVE) and registration forms will be available to fill out at the event. If you aren't able to attend the RAVE Registration Night, the registration forms will be posted on the RAVE website after registration night.

Athletes must be registered, paid, and have a current Special Olympics Medical Form on file to participate at the first practice.

Medical form

It is the responsibility of the athlete's parent or caregiver to check and see if the athlete's paperwork is current. Athlete medical expiration dates and new forms are on the RAVE website at theravesp.org/form-central/. Athletes with expired paperwork cannot participate at practices or competitions.

Contact Lisa Wilson (ravemedform@gmail.com) for help checking the status of the athlete's medical form or with any questions about the form.

Practice Information

The first practice is on Sunday, March 3, and continues every Sunday night through June 9, with no practice on March 24, March 31, April 21, May 12, and May 26. **There will be a mandatory parent/caregiver meeting at the first practice.**

All practices take place at **Scott Highlands Middle School**. The practice sessions will be divided up as follows.

- **6:00 pm to 6:30 pm – Beginners**
- **6:30 pm to 7:15 pm – Intermediate**
- **7:15 pm to 8:00 pm – Advanced**

Returning swimmers will initially be assigned to the practice session they attended in prior seasons. For new swimmers, coaches will assess the swimmer during the initial first practice and assign the swimmer to one of the three sessions. Confirmation about practice session assignments will be sent out prior to the first practice. It is not unusual for assignments to shift during the season based on space needs and the desire to group swimmers of the same level together.

Swimmers should be in the pool and ready to swim at the session start time.

Competition

Regional Competition: April 20, St. Catherine University, St. Paul
State Competition: June 15-16, Century Middle School, Lakeville

Important: To compete at the State Competition, athletes must compete at the Regional Competition

Communication

It is important that parents and caregivers complete the RAVE Contact Form—either the paper form on Registration Night or [online](#). Information about competitions, changes in practice times, and general announcements will be communicated by email only.

Questions

For questions and guidance, contact team manager Suzanne Elwell at 651-207-5130 or suzanne.elwell@comcast.net