the RAVE
Rosemount • Apple Valley • Eagan
AREA TWELVE SPECIAL OLYMPICS

Special Olympics Minnesota

*Let me win, but if I cannot win, let me be brave*

# 2026 RAVE SWIMMING INFORMATION

Due to Minnesota hosting the Special Olympics 2026 USA Summer Games from June 20-26, 2026, there will be changes to the normal swim season schedule. Read this information carefully to be aware of how some dates or events may have changed.

## PRACTICES

Practices will take place at **Black Hawk Middle School** and **Falcon Ridge Middle School**. Swimmers should be in at pool and ready to swim at the session start time. The practice sessions will be divided up as follows.

- 6:15 pm to 6:45 pm – Beginners
- 6:45 pm to 7:30 pm – Intermediate
- 7:30 pm to 8:15 pm – Advanced

Returning swimmers will be assigned to the same session as prior seasons and new swimmers should attend the first session for the first practice. Coaches will assess all swimmers at first practice and make final session assignments for session balance.

Parents and caregivers are asked to attend an **orientation meeting** on the first night of practice during the session their athlete is participating in.

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|---|---|
| Sunday, March 1 | Black Hawk Middle School |
| Sunday, March 8 | Black Hawk Middle School |
| Sunday, March 15 | Black Hawk Middle School |
| Sunday, March 22 | No practice this week |
| Monday, March 30 | **Falcon Ridge Middle School** |

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|---|---|
| Monday, April 6 | **Falcon Ridge Middle School** |
| Sunday, April 12 | Black Hawk Middle School |
| Sunday, April 19 | Black Hawk Middle School |
| Sunday, April 26 | Regional swim meet |
| | |

## COMPETITION

**Regional competition**: Sunday, April 26, Eden Prairie Community Center, 16700 Valley View Rd, Eden Prairie, MN 55346

**State competition:** No state competition due to USA Games.

## REGISTRATION

The registration fee is $35 per athlete. Please mail the registration form and payment (cash or check) **by February 20** to The RAVE, P.O. Box 122, Rosemount, MN 55068-9906. Checks should be made payable to The RAVE.

## TOWELS

New athletes will receive a RAVE swim towel with their name on it. If a returning swimmer would like a new personalized RAVE swim towel, they can get one at a discount rate of $15 each. Please make your request on the registration form.

## QUESTIONS

Co-head coaches: Joe Andrus, jandrus5@outlook.com, Emily Quast, emilym0214@gmail.com
Team manager: Suzanne Elwell, suzanne.elwell@comcast.net, 651-207-5130

# 2026 RAVE SWIMMING REGISTRATION FORM

Please return this portion of the form with payment.

Athlete Name: _____

Athlete's address: _____

Athlete's phone: _____

Athlete email: _____

Athletes can compete in up to three events and a relay. Does the athlete wish to participate in a relay? ☐ Yes

Returning swimmers: Would you like a replacement RAVE swim towel for $15 (collected at practice). ☐ Yes

**Parent/caregiver contact information**

To receive email announcements and for emergency contact.

Name: _____ ☐ Parent ☐ Guardian ☐ Staff

Phone: _____

Email: _____

Group home name: _____

Name: _____ ☐ Parent ☐ Guardian ☐ Staff

Phone: _____

Email: _____

Group home name: _____

☐ I acknowledge The RAVE prefers a guardian or caregiver to remain at each practice.

☐ I acknowledge that is it my responsibility to make sure the athlete has a current medical on file before the first practice.

Please provide any essential information that you would like to share about your athlete – allergies, behavioral issues, health concerns (this does not replace the required medical).

_____

_____

_____

Please mail registration form and $35 fee **by February 20** to: The RAVE, P.O. Box 122, Rosemount, MN 55068.