



Sept
2022

TITANS

NEWS

www.rmsctitans.ca

headcoach@haneyswim.ca

Welcome to the start of the 2022/23 RMSC Titans swim season! It is sure to be a very exciting year, with our swimmers representing our new name, new logo, and new programs! We are excited to welcome back all our returning RMSC swimmers, as well as our new Titans who have joined the program. We would also like to welcome back all our returning coaches, and are excited to introduce you to the new coaches who will be on deck with RMSC this season. We have an exciting season planned for our club, and can't wait to see everyone at the pool over the next few weeks!

Program Start Dates

Below are the dates of the first practices in the pool for our RMSC swimmers!

National Development
Tues, Sept 6th

Prov Dev/Div Dev/Reg Dev/Tiny
Titans/Masters and HSF
Mon, Sept 12th

Summer Skills
Mon, Sept 19th

Titans Swim School
Mon, Oct 3rd

Volume
1



A reminder that the most up to date schedule for your program will be posted on the Google calendars on our website throughout the year. Any changes to the program due to competitions, holidays, or pool closures will be posted here!

Please note: The posted group Google Calendars, now includes dryland time for all RMSC groups.

<https://www.rmsctitans.ca/calendar#>



**TEAM AQUATIC
SUPPLIES LTD**

SHARK CLUB PROGRAM

Club: Ride Meadows Swim Club
Online Coupon Code: HAN500
Expires: August 31, 2023

Program subject to change and/or cancellation at any time.
Discount is valid on regular priced in-store, in-stock merchandise only.
Card must be presented at time of purchase.
Not valid at Swim Meets and other Sales Events, or in conjunction with other discounts.

#SwimExperts

TAS Shark Card and Equipment

Make sure to check out the link below for a list of your swimmers equipment needs for the 2022/23 season:

<https://www.rmsctitans.ca/menu/equipment-and-gear>

While shopping at Team Aquatic Supplies, make sure to present the TAS Shark Card for a discount at the time of purchase!



As the board and coaching staff work on developing our new Titans brand, we are so excited to be working with Speedo for the 2022/23 season. Speedo is one of the most prestigious brands in the world of swimming, and we are so excited to be a part of the Speedo Canada family



Titans Fall Invitational November 26th - 27th, 2022

We are so excited to be hosting not one, but TWO LMR level competitions this season! This is a great chance for our club to host swimmers from around the lower mainland, and a great way for your family to earn some of their Member Participation Points! Please make sure to read through the MPP Policy below, on how you can earn points while supporting the club:

RMSC Member Participation Policy

For more information on how to start the path to become a Swim BC Official, please email:

officials@haneyswim.ca

Due to a delay in receiving our new team gear, please note that the RMSC Season Kick-Off Event has been postponed till the end of September.

Please keep an eye out for more information to come out in your swimmers first group update email!

Your first day at the pool!

The first time you walk on deck as an RMSC swimmer can bring on a bit of nerves, as you are unsure of where to go, or what to do when you arrive at the pool! Below are a couple steps and reminders that should help relieve some of the nerves on your first day at the pool:

1. When you arrive at MRLC, please head through the changerooms towards the pool deck. If the front desk asks, please say you are there for swim club.
2. Please make sure to take off your outdoor shoes before heading onto the pool deck.
3. An RMSC coach will be on deck to greet you on the first day, and will instruct you to drop your bag and equipment off on the bleachers on deck.
4. Before each practice our RMSC swimmers run through an activation routine to get their bodies ready for the pool. Activation is done by the garage doors leading to the patio, by the slide. We ask all swimmers to head to that area when they arrive at the pool.
5. Parents/Guardians are welcome to watch practice, but we ask that you sit in the bleachers closest to the changerooms, or on the partition between the pool and the showers.

