



2023 RAVE Aquatics Registration

The RAVE Special Olympics Aquatics season will begin **Friday, April 7**. All registrations will be done on February 16 in person at the registration meeting at the Rosemount Community Center; this guarantees you a spot on the team. If you aren't able to attend the April 7 Registration Meeting, please reach out to team manager, Suzanne Elwell. **Athletes must be registered, paid, and have a current Special Olympics Medical Form on file to participate at the first practice.**

Practice Information

The first practice will be Friday, **April 7, 2023**, at Valley Middle School. **There will be a mandatory parent/caregiver meeting at the first practice.**

Practices will be at either Falcon Ridge Middle School or Scott Highlands Middle School this season. There are some Fridays during the season when there is no practice scheduled. (See schedule below.)

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**

Swimmers should be signed up for the session level that is most appropriate. Coaches will assess the swimmers during the initial practices and make adjustments to practice placement if needed based on their observations. Swimmers should be in the pool and ready to swim at the session start time.

Competition

Area Competition: April 23, Washington Magnet School, St. Paul

State Competition: June 17-18, South View Middle School in Edina

Communication

It is important to include the email address for the parent, caregiver, or responsible party on the registration form. 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

2023 RAVE Aquatics Registration Form

Registration indicates that the athlete will participate in the Regional and State Aquatics competitions.

Athlete Name _____

Parent/Caregiver Name: _____

Address: _____

Phone _____

Email address for RAVE communications (*required*) _____

Additional communication email (*optional*) _____

Aquatics Level Requested: Beginners Intermediate Advanced

*Please enclose registration fee of \$55.00. Make checks payable to **The RAVE**. Checks can be mailed to Suzanne Elwell, 3638 Windtree Drive, Eagan, MN 55123*

2023 Rave Aquatics Practice Schedule

Friday, April 7, 2023	Valley Middle School
Friday, April 14, 2023	Scott Highlands Middle School
Friday, April 21, 2023	Scott Highlands Middle School
Sunday, April 23, 2023	REGIONAL SWIM MEET
Friday, April 28, 2023	Scott Highlands Middle School
Friday, May 5, 2023	Falcon Ridge Middle School
Friday, May 12, 2023	Scott Highlands Middle School
Friday, May 19, 2023	Scott Highlands Middle School
Friday, June 2, 2023	Falcon Ridge Middle School
Friday, June 9, 2023	Falcon Ridge Middle School
June 17-18, 2023	STATE SWIM MEET

Medical form

Athlete medical expiration dates and new forms are on our website at www.theravesp.com. *It is the responsibility of the athlete's parent or caregiver to check and see if the athlete's paperwork is current. Athletes with expired paperwork cannot participate at practices or competitions. Contact the team manager, Suzanne Elwell, if you need help checking the status of the athlete's medicals form.*