

Hello and welcome to the 2025 City of Scottsdale Summer Recreational Dive Team! We are looking forward to an exciting summer of diving and fun! We have a great season planned and, with your involvement, it can only get better.

Daily practices, weekly dive meets, and special events are just some of the aspects of being a member of our teams. The 2025 season is packed with fun activities, and we hope you and your family will take advantage of them. Besides our optional (but highly encouraged) Saturday meets, there will be team building activities, team photo day, a 3 meter dive meet, and a new end of summer celebration meet.

Ski Pro will be on-site during the first week of practice to assist you with team suit fitting and orders. Swim accessories such as dive shammies will also be available for purchase during this time.

Good luck this summer and we look forward to meeting you and your family!

-City of Scottsdale Aquatic Management Team



Welcome to Recreational Diving

The City of Scottsdale Summer Recreational Dive Team is organized to serve the recreational needs and develop the potential of young athletes who are interested in furthering their diving abilities. Divers will enhance physical coordination and fitness through consistent practice and training while developing proper diving skills. Practicing with the same group of divers everyday will encourage team spirit and gradual improvement will inspire higher self-esteem with each individual member.

Recreational teams are designed to be faster paced and have a larger number of participants than our learn-to-dive lessons. The Recreational Dive Team program is not intended to take the place of dive lessons but rather build on those skills already learned in classes.

Family participation is highly encouraged and always appreciated at meets and is an integral part of the Recreational Dive Team experience. Family members may become supportive spectators, volunteer to help score, or help conduct various activities with the assistance of the dive coordinator.

Our Goal

It is the goal of the Recreational Dive Team program to enhance present abilities and encourage young athletes to gain additional skills throughout the course of the summer. Each diver will be taught the basics of recreational diving while participating in rigorous and organized practices. The participants will also learn sportsmanship, self-discipline, and fitness from regular training and competitions. Each diver will gain a skill that has life-long benefits such as obtaining an understanding of the pride that comes with accomplishment and learning the value of being part of a team.

Safety Protocols

Divers must be able to demonstrate a three-step forward approach and hurdle, a back jump, and both a front and back fall in from the 1m diving board. Participants must be able to swim in deep water (up to 14 ft) safely. In the event that a participant does not meet the safety requirements on the first day of practice, the participant will be removed from the team. If space is available, pool staff can help finding an appropriate swim lesson for the participant. Per the City of Scottsdale's refund policy, there will be no refunds after the 2nd class date.

What you'll need

It is not mandatory to buy a team suit, but your diver should be able to workout comfortably in an appropriate suit. Sunscreen, towel, and water should be brought to practice daily.

Suit Fitting

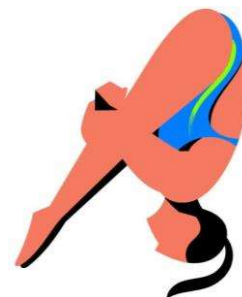
Eldorado - June 4 – 8:00am -10:30am

Cactus – Date to Be Determined

McDowell Mountain Ranch – June 6 - 8:00am - 11:30am & 5:00pm - 7:00pm

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Questions about suits? Contact Susan at swim@skipro.com



Practice times

Eldorado Pool: 11:00am

Cactus Pool: 8:30am

McDowell Mountain Ranch: 8:00am & 9:00am

Dive Meets

Dive meets will be hosted on Saturday mornings and will be a variety of home and away meets. See attached meet schedule at the end of the manual. Each diver will be scored on the dives that were focused on during that week's practice.

3 Meter Meets:

These meets are **only for the 10-11 age group and 12 and over age group**. The same rules apply for the 3 Meter meet as the dual meets and inter-squad meets.

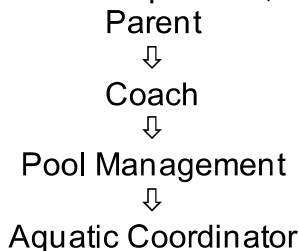
New Scottsdale City Championship Meet and End of Summer Party

This meet will be run like a standard dive meet. All swimmers arrive at 8:00am; meet starts at 9:00am. Families and friends of participants are invited grab their swimsuits and join in celebrating their diver at this fun celebration event.

More details will be provided before the meet.

Communication & Questions...

If there is a pool specific team question and/or problem, the chain of communication is:



If you have any questions or concerns about the program or meets you can contact
Ryan Downing at RDowning@scottsdaleaz.gov (480) 312-5564

A special thanks to CDS for assisting with for assisting in coaching, training, and hosting the annual City Championship Swim Meet.

Clavadistas del Sol (CDS) is a non-profit amateur diving program. Divers compete at the local, regional, national, and international level. Your (child's) level will be determined at tryouts. CDS strives to empower young athletes with the skills necessary to develop athletic discipline, strong work ethics, and life and leadership skills in our community.

CDS conducts practices at Cactus Aquatic and Fitness center on a year-round basis.

CONTACTS:
E-mail: [cgsdiving@yahoo.com](mailto:cdsdiving@yahoo.com)



Head Coach: Josh Rusboldt

www.cdsdiving.org
(480) 329-6035