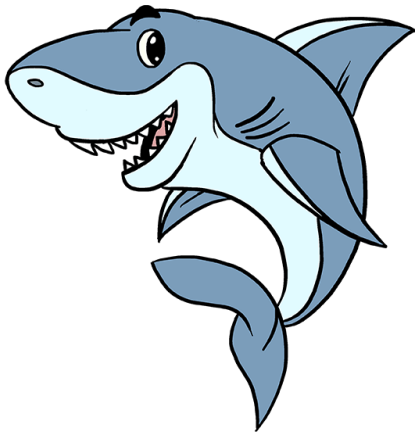


2024

Rec Swim

Team

Chaparral



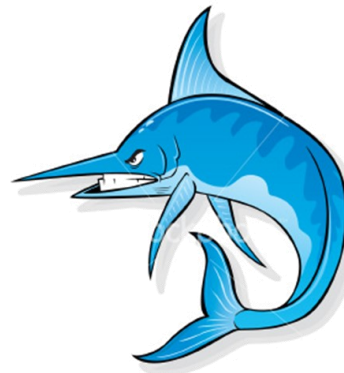
Sharks

Cactus



Crocodiles

McDowell Mountain



Marlins

Eldorado



Eels



Hello and welcome to the 2024 City of Scottsdale Summer Recreational Swim team! We are looking forward to a fun and exciting summer. We have a great season planned and with your involvement, it can only get better.

The City of Scottsdale Recreational Swim team provides your child with the opportunity to thrive while they gain competitive experience, practice their swimming skills, build self-esteem, make friends, and get physically fit.

The 2024 season is packed with fun activities that we hope you and your family will take advantage of them. Ski Pro will be on-site during the second week of practice to assist you with team suit fitting and orders. Swim accessories such as caps and goggles will also be available for purchase during this time.

Daily practices, weekly swim meets, and special events are just some of the aspects of being a member of our team. Parent involvement is necessary in order for meets to run smoothly and efficiently. To volunteer, talk to your coaches before a swim meet! Getting involved will make your summer swim team experience an unforgettable and memorable one.

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

Have a safe and fun summer!

City of Scottsdale Aquatic Management Team



Welcome to Recreational Swimming

The swim program is organized to help youth develop important qualities that will carry into their adult life. Through consistent practice, participants will enhance their physical coordination, fitness, and skill development. Gradual improvement in competition encourages stronger self-confidence and personal esteem. Participation in a team environment also generates sportsmanship and team spirit. This program encourages family participation as supporting spectators or volunteers at the recreational meets. The Scottsdale Aquatics Program hopes to make your child's experience fun and rewarding. It is our goal for each child to gain a skill that can carry life-long benefits, obtain an understanding of the pride that comes with accomplishment, and learn the value of being part of a team. Personal improvement at practices and meets is stressed over winning.

Objectives of the program

Recreational teams are designed to be faster paced and have a larger number of participants than that of lessons. The Recreational program is not intended to take the place of a learn to swim lesson, but rather build on those skills already learned in classes, refine the strokes, and apply them to a competitive environment.

Our Goal

It is the goal of the City of Scottsdale Recreational Swim and Dive program to enhance present abilities and encourage young athletes to gain additional skills. Each swimmer will be taught the basics of recreational swimming while having fun. Your child will be involved in organized, yet rigorous practices and will improve their techniques for all four competitive strokes. The participant will also learn sportsmanship, self-discipline, and increase their fitness through regular training and competitions.

Getting Started- Registration

Swimmers must be able to demonstrate at least one length of the pool (25 yards) unassisted, of all 4 competitive strokes. (Freestyle, Backstroke, Breaststroke, Butterfly)

Swimmers must be at least 5 years of age to participate. Age for swim meets shall be determined by the age of the participant on the first day of practice (June 3, 2024).

In the event that a participant is not ready for the recreational team, arrangements can be made to place your child in an appropriate swim lesson, if space is available.

No child shall swim without registration fees paid in full. Registration fee for residents is \$130 and \$195 for non-residents. All program refunds shall be prorated up to and including the 2nd class. **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 swimmer should be able to workout comfortably in an appropriate suit. Swim goggles are highly recommended as well as a swim cap for those with long hair. Sun screen, towel, and water should be brought to practice daily.

Suit Fitting

Eldorado - June 4 - 8:00am -10:30am

Cactus - To be determined.

Chaparral -June 4 - 5:00pm - 6:00pm

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



Order online at <https://scottsdalewim24.itemorder.com/>

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

(Parent Orientation will be at your swim team pool location. Bring your suit and enjoy free Public Swim afterwards)

Practices

****Practices are held Monday through Thursday unless noted otherwise****

The practice times are as follows:

Eldorado Pool: 8:00am, 9:00am, 10:00am

Chaparral Pool: 6:00pm

Cactus Pool: 8:30am, 9:30am, 10:30am, 6:00pm & 7:00pm

McDowell Mountain Ranch: 8:00am, 9:00am, 10:00am, 11:00 am, 5:00pm & 6:00pm

Swim Meets

There will be six different types of meets and activities throughout the season. Each of the swim meets are outlined in the "Swimming Schedule" attached in this packet. **In the event of bad weather, meets will not be re-scheduled.**

Age groups for competition shall be: 5-6, 7-8; 9-10; 11-12; 13-14; and 15-17.

Ages 5-10 will be swimming 25-50 yards and 11-17 will be swimming 50-100 yards for each event.

-Some events may change distance depending on the stroke, the final call is up to the head coaches.

(In the event that attendance is low in an age group, your child will be placed in a different age division during competitions, but will be scored with the appropriate age group).

Stroke of the Week Meets

The City of Scottsdale Recreational Swim program works on progression of strokes throughout the season. Each dual meet will focus on a different "stroke of the week". During the week, practice will focus on the specific strokes and events that will be swum at that meet. See attached calendar for the stroke of the week.

The Meets

These meets involve swimming against another City of Scottsdale Recreational Swim team as well Salt River Pima Maricopa Indian Community Way of Life Facility (WOLF). The meets are not scored and some of the meets will be timed. Ribbons will be given out for 1st through 8th place for each age group. Each swimmer will be assigned a number for the season which will assist us in organizing each swim meet and place judges. Parents are strongly encouraged to volunteer as timers for the swim meets. Please ask your coach for more information.

Open Water Race

This activity will take place at McDowell Mountain Ranch Aquatic Center on July 13, 2024. This event is a fun alternative to a traditional swim meet where each participant will swim a designated length (according to age) in an

open water type lap around the competition pool. Total swim time will be recorded and awards will be given out for 1st through 8th place for each age group. **Swim suit are required.** All swimmers who wish to participate in the Open Water must turn in the permission slip given out from coaches by **July 5th, 2024.**

The Scottsdale City Championship Swim Meet

This meet will be run like a standard swim meet. All swimmers will swim on Saturday, July 27th, 2024 at Cactus Aquatic Center (7202 E. Cactus Rd). Warm-ups start at 6:00am; meet starts at 7:00am. **All entry forms must be turned in to your coach by July 19, 2024.** On July 27th there will be a \$15 late entry fee and late entries will not be accepted after 6:15am on July 27th.

*See attached flyer for additional details.

- Ribbons will be handed out for every heat and top three medals will be handed out **overall** for each event.
- Participants will be entered in all events according to age group but are not required to swim every event they are entered in. Age appropriate distances will apply for all events. The entry form is included in this packet.
- This Meet is run similar to a competitive style swim meet, there will be a more strict form followed compared to regular meets, if a child misses an event there will be no way to make it up.

City of Scottsdale Parks and Recreation Behavior Policy

Kindness, consideration and courteous behavior is appreciated and expected.

Treat every patron and staff member with respect.

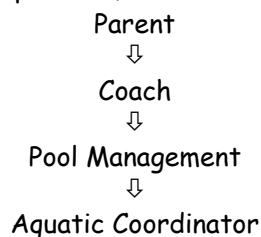
Respect facility property and the property of others.

Program Feedback

Your feedback is vital to the success of the program. The City of Scottsdale now offers ONLINE surveys at the link listed below. Thank you for your support!

Communication & Questions

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



Have a fun, safe and outstanding summer and thank you for your participation in the City of Scottsdale Recreation Swim Team

If you have any questions or concerns about the program or meets, you can contact Ryan Downing at rdowning@scottsdaleaz.gov (480)-312-6654

THANK YOU to Scottsdale Aquatic Club for assisting in coaching, training, and hosting the annual City Championship Swim Meet. Scottsdale Aquatic Club is a year round competitive swimming program based out of Cactus Aquatic Center.

The Scottsdale program is characterized philosophically by the principles of self-image psychology. This discipline is concerned with guiding and directing individuals toward maximum development of their talents and abilities. Similarly, the Scottsdale coaching staff endeavors to teach, train, and motivate young people to achieve their ultimate potential in swimming in the belief that this experience will prove valuable to them as they grow and develop into adults.

SAC strives to instill in young swimmers an understanding of and appreciation for such life skills and concepts as high self-esteem, personal accountability, self-discipline, goal setting, and goal achievement as these ideas relate to their success in training and in competition.

At each level, swimmers are instructed to strive for excellence. Excellence in this sense represents the achievement of that level at which you know that you have done your utmost to become the best you are capable of becoming. This philosophy is consistent throughout the program, and every swimmer, novice to Olympian, is encouraged to "Be the Best You Can Be".

For information on how to join contact SAC call 480.951.5368 or Sacaquaticclub@gmail.com





City of Scottsdale SWIMMING SCHEDULE 2024

Please note:
WOLF will be participating in meets
Meet Locations Subject to change - ask
coaches for details

Date	Day	Time	Stroke	Home Pool	Visiting Pool
15-Jun	Saturday	Warm up 7:15am	Freestyle 5-10 yrs - 25 & 50 yds 11-17 yrs = 50 & 100 yds	Eldorado 2301 N. Miller Road	Cact
		Meet 8:00am		MMR 15525 N. Thompson Peak Pkwy	Chap, WOLF
22-Jun	Saturday	Warm up 7:15am	Freestyle & Backstroke 5-8 yrs - 25 & 50 yds 9-17 yrs = 50 yds	MMR 15525 N. Thompson Peak Pkwy	Cact, WOLF
		Meet 8:00am		Eldorado 2301 N. Miller Road	Chap
29-Jun	Saturday	Warm up 7:15am	Breastroke 5-8yrs = 25 & 50 yds 9 - 17 yrs = 50 & 100 yds	Chap 5445 N. Hayden Road	Cact, WOLF
		Meet 8:00am		MMR 15525 N. Thompson Peak Pkwy	Eldo
13-Jul	Saturday Check-in 6:15a	Warm up 6:15am Meet 7am	<i>Open Water Swim</i> Ages 5-6 Ages 7-10 Ages 11 & Up	MMR 15525 N Thompson Peak Pkwy	All
20-Jul	Saturday	Warm up 7:15am	Butterfly/Free 5-10yrs = 25 yds 11-17yrs = 50 yds 5-10 yrs= 50 yds Free 11-17yrs = 100 yd IM	MMR 15525 N. Thompson Peak Pkwy	Cact
		Meet 8:00am		Eldorado 2301 N. Miller Road	Chap
27-Jul	Saturday Check-in 6:00a	Warm up 6:00am Meet 7:00am	ALL Strokes *Entry Form Required* *Late Entry Form: Check in = 6:00am* Check in = 6:00am	City Championships Cactus Aquatic & Fitness Center 7202 E. Cactus Rd. Late entry forms will be accepted from 6a-6:15a. There will be a fee for late entries.	