

2016 **Rec**
Dive
Team

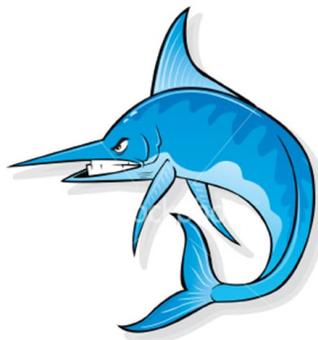
Eldorado

Cactus

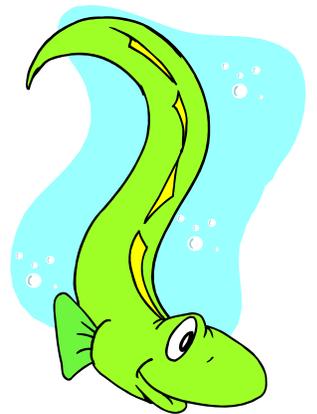


Crocodiles

McDowell Mountain
Ranch



Marlins



Eels



Hello and welcome to the 2016 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.

The City of Scottsdale Recreational Dive Team provides your child with the opportunity to thrive in a non-threatening environment, practice their diving skills, build self-esteem, make friends, and get physically fit.

The 2016 season is packed with fun activities that we hope you and your family will take advantage of. 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 dive shammies will also be available for purchase during this time. "It's U Photography" will be on site during the third week of practice to take team and individual pictures. These pictures are a great way for you to keep the memory of your child's summer dive team experience.

Daily practices, weekly meets, collaborating with teammates, learning self-discipline, and working towards new goals are just some of the aspects of being a member of this team. Getting involved will make your summer dive team experience that much more worthwhile.

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 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.

Getting Started

Divers must be able to demonstrate a three-step forward approach and hurdle, back press, forward jump, back jump, forward dive, and back dive.

Any diver participating in practices or competitions with any other team shall not participate in the recreational league meets.

Divers must be a minimum of 6 years of age to participate on the Recreational Dive Team. Age for dive meets shall be determined by the age of the participant on the first day of practice (June 6, 2016).

The following are the age groups for dive meets:
8 & under 9-11 12 and older

In the event that a participant is not ready for the recreational team, arrangements can be made to place him or her in a more appropriate level.

No child shall swim without registration fees paid in full. Registration fee for residents is \$105 and \$158 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 diver should be able to workout comfortably in an appropriate suit.

Suit Fitting

Eldorado - June 14 - 7:30am - 9:30am & 6:30pm - 8:00pm

Cactus - June 15 - 8:30am - 10:30am

McDowell Mountain Ranch - June 16 - 7:30am - 9:30am & 6:00pm - 7:30pm



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

*Suit fit kits will also be available at Parent Orientation on June, 5 (12:30pm-1:00pm)

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

Team Pictures

Eldorado - June 21 - 7:30am - 9:30am

Cactus - June 22 - 8:30am - 10:30am

McDowell Mountain Ranch - June 23 - 7:30am - 9:30am & 6:00pm - 7:30pm



*Team photos will be taken first.

*Team and individual pictures will be provided by "It's U Photography". All ordering and payment is completed day of team pictures.

*If a parent/swimmer chooses to decline an individual photo, please let the photographer know. However, we ask that all swimmers participate in the team photo.

***Envelope and information about picture packages is attached to Parent's Handbook.

Dive Meets

There are four different types of meets throughout the season: Dual Meets, 3 Meter Meets, intersquad meets and the City Championship Meet. Each of the different types of meets is outlined below. **In the event of bad weather, meets will not be re-scheduled.**

Dual Meets:

These meets involve diving with another City of Scottsdale Team. These meets are scored. Ribbons will be given out for 1st through 8th place for each age group.

Dual Meet Rules and Guidelines

- ✘ City of Scottsdale meets will be held on Tuesday evenings with warm-up beginning at 6:00 pm. Individual age groups will get 25 minutes of warm-up before their event. See Diving Scheduled for detailed age group start times.
- ✘ Ribbons are awarded for the age group during the following group's warm-up.
- ✘ Some age groups will dive at the same time. This will be determined on site by the Dive Coordinator and will be based on the number of divers in each age group present at the meet. (Judging and subsequent awards will be conducted according to age and gender).
- ✘ A dive with a 1/4 twist short or 1/4 twist over the written number of twists will be judged as an incorrect dive. This will be determined by the position of the diver's shoulders upon entry into the water.
- ✘ A two-point deduction will be assessed by the judges for balks (stopping on the diving board at any point during the execution of the dive).
- ✘ A two-point deduction will be assessed by the judges for arms up (Arms over the head) for any feet first entries; however this does not include front or back jumps.
- ✘ Divers must exhibit good sportsmanship when other divers are diving. Any participant involved in distracting behavior will be warned and may be disqualified from the meet.
- ✘ Divers may change dives on the board.
- ✘ Divers must complete dives from different groups (which include: front, back, reverse, inward, and twisting), not positions (which include: tuck, pike, straight). For example, if the meet requires 3 optional dives, doing a front dive straight, front dive tuck, and front dive pike is not allowed because they are all from the same group just different positions. The 3 optionals could include: Front jump, back jump, forward dive. If there are additional questions, please see a coach or contact the Diving Coordinator for clarification.

Intersquad Meets:

These meets will only involve one pool's dive team competing against each other. Each diver will be scored on the dives that were focused on during that week's practice.

General dive meet guidelines will apply for intersquad meets.

3 Meter Meets:

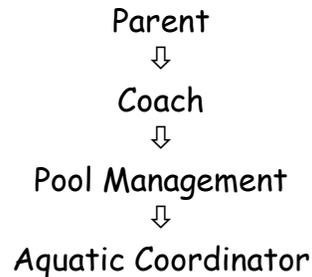
These meets are **only for the 10-11 age group and 12 and over age group**. The same rules apply for the 3 Meter meet as the dual meets and intersquad meets.

The Scottsdale City Championship Dive Meet

This meet will be run like a standard dive meet. All Recreational Dive teams will dive on Saturday, July 30th at Cactus Aquatic and Fitness Center (7202 E. Cactus Rd). Warm-ups start at 8:00am, meets starts at 8:30am. See attached flyer for additional details.

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
Kyu Hyun at khyun@scottsdaleaz.gov (480) 312-6654

A special thanks to CDS for assisting with coaches trainings and running the City Championship Meet
Clavadistas del Sol (CDS) is a City of Scottsdale sponsored dive team.

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

Clavadistas del Sol 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.

CONTACTS:

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

Head Coach: Josh Rusboldt

www.cgsdiving.org

(480) 980-3505



City of Scottsdale
DIVING SCHEDULE 2016

6:00 pm 25 minute warm up 6:30 pm 11 & Under Dive Meet 7:30 pm 12 & Over Dive Meet
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DATE	DAY	TIME	DIVES	HOST POOL	VISITING POOL
June 14	Tuesday	6:00 pm	Forward Jump Optional Optional	Eldorado 2301 N. Miller Rd Scottsdale	MMR
				Cactus 7202 E. Cactus Rd Scottsdale	Inter-squad
June 21	Tuesday	6:00 pm	Back Jump Optional Optional	Eldorado 2301 N. Miller Rd Scottsdale	Inter-squad
				MMR 15525 N Thompson Peak Parkway	Cactus
June 28	Tuesday	6:00 pm	Forward Dive Optional Optional	MMR 15525 N Thompson Peak Parkway	Cactus, Eldorado
July 5	Tuesday	6:00 pm	Forward Dive Optional Optional Optional	MMR 15525 N Thompson Peak Parkway	Inter-squad
				Eldorado 2301 N. Miller Rd Scottsdale	Cactus
July 12*	Tuesday	6:00 pm	Forward Jump Optional Optional	*MMR* 15525 N Thompson Peak Parkway	Cactus, Eldorado
July 19	Tuesday	6:00 pm	Back Dive Optional Optional Optional	Cactus 7202 E. Cactus Rd Scottsdale	Inter-squad
				MMR 15525 N Thompson Peak Parkway	Eldo
July 30	Saturday	8 am	Optional Optional Optional	**Championships** Cactus Pool 7202 E. Cactus Rd.	

ALL MEETS WILL UTILIZE THE FOLLOWING AGE GROUP DIVING SCHEDULE

6:00 pm warm-ups
6:30-7:30 pm 8 and Under/9-11 Dive Meet
7:30-8 pm 12 and Over Dive Meet

Note: Times are approximate. Both groups may finish earlier or later depending on team size.

*3 Meter Meet for age group 10 and over only.

**City Championships:

Age groups 8 and under and 9-11 should be at Cactus at 8am for warm-ups.

Age group 12 and Over should be at Cactus at 9:30am for warm-ups.

Summer 2016: June Rec Dive Team Calendar

Practice Focus	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Parent Manual & All Rec Team Info Can Be Found At: http://www.scottsdaleaz.gov/ Search 'Rec Teams'		1	2	3	4
	6	7	8	9	10	11
1. Approach 2. Hurdle 3. Diving Safety	Dive Practice begins!				NO PRACTICE	Mighty Mud Mania
	13	14	15	16	17	18
1. Front Jump 2. Optional 3. Optional		Eldorado Suit Fitting 7:30am-9:30am & 6pm-7:30pm Dive Meet 6:00p MMR @ Eldo, Cactus Intersquad	Cactus Suit Fitting 7:30am-9:30am & 6:30pm-8pm	MMR Suit Fitting 8:30am-10:30am & 6pm-7:30pm	NO PRACTICE	
	20	21	22	23	24	25
1. Back Jump 2. Optional 3. Optional		Eldorado Picture Day 7:30am-9:30am & 6pm-7:30pm Dive Meet 6:00p Eldo Intersquad Cactus @ MMR	Cactus Picture Day 7:30am-9:30am	MMR Picture Day 8:30am-10:30am	NO PRACTICE	
	27	28	29	30		
1. Forward Dive 2. Optional 3. Optional		Dive Meet 6:00p Cactus, Chap, Eldo @ MMR			ALL MEETS WILL UTILIZE THE FOLLOWING AGE GROUP DIVING SCHEDULE: 6:00 pm warm-ups 6:30-7:30pm 8 and Under/9-11 Dive Meet 7:30-8pm 12 and Over Dive Meet	



McDowell Mountain Ranch Aquatics & Fitness Center
15525 N. Thompson Peak Pkwy
Scottsdale, AZ 85260
480-312-5677



Eldorado Aquatic & Fitness Center
2301 N. Miller Rd.
Scottsdale, AZ 85257
480-312-2484



Cactus Aquatic and Fitness Center
7202 E. Cactus Rd.
Scottsdale, AZ 85260
480-312-7665



SCOTTSDALE AQUATICS

NO PRACTICE ON FRIDAYS!

Summer 2016: July Rec Dive Team Calendar



**McDowell Mountain Ranch
Aquatic & Fitness Center**
15525 N. Thompson Peak Pkwy
Scottsdale, AZ 85260
480-312-6677



**Eklorado Aquatic &
Fitness Center**
2301 N. Miller Rd.
Scottsdale, AZ 85257
480-312-2484



**Cactus Aquatic and
Fitness Center**
7202 E. Cactus Rd.
Scottsdale, AZ 85260
480-312-7665



**SCOTTSDALE
AQUATICS**

Practice Focus	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 NO PRACTICE	2
1. Forward Dive 2. Optional 3. Optional	4 Happy Independence Day! NO PRACTICE 	5 Dive Meet 6:00p MMR Intersquad Cactus @ Eldo	6	7	8 NO PRACTICE	9
1. 3 meter 2. Front Jump 3. Optional	11	12 Dive Meet 6:00p Cactus, Eldo @ MMR *3 Meter Meet - 10 & Up ONLY*	13	14 Hand in your City Championship entry form Today!	15 NO PRACTICE	16
1. Back Dive 2. Optional 3. Optional 4. Events for City Championship	18 ALL City Championship entry forms due to coaches by end of practice	19 Dive Meet 6:00p MMR @ Eldo, Cactus Intersquad	20	21	22 NO PRACTICE	23
	25	26	27	28	29 NO PRACTICE	30 City Championships ALL Pools @ Cactus Check in = 7:30a (Warm-up 11 & Under = 8:00a) 12 + = 9:30a

July 30th

Late entry forms will **NOT** be accepted past 7:30am.
Athletes with late entry forms must check in at 7:30am

ALL MEETS WILL UTILIZE THE FOLLOWING AGE GROUP DIVING SCHEDULE:

6:00 pm	warm-ups
6:30-7:30 pm	8 and Under/9-11 Dive Meet
7:30-8 pm	12 and Over Dive Meet

City of Scottsdale Summer Team Suits 2016

3 ways to order:

1. **SKI PRO PHOENIX LOCATION** 2110 E CAMELBACK RD.
2. **Online Team Store:** skipro.com

Please use TRY ON suits available at MMR, Cactus, Chaparral and Eldorado 6/5 - 6/18

3. **Team Gear Fitting:** See dates and times listed for your pool

<u>Chaparral Fitting</u>	<u>Eldorado Fitting</u>	<u>Cactus Fitting</u>	<u>MMR Fitting</u>
Monday June 13 th	Tuesday June 14 th	Weds June 15 th	Thursday June 11 th
7:30 – 9:30am	8:30 – 10:30am	7:30 – 9:30am	8:30 – 10am
AND 6:30 – 8pm	AND 6 – 7:30pm	AND 6 – 7:30pm	AND 6:30 – 8pm



***SWIMMERS MAY ATTEND ANY FITTING**



Cactus	MMR	Eldorado	Chaparral
FEMALE SIZES: Y 22-28 A 26-38 TEAM PRICE \$42.00 INCLUDES TAX			
MALE SIZES: 22-38 TEAM PRICE \$32.00 INCLUDES TAX			
WE ACCEPT CASH. VISA. MASTERCARD. AMERICAN EXPRESS AND DISCOVER.			

Discounted Grab Bag Suits will be available at the fittings.

Team discount offered on all swim accessories at the fittings.

Delivery options:

1. Suits can be purchased in store. You do not have to wait for the fitting.
2. Shipped direct, charges apply.
3. Orders placed by 6/1 that are in stock can be delivered to fittings. Sizes that need to be ordered from fitting can be included in one bulk shipment delivered to pool @ N/C, picked up in store, or shipped direct charges apply.

SKI PRO

2110 E Camelback Rd.

Phoenix, AZ 85016

602 955 3939

skipro.com

swim@skipro.com

ANY QUESTIONS,
PLEASE CALL SUSAN
602 689 7999

Store hours:

M – F 10 - 9

SAT 10 - 6

SUN 12 – 5

Recreation Swim and Dive Code of Conduct

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also deemphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field/deck, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach, and/or head of league organization
- Written warning
- Parental game suspension with written documentation of incident kept on file by organizations involved
- Parental season suspension