

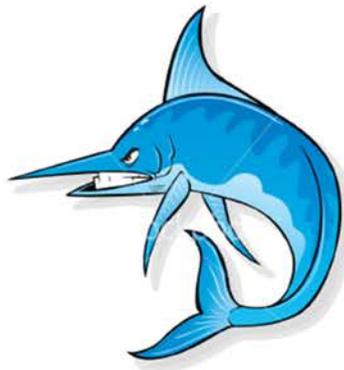
2023 Rec Swim Team

Cactus



Crocodiles

McDowell Mountain
Ranch



Marlins

Eldorado



Eels



Hello and welcome to the 2023 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 2023 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 5, 2023).

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 \$120 and \$180 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 6 - 8:00am -10:30am

Cactus - June 7 - 8:00am - 10:00am & 6:00pm - 7:00pm

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



Order online at <https://summerteam23.itemorder.com/>

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

*Suit fit kits will also be available at Parent Orientation on Facility (12:30pm-1:00pm)
(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, & 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. (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 as McDowell Mountain Ranch Community Swim Team (MCP) and 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.

Splash-N-Dash

This activity will take place at Eldorado Park & Aquatic Center on July 8, 2023. This event is a fun alternative to a traditional swim meet where each participant will swim a designated length (according to age) and then immediately transition into a short run through the park. Total swim-run time will be recorded and awards will be given out for

1st through 8th place for each age group. Swim suit and shoes are required. All swimmers who wish to participate in the Splash-n-Dash must turn in the permission slip in this packet by June 29th, 2023.

ALL participants MUST WEAR CLOSED TOE SHOES THAT EITHER LACE UP OR VELCRO for the run portion of the Splash-N-Dash.

The Scottsdale City Championship Swim Meet

This meet will be run like a standard swim meet. All swimmers will swim on Saturday, July 29th, 2023 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 20, 2023. On July 29th there will be a \$15 late entry fee and late entries will not be accepted after 6:15am on July 29th.

*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 can choose up to 3 events out of the 5 they would like to participate in. Age appropriate distances will apply for all events. The entry form is included in this packet.

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.

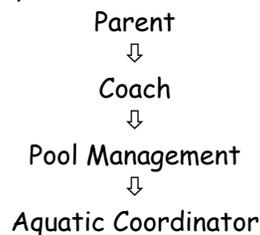
Respect facility property and the property of others.

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](tel:480.951.5368) or Sacaquaticclub@gmail.com





City of Scottsdale SWIMMING SCHEDULE 2023

Please note:
McDowell Community Pool (MCP) and
WOLF will be participating in swim

Date	Day	Time	Stroke	Home Pool	Visiting Pool
17-Jun	Saturday	Warm up 7:15am Meet 8:00am	Freestyle 5-10 yrs - 25 & 50 yds 11-17 yrs = 50 & 100 yds	Cactus 7202 E. Cactus Rd.	Eldo, WOLF
				MMR 15525 N. Thompson Peak Pkwy	MCP
24-Jun	Saturday	Warm up 7:15am Meet 8:00am	Freestyle & Backstroke 5-8 yrs - 25 & 50 yds 9-17 yrs = 50 yds	MMR 15525 N. Thompson Peak Pkwy	Cact, WOLF
				Eldorado 2301 N. Miller Road	MCP
8-Jul	Saturday Check-in 6:15a	Warm up 6:15am Meet 7am	<i>Splash 'N' Dash</i> Ages 5-6 = 100yd swim 1/4 mile run Ages 7-10 = 200yd swim & 1/2 mile run Ages 11 & Up = 400yd swim & 1 mile run	Eldorado 2301 N. Miller Road	All
15-Jul	Saturday	Warm up 7:15am Meet 8:00am	Breastroke 5-8yrs = 25 & 50 yds 9 - 17 yrs = 50 & 100 yds	Cact 7202 E. Cactus Rd.	WOLF
				Eldorado 2301 N. Miller Road	MCP, MMR
22-Jul	Saturday	Warm up 7:15am Meet 8:00am	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, MCP
				Eldorado 2301 N. Miller Road	WOLF
29-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. <small>Late entry forms will be accepted from 6a-6:15a. There will be a fee for late entries.</small>	

**CITY OF SCOTTSDALE
PARKS & RECREATION
LIABILITY RELEASE/PERMISSION SLIP – SPLASH AND DASH
JULY 8TH ELDORADO PARK & AQUATIC CENTER**

Youth Form Under 18
(PLEASE PRINT)

****ONE PARTICIPANT PER FORM****

PARTICIPANT/CHILD'S NAME _____ MALE _____ FEMALE _____ AGE _____

PARENT'S NAME (if for child) _____ PHONE _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

The Splash and Dash ("Event"), which will be conducted in and around Eldorado Park & Aquatic Center, located at 2301 N. Miller Rd. Check in and warm ups begins at 6:15am and the event will begin at 7 a.m. and conclude by 11 a.m. on Saturday, July 8th, 2022.

Distances are as follows:

Ages 5-6 swim 100 yards & run ¼ mile

Ages 7-10 swim 200 yards & run ½ mile

Ages 11 & Up swim 400 yards & run 1 mile

AUTHORIZATION REGARDING MEDICAL ASSISTANCE

I authorize the City of Scottsdale staff to obtain any needed medical assistance in case of an emergency, illness, or accident for my child. I understand that any resulting expenses or charges are my responsibility and I will pay them immediately, either directly or through personal insurance.

NOTICE OF NON-LIABILITY

I understand that physical injury may occur during participation in this program. By signing below I hereby release and hold harmless the City of Scottsdale and its representatives and event sponsors to the fullest extent allowed by law for any injury, claim or damages incurred directly or indirectly by me or my child, occurring or resulting from the above named child's participation. My child is in good physical condition, and capable of participating in this activity which includes both distance swimming and running. I have full knowledge of the risks involved in participating in this event and have had the opportunity to ask and have answered any questions that I may have.

Furthermore, I grant full permission to the City of Scottsdale to use any photography or likeness of the above named child participating in this program, without obligation or liability to me.

SIGNATURE: _____

Parent/Guardian

DATE: _____



Scottsdale Parks and Recreation
 City Championship
 Scottsdale Aquatic Club
DUE NO LATER THAN JULY 24



Event #	Event Description	
1	6 & Under-B	25 Free
2	6 & Under-G	25 Free
3	7 & 8 - B	25 Free
4	7 & 8 - G	25 Free
5	9 & 10 - B	50 Free
6	9 & 10 - G	50 Free
7	11 & 12 - B	50 Free
8	11 & 12 - G	50 Free
9	13 & Over - B	50 Free
10	13 & Over - G	50 Free
11	6 & Under-B	25 Back
12	6 & Under-G	25 Back
13	7 & 8 - B	25 Back
14	7 & 8 - G	25 Back
15	9 & 10 - B	50 Back
16	9 & 10 - G	50 Back
17	11 & 12 - B	50 Back
18	11 & 12 - G	50 Back
19	13 & Over - B	50 Back
20	13 & Over - G	50 Back

Event #	Event Description	
21	6 & Under-B	25 Breaststroke
22	6 & Under-G	25 Breaststroke
23	7 & 8 - B	25 Breaststroke
24	7 & 8 - G	25 Breaststroke
25	9 & 10 - B	50 Breaststroke
26	9 & 10 - G	50 Breaststroke
27	11 & 12 - B	50 Breaststroke
28	11 & 12 - G	50 Breaststroke
29	13 & Over - B	50 Breaststroke
30	13 & Over - G	50 Breaststroke
31	6 & Under-B	25 Butterfly
32	6 & Under-G	25 Butterfly
33	7 & 8 - B	25 Butterfly
34	7 & 8 - G	25 Butterfly
35	9 & 10 - B	50 Butterfly
36	9 & 10 - G	50 Butterfly
37	11 & 12 - B	50 Butterfly
38	11 & 12 - G	50 Butterfly
39	13 & Over - B	50 Butterfly
40	13 & Over - G	50 Butterfly

Event #	Event Description	
41	6 & Under-B	50 Free
42	6 & Under-G	50 Free
43	7 & 8 - B	50 Free
44	7 & 8 - G	50 Free
45	9 & 10 - B	100 Free
46	9 & 10 - G	100 Free
47	11 & 12 - B	100 Individual Medley
48	11 & 12 - G	100 Individual Medley
49	13 & Over - B	100 Individual Medley
50	13 & Over - G	100 Individual Medley

Select 3 Events and return bottom portion to your coach no later than July 24.

 Scottsdale Parks and Recreation - City Championship Swimming Entry Card

Last Name: _____

First Name: _____

Age: _____

Male

Female

Event # _____

Event Description _____

Home Pool: _____

Event # _____

Event Description _____

Event # _____

Event Description _____

ALL entries are due to your coach by July 24, 2023.

*****13 and Over swimmers will be combined but scored separately for awards*****

Swimmers can swim in 3 events only at City Championships