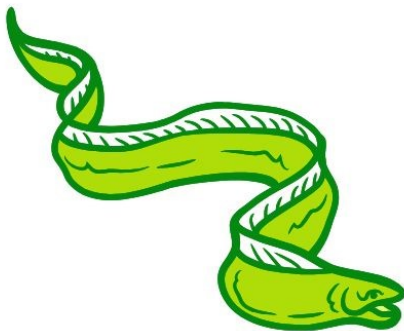


2025

Recreational Swim Team



**CHAPARRAL
SHARKS**



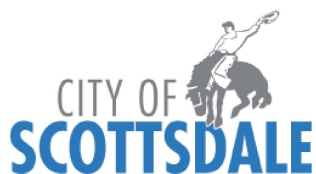
ELDORADO EELS



**MCDOWELL MOUNTAIN
MARLINS**



CACTUS CROCS



Hello and welcome to the 2025 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.

Daily practices, weekly swim 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, an open water swim meet, and a new end of summer celebration meet. For parents, we ask that during the meets parents volunteer to be timers for the races. This is a great opportunity to be front row for your swimmer's races!

The City of Scottsdale Recreational Swim Team provides your child an introduction to a swim team environment where they will practice their swimming skills, build self-esteem, make new friends, get physically fit, and gain competitive experience. If you are interested in purchasing a team suit, or if you need other swim gear, 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 caps and goggles 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 Swimming

This 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. We hope 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 swimming 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.

Safety Protocols

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) and the ability to swim consecutive laps in a competition pool (25 yards). Swimmers must be at least 5 years of age to participate. Age for swim meets shall be determined by the age of the participant at the time of the meet. In the event that a participant does not meet the safety requirements on the first day of practice, the participant may be removed from the team. If space is available, pool staff can help finding an appropriate swim lesson for the participant.

Friends and siblings of participants will not be permitted to participate in swim practices on a drop-in basis. During the City Championship End of Summer Party, friends and family of swimmers will have the opportunity to participate.

What you'll need

For practice:

- Swimsuit- This should be a comfortable suit for exercise. The team suits are optional but are more chlorine resistant than a fashion swimsuit and will typically last longer.
- Goggles
- Water bottle
- Towel
- Sunscreen

For swim meet spectators we recommend:

- Sunscreen
- Water
- Sun protection and hats
- Snacks
- Optional
 - Camping chairs
 - Portable shade
 - Portable fans

Suit Fitting

Eldo: June 3, 2025 8-10:30am

Chaparral: June 3, 2025 5-6pm

Cactus: June 4, 2025 8:30-11:30am / 5-7pm

MMR: June 5, 2025 8-11:30am / 5-7pm

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

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: 5:00pm & 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 are: 5-6, 7-8; 9-10; 11-12; 13-14; and 15-17.

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. These meets involve swimming against another City of Scottsdale Recreational Swim team as well as the Salt River Pima Maricopa Indian Community (SRPMIC). 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 heat. Each swimmer will be assigned a number for the season which will assist us in organizing each swim meet. Parents are strongly encouraged to volunteer as timers for one swim meet throughout the season.

Open Water Race

This activity will take place at Eldorado Aquatic Center on July 12, 2025. 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 heat. Swimsuits are required. All swimmers who wish to participate in the Open Water Race must turn in the permission slip given out from your coach by **July 3rd, 2025**.

***New* Scottsdale City Championship Swim Meet and End of Summer Party**

This meet will be run like a standard swim meet. All swimmers will swim on Saturday, July 26th, 2025 at McDowell Mountain Ranch Aquatic Center (15525 N Thompson Peak Parkway). **All entry forms must be turned in to your coach by July 17, 2025.** Late entries will not be accepted.

Families and friends of participants are invited grab their swimsuits and join in celebrating their swimmer at this fun celebration event.

More details will be provided before the meet.

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:

1. Coach
2. Assistant Pool Manager
3. Pool Manager

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

