Dear Swim Team Parents,

Welcome to the 2019 West Valley Swim League. The City of Peoria and City of Surprise are excited for the new year, and hope to make this season the best for everyone involved.

The 2019 teams are:
Peoria Piranhas – Coach Autumn Taylor
Centennial Stingrays – Coach Ashleigh Vellutato
Sunrise Green Sharks – Coach Abbie Datria
Sunrise Red Sharks – Coach Katie Kelley
Surprise Swordfish (City of Surprise)
Surprise Tsunami (City of Surprise)

The City of Peoria and City of Surprise are proud to offer the recreational swim teams for the kids in our community. In order for us to have a successful season, we need the support of the families. We ask that one parent from each family volunteer to work one swim meet during the season. Coaches and staff will be asking for volunteers prior to the start of the meet – don’t worry, they will train you! With the support of the families and the kids in our league, we can have a great season.

Please make sure to read this manual for swim team information. We will also continue to update you with information on the city websites and at the pools.

If you have any other questions or concerns, please let us know. Thanks and have a great season!

Sincerely,

City of Peoria Aquatics
guaratics@peoriaaz.gov
(623) 773-7137

City of Surprise Aquatics
Daniel.Luvisi@surpriseaz.gov
(623) 222-2000
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Swim Team Goals
We want to provide fun, safe, recreational swim teams for everyone to enjoy. Participants should work hard to improve, make new friends, cheer on others and have a fun summer.

All swimmers must realize that they are competing only against themselves. Each swimmer should give 100% in each race and workout. All swimmers and spectators should support and encourage all swimmers, including opposing teams. If everybody keeps this in mind, we will have a fun and successful season.

Communication
Communication with the staff/parents/swimmers is crucial for a successful season. In addition to this manual, information will be available online and at the pools. We will update these pages on a regular basis with information about your team.

If there are any issues/concerns/compliments that you would like addressed, please do not hesitate to contact us:

Evaluations
We appreciate any feedback that we receive regarding our programs. We will again be asking for parents to complete evaluations at the conclusion of the season and will make any changes that are possible to improve the league next year.

Requirements
Any swimmer ages 4-18 on June 1, 2019 is eligible to join the swim team. Your age as of June 1, 2019 determines your age group for the entire season. Coaches may ask swimmers to swim up an age group in order to fill a relay spot, but swimmers may not ever swim down an age group.

If the coaches, parents and swimmer all agree that they would like to participate in an age group up, the swimmer may do so, but must compete in the older age group for the entire season, including championships. There is no requirement for moving up an age group in this league.

You must be registered BEFORE participating in any practice and/or swim meet.

Swimmers must meet the following:
8 & under – must be able to swim 25 yards without assistance in under 70 seconds.
9 & older – must be able to swim 50 yards without assistance in under 2 minutes.
A full refund will be given for those not making the time standards by the end of the first week.
Swim Practices

Swim practices emphasize both conditioning and stroke technique. All four strokes (butterfly, backstroke, breaststroke, and freestyle) as well as starts and turns are practiced. Although not required, swimmers are encouraged to attend practices when possible.

Practices will be held Monday – Thursday from May 27 – July 12. Please check the websites for exceptions. Swimmers should attend the practice time according to where they are registered. All 8 & under swimmers should register for a 30 minute swim practice and 9 & older should register for a 60 minute practice. Coaches will divide swimmers within the practice based on age and ability. For competitions (swim meets), swimmers will compete in their age group as of June 1, 2019:

6 & under boys/girls
7-8 boys/girls
9-10 boys/girls
11-12 boys/girls
13-14 boys/girls
15-18 boys/girls

Coaches may move swimmers around to ensure the highest level of productivity at practice, but swimmers must only practice on the team they are registered for, and during one practice time. Please do not leave small children unattended at the pool. Our coaches are very busy during practices and cannot babysit children.

First Day of Practice
The first day of practice will be held on Monday, May 27. Swimmers should make sure to have sunscreen applied prior to practice. Goggles and a swim cap (for those with longer hair) are recommended, but not required. Please be flexible on the first day, as coaches will be trying to learn everyone’s names and get them in the right lanes. It is not mandatory to attend practices – we understand several schools do not get out for the summer until after practices begin.

Swim Lessons and Conditioning School
Swim team should not be considered a replacement for swim lessons. The classes are much smaller in swim lessons and individual needs are more easily met. Swimmers participating in both swim lessons and swim team reach their full potential quicker than others. For a list of swim lessons, please visit your city’s webpage.
Swim Meets
Each team will compete in 5 regular season dual meets, a Splash & Dash, an Obstacle Course Challenge, and Prelims at the end of the season. Attendance is not required for any of the meets, but you must have swam your events at least once to qualify for championship meet.

Dual Meets
All meets are split into 2 sections: 10 & under (includes 6 & under, 7-8 and 9-10 age groups) and 11 & older (includes 11-12, 13-14 and 15-18 age groups).

Please make sure to arrive on time for the meets. A warm-up period is allowed for both groups, and it is recommended that all swimmers participate in warm-up. The facility will open 15 minutes prior to the start of warm-ups. If you are in the 11 & older group, you do not need to show up until the 11 & older warm-up time.

Swimmers will swim 3 events at each meet (see Swim Meet Schedule for specific events). All swimmers will be able to swim on a relay when relays are included in the meet. A swimmer may be asked to swim in a different age group to ensure everyone gets to participate in the relays.

Swimmers should stay in or near the team area. Once the swimmer’s event is called, they should report to the coach near the blocks. Coaches will be there to assist swimmers, but it is the swimmer’s responsibility to know when their race is.

<table>
<thead>
<tr>
<th></th>
<th>10 &amp; under</th>
<th>11 &amp; older*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm-ups</td>
<td>4:40pm-4:55pm (Home)</td>
<td>Estimated between 6:30pm-7:00pm*</td>
</tr>
<tr>
<td>Meet Starts</td>
<td>4:55pm-5:10pm (Visitors)</td>
<td>Estimated 7:00pm*</td>
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<td></td>
<td>5:15pm</td>
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</table>

*The 11 & older warm-up will begin immediately following the 10 & under meet. Times are estimated, so please be flexible.

Make sure to bring:
Sunscreen
Team suit/cap/goggles (if desired)
Towel
Water or sports drink to stay hydrated
**Splash & Dash**
Saturday, June 15, 2019
Peoria Pool/Peoria High School Track

The Splash & Dash is offered free of charge for everyone. We have an adult group, so parents, feel free to participate! Please register with your city prior to the event if you wish to participate. Please visit your swim team page for more information.

<table>
<thead>
<tr>
<th>AGES</th>
<th>DISTANCE</th>
<th>ARRIVAL TIME</th>
<th>START TIME (approx.)</th>
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<tbody>
<tr>
<td>6&amp;U</td>
<td>50 yd. swim/100 yd. run</td>
<td>6:45am</td>
<td>7:00am</td>
</tr>
<tr>
<td>7-8</td>
<td>100 yd. swim/100 yd. run</td>
<td>7:05am</td>
<td>7:20am</td>
</tr>
<tr>
<td>9-10</td>
<td>200 yd. swim/400 yd. run</td>
<td>7:25am</td>
<td>7:40am</td>
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<tr>
<td>11-12</td>
<td>300 yd. swim/400 yd. run</td>
<td>7:45am</td>
<td>8:00am</td>
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<tr>
<td>13-18</td>
<td>400 yd. swim/1600 yd. run</td>
<td>8:05am</td>
<td>8:20am</td>
</tr>
<tr>
<td>Adults</td>
<td>400 yd. swim/1600 yd. run</td>
<td>8:25am</td>
<td>8:40am</td>
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**Obstacle Course Challenge**
Saturday, June 29, 2019
Surprise Pool

Participants will start the obstacle course at 10 second intervals. The obstacle course will consist of water inflatables and swimming challenges.

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<thead>
<tr>
<th>AGES</th>
<th>ARRIVAL TIME</th>
<th>START TIME</th>
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</thead>
<tbody>
<tr>
<td>6&amp;U</td>
<td>7:45am</td>
<td>8:00am</td>
</tr>
<tr>
<td>7-8</td>
<td>8:15am</td>
<td>8:30am</td>
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<tr>
<td>9-10</td>
<td>8:45am</td>
<td>9:00am</td>
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<tr>
<td>11-12</td>
<td>9:15am</td>
<td>9:30am</td>
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<tr>
<td>13-18</td>
<td>9:45am</td>
<td>10:00am</td>
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</tbody>
</table>
Championship Meets
At the completion of the dual meet season, ALL swimmers qualify for a championship meet.

**Prelims (ALL AGES)**
Tsunami and Swordfish - Friday, July 5 at Surprise Pool
  Warm-ups: 4:55pm-5:10pm (Swordfish)
  5:10pm-5:25pm (Tsunami)
  Meet Starts: 5:30pm

Red Sharks, Green Sharks, Stingrays, and Piranhas - Saturday, July 6 at Sunrise Pool
  Warm-ups: 7:00am-7:15am (Red Sharks/Piranhas)
  7:15am-7:30am (Green Sharks/Stingrays)
  Meet Starts: 7:30am

Swimmers may swim up to 3 events during the meet (coaches will work with swimmers to determine best/favorite events to swim). Coaches will enter events for swimmers on Monday, July 1st, so make sure to turn in any special requests prior to that date. Times will be combined from the two 10 & under championship prelims, and the top 8 overall times in each event will qualify for finals on Friday, July 12. The aquatics rainout line will be updated, if necessary: 623-773-5080.

*If a prelims is cancelled due to weather, it will be made up on Friday, July 12 in place of the Championship Finals Meet. There will be no make-up date for the Championship Finals Meet.

**Finals Meet (ALL AGES)**
Friday, July 12 at Sunrise Pool
All qualifying swimmers: 5:00pm-5:15pm (Swordfish/Tsunami)
  5:15pm-5:30pm (Stingrays/Piranhas)
  5:30pm-5:45pm (Green/Red Sharks)
  Meet Starts: 5:45pm
Disqualifications

The coaches work hard to help correct improper stroke technique throughout the season. To assist swimmers and coaches in the learning process, we will implement Disqualification Reports (see below) during the meets. These are meant as a learning tool, not a penalty, and will hopefully help swimmers to use proper swim techniques.

Parent Volunteers

In order for our swim meets to run smoothly, we need the assistance of the parents. We ask that one parent from each family volunteer to help for at least one swim meet during the year. Coaches and staff will request volunteers prior to each swim meet. The meets will not be able to start until the positions are filled – please don’t hesitate to volunteer!

Timers/Ribbon Distributors – Best seat in the house! These volunteers are given stop watches to time the swimmers in their lane (preferably 2 timers per lane). They also assist with the distribution of ribbons to each swimmer following their race.

Place Judges – These volunteers write down the order of places for the swimmers and then hand off the results to the timers/ribbon distributors.

If you are unable to volunteer your time, we ask that you donate a case of bottled water for the volunteers. Water can be dropped off to the cashiers during practice.

Team Pictures and Team Suits

Team pictures and team suits are optional. Please refer to www.peoriaaz.gov/aquatics for further information.
Awards
All swimmers will receive ribbons for each of their swim meet events which they compete. Place judges/timers/ribbon distributors (all volunteers) work together to ensure the proper place ribbons are given to each child.

Championship medals will be awarded to all participants at the Championships. An electronic timing system will be used during Championship Meets to assist with the placement of the swimmers.

Trophies will be given to all swimmers at the end of season party. If you are unable to attend the party, please pick up your trophy at the pool before August 4.

End of Season Parties
In celebration of a successful season, all teams will have a potluck and a pool party at their home pool.

Potluck and Pool Party
All swimmers and their families are invited to swim at their home pool from 11:00am-12:00pm. Swim team families are welcome to stay and swim for free during the regular open swim, the pool is open to the public at noon.

Have a great season!
## 2019 Rec Dive & Swim Team Pictures

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Team Name</th>
<th>Coach</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesday, June 4</strong></td>
<td>Sunrise Pool</td>
<td><strong>Swim Team</strong></td>
<td><strong>Sunrise Green Sharks</strong></td>
<td>Coach Abbie D.</td>
<td>7:00am - 7:30am</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11 &amp; up individuals</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>10 &amp; under individuals</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Swim Team</strong></td>
<td>Sunrise Pool</td>
<td><strong>Sunrise Red Sharks</strong></td>
<td>Coach Katie</td>
<td>8:00am-8:30am</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>11 &amp; up individuals</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sunrise Pool</td>
<td><strong>Sunrise Red Marlins</strong></td>
<td>Coach Josie</td>
<td>9:15am - 10:15am</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Individuals</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Swim Team</strong></td>
<td>Sunrise Pool</td>
<td><strong>Sunrise Green Gators</strong></td>
<td>Coach Kiley</td>
<td>5:45pm - 6:15pm</td>
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<tr>
<td></td>
<td></td>
<td>11 &amp; up individuals</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td><strong>10 &amp; under individuals</strong></td>
<td></td>
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<tr>
<td><strong>Wednesday, June 5</strong></td>
<td>Peoria Pool</td>
<td><strong>Swim Team</strong></td>
<td><strong>Peoria Piranhas</strong></td>
<td>Coach Autumn</td>
<td>8:00am - 9:00am</td>
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<tr>
<td></td>
<td></td>
<td>11 &amp; up individuals</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td><strong>10 &amp; under individuals</strong></td>
<td></td>
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</tr>
<tr>
<td><strong>Swim Team</strong></td>
<td>Peoria Pool</td>
<td><strong>Peoria Blue Dolphins</strong></td>
<td>Coach Jenna</td>
<td>7:00am-8:00am</td>
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<tr>
<td></td>
<td></td>
<td>Individuals</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Wednesday, June 5</strong></td>
<td>Centennial Pool</td>
<td><strong>Swim Team</strong></td>
<td><strong>Centennial Stingrays</strong></td>
<td>Coach Ashleigh</td>
<td>6:30pm - 7:15pm</td>
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<tr>
<td></td>
<td></td>
<td>11 &amp; up individuals</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td><strong>10 &amp; under individuals</strong></td>
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</table>
2019 City of Peoria Swim League

REGISTRATION INFORMATION:

Tuesday, April 23, 7:30am-5:30pm: Peoria residents returning to their same team from 2018 may register in-person at the Development and Community Services Office (9875 N 85th Ave). Registration will not be taken for any new swimmers at any other location on this day. You will be guaranteed a spot on the team, but practice times are first come, first serve.

Wednesday, April 24, 6:00am: Online registration opens for all Peoria residents.

Thursday, April 25, 6:00am: All remaining spots open for registration.

RESIDENT FEE $90
NON-RESIDENT FEE $150

Youth Scholarships are available for families in need. Please call (623) 773-7137.

See below for practice times and age groups (age as of June 1, 2019)

Practices begin Monday, May 27 (Memorial Day). Schedules are available online www.peoriaaz.gov/aquatics and click on Swim & Dive Team link.

8 & under swimmers must be able to swim 25 yards unassisted in under 70 seconds.
9 & older swimmers must be able to swim 50 yards unassisted in under 2 minutes.

Parents’ Meeting will be held on Monday, May 20 from 6:30p-7:30p at Rio Vista Recreation Center (8866 W. Thunderbird). Please visit us at www.peoriaaz.gov/aquatics (click on Swim and Dive Team) for more information. Those unable to meet the requirements after the first meet will be given a full refund.
# 2019 SWIM MEET SCHEDULE

Swim Meet begins at 5:15pm for 10 & Unders
10 & Under Warm ups:  Home Team  4:40pm    Away Team  4:55pm
Swim Meet begins for 11 & Older immediately following the 10 & Under meet (estimated 6:45pm).
11 & Older Warm ups:  Home Team  6:20pm (est.)    Away Team  6:35pm (est.)

<table>
<thead>
<tr>
<th>Meet 1</th>
<th>FRI, MAY 31</th>
<th>Sunrise Sharks - Red @ Sunrise Tsunami @ Surprise Swordfish</th>
<th>Sunrise Sharks - Green @ Centennial Stingrays @ Peoria Piranhas</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>FRI, JUNE 7</td>
<td>Surprise Swordfish @ Sunrise Sharks - Green @ Peoria Piranhas</td>
<td>Surprise Tsunami @ Centennial Stingrays @ Sunrise Sharks - Red</td>
</tr>
<tr>
<td></td>
<td>FRI, JUNE 14</td>
<td>Surprise Tsunami @ Sunrise Sharks - Green @ Centennial Stingrays</td>
<td>Sunrise Sharks - Red @ Peoria Piranhas @ Surprise Swordfish</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6 &amp; U, 7-8 100 Medley Relay 9-10 100 IM 11-12 100 IM 13-14 100 IM 15-18 100 IM</td>
<td>25 Free 50 Free 50 Breast 50 Breast</td>
</tr>
</tbody>
</table>

## Splash & Dash

**SAT, JUNE 15**  
See reverse for more information

### PEORIA POOL

<table>
<thead>
<tr>
<th>Meet 4</th>
<th>FRI, JUNE 21</th>
<th>Sunrise Sharks - Red @ Peoria Piranhas @ Surprise Swordfish</th>
<th>Centennial Stingrays @ Surprise Tsunami @ Sunrise Sharks - Green</th>
</tr>
</thead>
</table>

## Obstacle Course

**SAT, JUNE 29**  
See reverse for more information

### SURPRISE POOL

<table>
<thead>
<tr>
<th>Meet 5</th>
<th>FRI, JUNE 28</th>
<th>Centennial Stingrays @ Peoria Piranhas @ Surprise Tsunami</th>
<th>Sunrise Sharks - Red @ Surprise Swordfish @ Sunrise Sharks - Green</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>6 &amp; U, 7-8 100 Medley Relay 9-10 100 IM 11-12 100 IM 13-14 100 IM 15-18 100 IM</td>
<td>25 Free 50 Free 50 Breast 50 Breast</td>
</tr>
</tbody>
</table>

## Surprises Prelims

**FRI, JULY 5**  
Tsunami / Swordfish  
Meet Starts:  5:30pm

### SURPRISE POOL

## Peoria Prelims

**SAT, JULY 6**  
Red Sharks / Green Sharks  
Stingrays / Piranhas  
Meet Starts:  7:30am

### SUNRISE POOL

## Finals

**FRI, JULY 12**  
Top 8 swimmers from Champs  
Meet Starts:  5:45pm

### SUNRISE POOL
SPASH & DASH

<table>
<thead>
<tr>
<th>GROUP</th>
<th>AGES</th>
<th>DISTANCE</th>
<th>ARRIVAL TIME*</th>
<th>START TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>6 &amp; Under</td>
<td>50 yd Swim / 200 yd Run</td>
<td>6:45am</td>
<td>7:00am</td>
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<tr>
<td>2</td>
<td>7-8</td>
<td>100 yd Swim / 200 yd Run</td>
<td>7:05am</td>
<td>7:20am</td>
</tr>
<tr>
<td>3</td>
<td>9-10</td>
<td>200 yd Swim / 400 yd Run</td>
<td>7:25am</td>
<td>7:40am</td>
</tr>
<tr>
<td>4</td>
<td>11-12</td>
<td>300 yd Swim / 800 yd Run</td>
<td>7:45am</td>
<td>8:00am</td>
</tr>
<tr>
<td>5</td>
<td>13-18</td>
<td>400 yd Swim / 1600 yd Run</td>
<td>8:05am</td>
<td>8:20am</td>
</tr>
<tr>
<td>6</td>
<td>Adults</td>
<td>400 yd Swim / 1600 yd Run</td>
<td>8:25am</td>
<td>8:40am</td>
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OBSSTACLE COURSE CHALLENGE

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<thead>
<tr>
<th>GROUP</th>
<th>AGES</th>
<th>ARRIVAL TIME*</th>
<th>START TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>6 &amp; Under</td>
<td>7:45am</td>
<td>8:00am</td>
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<tr>
<td>2</td>
<td>7-8</td>
<td>8:15am</td>
<td>8:30am</td>
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<td>3</td>
<td>9-10</td>
<td>8:45am</td>
<td>9:00am</td>
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<td>4</td>
<td>11-12</td>
<td>9:15am</td>
<td>9:30am</td>
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<tr>
<td>5</td>
<td>13-18</td>
<td>9:45am</td>
<td>10:00am</td>
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PRELIM MEETS

At the completion of the dual meet season, ALL swimmers will qualify for a Prelim Meet. Swimmers may swim up to 3 events for the meet. Coaches will work with the swimmers to determine best/favorite events to swim. Coaches will enter swimmers on July 1, so make sure to turn in any special requests to the coach, prior to that date. Times will be combined from the Prelim Meets and top 8 overall in each event will qualify for FINALS on Friday, July 12.

PRELIM

**Tsunami**

Warm-ups 10 & Under:
Tsunami 4:55-5:10pm
Swordfish 5:10-5:25pm
Meet Starts: 5:30pm

Warm-ups 11 & Older:
Begins immediately following the 10 & Under meet.

**Swordfish**

Piranhas Stingrays Green Sharks Red Sharks
Meet Starts: 7:30am

Warm-ups 10 & Under:
Green Sharks/Stingrays 7:00-7:15am
Red Sharks/Piranhas 7:15-7:30am
Meet Starts: 7:30am

Warm-ups 11 & Older:
Green Sharks/Stingrays 10:00-10:15am
Red Sharks/Piranhas 10:15-10:30am
Meet Starts: 10:30am

LEAGUE FINALS

**Swordfish/Tsunami**

Warm-ups: 5:00pm-5:15pm
Meet Starts: 5:45pm

Results from both Prelim meets (July 5 & July 6) will be combined and only the top 8 overall times will advance to the Finals.

Heat Sheets will be posted on team websites on Monday, July 8 by 5:00pm.

Meets will not be made up if cancelled due to inclement weather.* Rainout Hotline (623) 773-5080

*Prelim meets will take the place of the Finals meet if one or more days of prelims are cancelled.