



Dear Parents,

Welcome to the 2010 Peoria Swim and Dive League. We have been working hard to make changes to our swim team program that will benefit everyone involved. We would like to thank all of the people who have participated in the planning of this new league and we are excited for the season.

The Peoria Swim League consists of 4 swim teams:

Sunrise Sharks  
Centennial Stingrays  
Centennial Sea Turtles  
Peoria Piranhas

The Peoria Dive League consists of 4 dive teams:

Sunrise RED  
Sunrise GREEN  
Peoria PURPLE  
Peoria BLUE

The City of Peoria is proud to offer the swim and dive 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. 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 and dive team information. We will continue to update you with information on the swim team and dive team websites ([www.peoriaaz.gov/aquatics](http://www.peoriaaz.gov/aquatics)) and with weekly newsletters at the pools.

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

Sincerely,

Stacy Beadle, Aquatics Supervisor  
[Stacy.Beadle@peoriaaz.gov](mailto:Stacy.Beadle@peoriaaz.gov)  
(623) 773-5247

Seth Redden, Aquatics Coordinator  
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## **DIVE TEAM GOALS**

We want to provide fun, safe, recreational dive teams for everyone to enjoy. Participants should work hard to improve, make new friends, cheer on others and have a fun summer.

All divers must realize that they are competing only against themselves. Each diver should give 100% in every practice and competition. All spectators and divers should be supportive of all divers, including opposing teams. If everybody keeps this in mind, we will have a fun and successful season.

## **COMMUNICATION**

Communication with the staff/parents/divers is crucial for a successful season. In addition to this handbook, we also will post information on the bulletin boards at the pools and on our Dive Team webs page at [www.peoriaaz.gov/aquatics](http://www.peoriaaz.gov/aquatics) (click on Dive Team on the left menu). We will continuously update these pages with information about your team.

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

### Community Services Department Staff

Seth Redden, Aquatics Coordinator (623-773-7143 or [Seth.Redden@peoriaaz.gov](mailto:Seth.Redden@peoriaaz.gov))  
Stacy Beadle, Aquatics Supervisor (623-773-5247 or [Stacy.Beadle@peoriaaz.gov](mailto:Stacy.Beadle@peoriaaz.gov))

### Coaches

#### Sunrise RED

Head Coach: Josh Estfan

#### Sunrise GREEN

Head Coach: Whitney Morgan

#### Peoria BLUE

Head Coach: Matt Brickley

#### Peoria PURPLE

Head Coach: Catherine Willis

### Evaluations

We appreciate any feedback that we receive regarding our programs. This is our first year creating a City of Peoria Dive Team League and we hope to continue the program in the future. We will 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 diver age 18 or under on June 1, 2010 is eligible to join the dive team. Your age as of **June 1, 2010** determines your age group for the entire season.

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

Divers must be able to do a 3 step approach off of the board and swim to the side of the pool unassisted. Please do not enroll children on Dive Team who are not able to comfortably swim to the wall after entering the water. A full refund will be given through May 28, 2010 for those who do not meet minimum qualifications or those who do not wish to participate. Please call by May 28, 2010 at the latest to withdraw your child.

## **REGISTRATION**

Registrations will be taken on a first come, first serve basis. Full payment must be received at time of registration (scholarships are available for those in need. Please call 623-773-7137 for more information).

Resident Fee = \$50

Non-resident Fee = \$60

## **DIVE PRACTICES**

Dive practices will be tailored to the individual divers, as well as the team atmosphere during practices and meets. Divers should remain positive throughout practices and be willing to try new things. Safety is always the number one concern at the pool, and will be taken seriously at all times. Although not required, divers are encouraged to attend practices when possible. Divers must attend practices the week of the Dive Meet. Dive selection will be complete on Monday/Tuesday with coach and diver input.

Practices will be held from May 24 – July 8 on your scheduled day. Divers should attend the practice time according to their age group and team.

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 24 or Tuesday, May 25, depending on your team. Divers should make sure to have sunscreen applied prior to practice.

There will be a brief parents meeting during the first 15 minutes of the first practice to go over goals for the season and answer any questions you may have. Parents are encouraged to attend this meeting.

Please see the following charts for practice times, registrations codes and maximum capacities:

### SUNRISE RED

Age Group	Practice Times	Practice Days	Registration Code	Coach
10 & under	9:15am-10:15am	Tuesday/Thursday	58514	Josh
11 & up	9:15am-10:15am	Monday/Wednesday	58513	Josh

### SUNRISE GREEN

Age Group	Practice Times	Practice Days	Registration Code	Coach
10 & under	5:10pm-6:10pm	Monday/Wednesday	58515	Whitney
11 & up	5:10pm-6:10pm	Tuesday/Thursday	58516	Whitney

### PEORIA PURPLE

Age Group	Practice Times	Practice Days	Registration Code	Coach
10 & under	10:30am-11:30am	Monday/Wednesday	58509	Catherine
11 & up	10:30am-11:30am	Tuesday/Thursday	58510	Catherine

### PEORIA BLUE

Age Group	Practice Times	Practice Days	Registration Code	Coach
10 & under	5:50pm-6:50pm	Tuesday/Thursday	58512	Matt
11 & up	5:50pm-6:50pm	Monday/Wednesday	58511	Matt

### DIVE MEETS

Each team will compete in 2 regular season meets and one championship meet at the end of the season. Attendance is not required for any of the meets, but strongly encouraged. Divers will work with the coaches to choose their best dives that fit the required categories for each meet. Divers must attend practices the week of the Dive Meet. Dive selection will be complete on Monday/Tuesday with coach and diver input.

#### Schedule/Dive Breakdown

#### SUNRISE RED

Date	Meet	Age Group	Warm Up	Meet Starts
Saturday, June 12	Sunrise RED @ Peoria PURPLE	10 & under	7:30am	8:00am
	Sunrise RED @ Peoria PURPLE	11 & up	9:00am*	9:30am*
Friday, June 25	Peoria BLUE @ Sunrise RED	10 & under	5:00pm	5:30pm
	Peoria BLUE @ Sunrise RED	11 & up	6:30pm*	7:00pm*
Friday, July 9	CHAMPIONSHIPS @ Peoria Pool	10 & under	5:30pm	6:00pm
Saturday, July 10	CHAMPIONSHIPS @ Peoria Pool	11 & up	5:30pm	6:00pm
Saturday, July 17	TEAM PARTY @ Sunrise Pool	ALL	5:00pm-7:00pm	

#### SUNRISE GREEN

Date	Meet	Age Group	Warm Up	Meet Starts
Saturday, June 12	Sunrise GREEN @ Peoria BLUE	10 & under	5:00pm	5:30pm
	Sunrise GREEN @ Peoria BLUE	11 & up	6:30pm*	7:00pm*
Saturday, June 26	Peoria PURPLE @ Sunrise GREEN	10 & under	5:00pm	5:30pm
	Peoria PURPLE @ Sunrise GREEN	11 & up	6:30pm*	7:00pm*
Friday, July 9	CHAMPIONSHIPS @ Peoria Pool	10 & under	5:30pm	6:00pm
Saturday, July 10	CHAMPIONSHIPS @ Peoria Pool	11 & up	5:30pm	6:00pm
Saturday, July 17	TEAM PARTY @ Sunrise Pool	ALL	5:00pm-7:00pm	

### PEORIA PURPLE

Date	Meet	Age Group	Warm Up	Meet Starts
Saturday, June 12	Sunrise RED @ Peoria PURPLE	10 & under	7:30am	8:00am
	Sunrise RED @ Peoria PURPLE	11 & up	9:00am*	9:30am*
Saturday, June 26	Peoria PURPLE @ Sunrise GREEN	10 & under	5:00pm	5:30pm
	Peoria PURPLE @ Sunrise GREEN	11 & up	6:30pm*	7:00pm*
Friday, July 9	CHAMPIONSHIPS @ Peoria Pool	10 & under	5:00pm	6:00pm
Saturday, July 10	CHAMPIONSHIPS @ Peoria Pool	11 & up	5:00pm	6:00pm
Saturday, July 17	TEAM PARTY @ Peoria Pool	ALL	5:00pm-7:00pm	

### PEORIA BLUE

Date	Meet	Age Group	Warm Up	Meet Starts
Saturday, June 12	Sunrise GREEN @ Peoria BLUE	10 & under	5:00pm	5:30pm
	Sunrise GREEN @ Peoria BLUE	11 & up	6:30pm*	7:00pm*
Friday, June 25	Peoria BLUE @ Sunrise RED	10 & under	5:00pm	5:30pm
	Peoria BLUE @ Sunrise RED	11 & up	6:30pm*	7:00pm*
Friday, July 9	CHAMPIONSHIPS @ Peoria Pool	10 & under	5:00pm	6:00pm
Saturday, July 10	CHAMPIONSHIPS @ Peoria Pool	11 & up	5:00pm	6:00pm
Saturday, July 17	TEAM PARTY @ Peoria Pool	ALL	5:00pm-7:00pm	

\*The 11 & up warm-up will begin at the conclusion of the 10 & under meet. Please be flexible on the start times for the 11 & up meet.

Your team will have one regular season meet at Peoria Pool and one regular season meet at Sunrise Pool. All meets are split into 2 sections: 10 & under and 11 & older. Each age group will also be split into two different skill levels, Beginners and Advanced.

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 divers 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.

Divers and parents need to be courteous to all participants. Please do not shout out or talk to divers while they are on the boards. This will help with the children's fears and allow them to concentrate on the dives.

Divers will compete in at least 3 dives at every meet, depending on their age group and skill level. See Dive Meet Breakdown on Page 12.

Each dive will be scored by the judges on a score card. The scores are multiplied by the Degree of Difficulty and points are awarded per dive.

		<b>City of Peoria Dive League</b>		Place awarded
DIVER NAME:		GENDER F M		
TEAM:		AGE: 10&y 11&o		Total Points Awarded
DATE:		LEVEL: Adv Beg		

T = Tuck P = Pike S = Straight F = Free

Dive Order	Dive	Dive Pos.	JUDGES SCORES					Judges Total	DD	Points Awarded
			1	2	3	4	5			
1										
2										
3										
4										
5										
Total Points Awarded										

Make sure to bring the following to all practices/meets:  
 Sunscreen  
 Towel  
 Water or sports drink to stay hydrated

### Splash & Dash

The Splash & Dash is not required for members of the dive team, but is offered free of charge for swim and dive team members. It is just a fun, free event if the kids would like to do a swim and a run on Saturday morning. Please register prior to June 29 if you wish to participate.

Saturday, July 3, 2010  
 Sunrise Pool/Fields  
 7:00am-9:30am

	<b>Ages</b>	<b>Start Time</b>	<b>Distances (yards)</b>	<b>Registration Code</b>
<b>Group 1</b>	8 & under	7:00am	25 Swim / 100 Run	59662
<b>Group 2</b>	9 - 12	7:30am	100 Swim / 400 Run	59663
<b>Group 3A</b>	13 - 18	8:00am	100 Swim / 400 Run	59664
<b>Group 3B</b>	13 - 18	8:30am	400 Swim / 1600 Run	59665

### Championships

All divers will qualify for a championship meet at the conclusion of the season.

#### 10 & Under Friday Championships: July 9 – Peoria Pool

Warm-ups: 5:00pm (Peoria BLUE/Peoria PURPLE)

5:30pm (Sunrise RED/Sunrise GREEN)

Meet Starts: 6:00pm

#### 11 & up Saturday Championships: July 10 – Peoria Pool

Warm-ups: 5:00pm (Peoria BLUE/Peoria PURPLE)

5:30pm (Sunrise RED/Sunrise GREEN)

Meet Starts: 6:00pm

### **PARENTS**

In order for our divers to be successful, they need the support of the parents. We encourage parents to attend meets, but please keep in mind diving etiquette. Please also have positive and supportive comments for the divers and refrain from talking while the divers are on the board.

We will train judges for the meets, please let the coaches know if this is something you are interested in participating in. We will also use scorers, who will tally scores and distribute awards to the divers.

### **AWARDS**

All divers will receive ribbons for each of their dive meets which they compete. Championship medals will be awarded to all participants at the Friday and Saturday Championships.

Trophies will be given to all divers at the end of season party on Saturday, July 17. If you are unable to attend the party, please pick up your trophy at the pool before July 30.

## TEAM PICTURES

Sunrise RED	Wednesday, June 9, individuals 9:30am-10:00am, team picture 10:00am
Sunrise GREEN	Wednesday, June 9, individuals 9:30am-10:00am, team picture 10:00am
Peoria BLUE	Wednesday, June 9, individuals 5:00pm-5:15pm, team picture 5:15pm
Peoria PURPLE	Wednesday, June 9, individuals 5:00pm-5:15pm, team picture 5:15pm

Team pictures are taken by Sun Photography and are not mandatory. Please see page 20 for ordering information. We will update the website when the pictures are available for pick up at the pools. Please make sure to pick up your pictures prior to July 30.

## TEAM SUITS

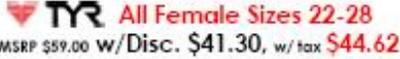
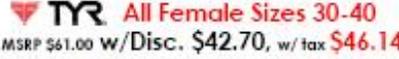
The swim/dive team suits will be a TYR Twilight Zone Suit this year. The dive team suits are the team color (the same suits at the swim teams). Team suits are not mandatory. East Valley Sports (480-832-8172) gives City of Peoria Swim/Dive Teams a discount on team suits (see flyer on page 19 for more information). East Valley Sports will be at the pools on the following dates for fittings and purchasing (you can attend any of the fittings, or purchase over the phone):

### Saturday, May 22, 2010

8:30am-10:30am at Centennial Pool  
 8:30am-9:30am at Peoria Pool  
 11:00am-12:00pm at Sunrise Pool

### Wednesday, May 26, 2010

8:00am-10:00am at Sunrise Pool  
 5:45pm-7:45pm at Centennial Pool

			
			
Peoria PURPLE	Peoria BLUE	Sunrise GREEN	Sunrise RED
			
			

## **END OF SEASON PARTIES**

Saturday, July 17, 5:00pm-7:00pm  
Home Pool

In celebration of a successful season, each team will have an evening of fun at the pool. We will provide pizza for divers and their immediate family. Trophies will be given to divers at the party and the pool will be available for open swim from 5:00pm-7:00pm. More details will be available as the date approaches.



# **Have a great season!**



City of Peoria Dive Team  
Degrees of Difficulty

## Front

Front		Position			
		Straight	Pike	Tuck	Free
Dive #	Dive				
100	Forward Jump				1.0
001	Forward Dive Fall In				1.0
101	Forward Dive	1.4	1.3	1.2	
102	Forward Somersault	1.6	1.5	1.4	
103	Forward 1-1/2 Somersaults	2.0	1.7	1.6	
104	Forward 2 Somersaults	2.6	2.3	2.2	
105	Forward 2-1/2 Somersaults		2.6	2.4	
5111	Forward Dive 1/2 Twist	1.8	1.7	1.6	
5112	Forward Dive 1 Twist	2.0	1.9		
5121	Forward Somersault 1/2 Twist				1.7
5122	Forward Somersault 1 Twist				1.9
5124	Forward Somersault 2 Twists				2.3
5131	Forward 1-1/2 Somersaults 1/2 Twist				2.0
5132	Forward 1-1/2 Somersaults 1 Twist				2.2

## Back

Back		Position			
		Straight	Pike	Tuck	Free
Dive #	Dive				
200	Back Jump				1.0
002	Back Dive Fall In				1.0
201	Back Dive	1.7	1.6	1.5	
202	Back Somersault	1.7	1.6	1.5	
203	Back 1-1/2 Somersaults	2.5	2.3	2.0	
204	Back 2 Somersaults		2.5	2.2	
5211	Back Dive 1/2 Twist	1.8	1.7	1.6	
5212	Back Dive 1 Twist	2.0			
5221	Back Somersault 1/2 Twist				1.7
5222	Back Somersault 1 Twist				1.9
5223	Back Somersault 1-1/2 Twists				2.3
5231	Back 1-1/2 Somersaults 1/2 Twist				2.1

## Reverse

Reverse		Position			
		Straight	Pike	Tuck	Free
Dive #	Dive				
301	Reverse Dive	1.8	1.7	1.6	
302	Reverse Somersault	1.8	1.7	1.6	
303	Reverse 1-1/2 Somersaults	2.7	2.4	2.1	
304	Reverse 2 Somersaults	2.9	2.6	2.3	

## Inward

Inward		Position			
		Straight	Pike	Tuck	Free
Dive #	Dive				
401	Inward Dive	1.8	1.5	1.4	
402	Inward Somersault	2.0	1.7	1.6	
403	Inward 1-1/2 Somersaults		2.4	2.2	
404	Inward 2 Somersaults		3.0	2.8	