Dear Dive Team Parents,

Welcome to the 2013 Peoria Dive Team League. We have made a few changes to our league, and are excited for the new season.

The West Valley Dive Team League consists of 6 dive teams:
Sunrise PURPLE (City of Peoria)
Sunrise RED (City of Peoria)
Sunrise GREEN (City of Peoria)
Peoria BLUE (City of Peoria)
Surprise YELLOW (City of Surprise)
Surprise TEAL (City of Surprise)

We are proud to offer the recreational dive teams for the kids in our community. In order for us to have a successful season, we need the support of the families. Please make sure to be supportive, for your child, as well as for other children in the league. We will also be utilizing volunteers for scoring and award distribution throughout the season. If this is something you would be interested in, please let your coach know. 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 dive team information. We will also continue to update you with information on the team website (www.peoriaaz.gov/aquatics and/or www.surpriseaaz/gov) and information at practices.

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

Sincerely,

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

City of Surprise Aquatics
Holly.Osborn@surpriseaz.gov
(623) 222-2000

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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% at each practice and meet. All divers and spectators should support and encourage 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. If there are any issues/concerns/compliments that you would like addressed, please do not hesitate to contact your coaches and/or office staff:

City of Peoria

Christian Peck, Aquatics Coordinator (623-773-7143 or Christian.Peck@peoriaaz.gov)
Stacy Beadle, Aquatics Supervisor (623-773-5247 or Stacy.Beadle@peoriaaz.gov)

City of Surprise
Holly Osborn, Recreation Supervisor (623-222-2245 or Holly.Osborn@surpriseaz.gov)

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 diver ages 7 - 18 on June 1, 2013 is eligible to join the dive team. Your age as of **June 1, 2013** determines your age group for the entire season. Coaches will also divide the divers into Beginner and Advanced groups after the first week of practice.

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 to those who do not meet minimum qualifications.

In order to ensure safe and productive practices and meets, team capacities have been determined.

DIVE PRACTICES

Dive practices will be tailored to the individual divers, as well as the team atmosphere. 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 whenever possible. Divers must attend at least two practices during the week to compete in that week's dive meet. Divers will work with coaches to determine dive selection during the week.
Practices will be held Monday – Thursday from May 27 – July 11. Divers should only attend the practice time according to where they are registered.

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 (Memorial Day). Divers should make sure to have sunscreen applied prior to practice. It is not mandatory to attend practices – we understand several schools do not get out for the summer until after practices begin.

DIVE MEETS

Each team will compete in regular season meets and championships at the end of the season. Attendance is not required for any of the meets, but you must have attended at least two practices the week of the meet in order to compete.

Regular Season Meets

All meets are split into 2 age groups: 10 & under and 11 & older. Each age group is also split into 2 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-ups. 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, but you may attend the younger meet to cheer on your teammates.

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.

Make sure to bring:
Sunscreen
Towel
Water or sports drink to stay hydrated

Saturday Morning Meets:

10 & under	Warm-ups:	8:00am
	Meet Starts:	8:30am
11 & older*	Warm-ups:	9:30am*
	Meet Starts:	10:00am*

Saturday Evening Meets:

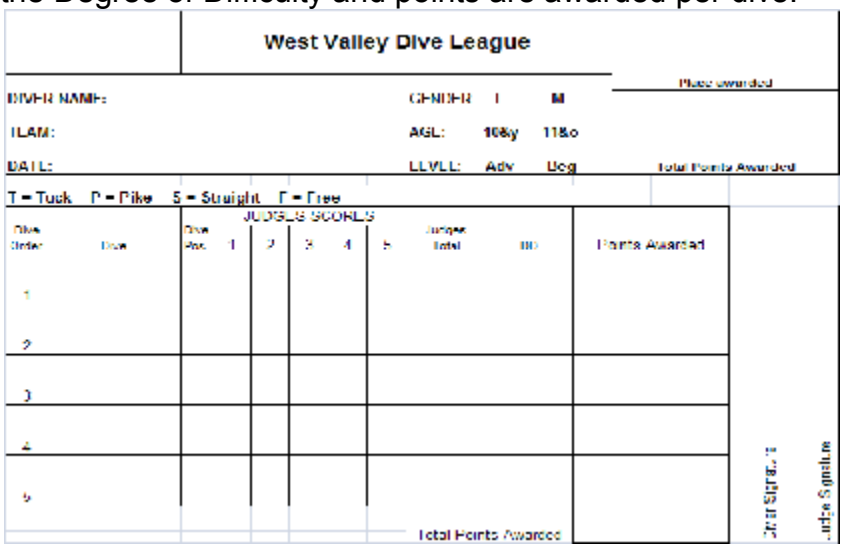
10 & under	Warm-ups:	5:00pm
	Meet Starts:	5:30pm
11 & older*	Warm-ups:	6:30pm*
	Meet Starts:	7:00pm*

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

Scoring

Divers will compete in at least 3 dives at every meet, depending on their age group and skill level.

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.



Championships

At the completion of the regular season meets, ALL divers qualify for the championship meet.

Saturday, July 13 - Surprise Pool

Sunrise RED/Sunrise PURPLE	Warm-ups:	7:00am
Sunrise GREEN/Peoria BLUE	Warm-ups:	7:30am

Meet Starts: 8:00am

AWARDS

All swimmers will receive ribbons for each of their dive meet events which they compete. Place judges/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.

Trophies will be given to all swimmers at the end of season party on Saturday, July 20. If you are unable to attend the party, please pick up your trophy at the pool before July 28.

TEAM PICTURES/TEAM SUITS

Team pictures and team suits are optional. Please refer to your team webpage for further information.

END OF SEASON PARTIES

Saturday, July 20, 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 swimmers and divers and their immediate family. Families are asked to provide drinks and a side dish to share. Trophies will be given to swimmers and divers at the party and the pool will be available for open swim from 5:00pm-7:00pm.

Have a great season!

2013 City of Peoria Dive Teams

Registration Information:

Monday, April 29, 7:30am-5:30pm. Peoria residents returning to their same team from 2012 may register in-person at the Development and Community Services Office (9875 N. 85th Ave.). Registrations will not be taken for any new divers or at any other location on this day. You will be guaranteed a spot on your team on this day only.

Tuesday, April 30, 6:00am. Online registration opens for all Peoria residents.

Thursday, May 2, 6:00am. All remaining spots open for registration.

See below for practice information and double check your registration codes with your age group **(age as of June 1, 2013)** and practice time.

Resident Fee - $60

Non-Resident Fee - $70

Practices start Monday, May 27 (Memorial Day)

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

Sunrise PURPLE

10 & under	7:45am-8:30am	# 75117
11 & older	8:30am-9:15am	# 75118

Coach Dylan McKenna

Sunrise RED

10 & under	9:15am-10:00am	# 75114
11 & older	10:00am-10:45am	# 75113

Coach Josh Estfan

Sunrise GREEN

10 & under	6:30pm-7:15pm	# 75115
11 & older	5:45pm-6:30pm	# 75116

Coach Whitney Morgan

Peoria BLUE

10 & under	5:45pm-6:30pm	# 75109
11 & older	6:30pm-7:15pm	# 75110

Coach Michael Utter

Practices -

Practices are held Monday-Thursday at the assigned times. Practices are not mandatory, but strongly encouraged. Please visit www.peoriaaz.gov/aquatics and click on Dive Team for a more detailed schedule.

Parents Meeting/Practice Meet -

All divers and parents are encouraged to attend. Coaches will hold an informational meeting and divers will compete one dive during the meet. Team suits and shirts will be available for try-on/purchase. More detailed information is available on the Dive Team website: www.peoriaaz.gov/aquatics.

ALL Dive Teams	Saturday, June 1	Sunrise Pool	7:00am Parents Meeting
			7:15am Warm-up
			7:30am Practice Meet

End of Season Dive Clinics -

A three week dive clinic is available following the Dive Team season. Registration is $35 Residents/$55 Non-Residents. An invitational meet will be held on Saturday, August 3 for all participants of the Dive Clinics.

10 & Under	9:15am - 10:00am	Sunrise Pool	75190
11 & Older	10:00am - 10:45am	Sunrise Pool	75191
10 & Under	6:30pm - 7:15pm	Sunrise Pool	75192
11 & Older	5:45pm - 6:30pm	Sunrise Pool	75193
10 & Under	5:45pm - 6:30pm	Peoria Pool	75194
11 & Older	6:30pm - 7:15pm	Peoria Pool	75195

www.peoriaaz.gov/aquatics

DIVE MEET SCHEDULE

Coaches will divide divers into beginner and advanced groups at practice. You must attend at least 2 practices the week of the meet in order to compete in the weekly meet. Coaches will work with divers to determine which dives to be chosen for each meet. Please see Dive Team Degrees of Difficulty for a list of dives from each category.

MEET 1	**SAT, JUNE 8** BLUE GREEN PURPLE @ Sunrise Pool RED TEAL YELLOW @ Surprise Pool 10 & under Warm-up 8:00am Meet starts 8:30am 11 & older Warm-up 9:30am Meet starts 10:00am	10 & under Beginner Front (1), Open (2) 10 & under Advanced Front (1), Open (2) 11 & older Beginner Front (2), Open (2) 11 & older Advanced Front (2), Open (2)
MEET 2	**SAT, JUNE 15** PURPLE YELLOW GREEN @ Sunrise Pool BLUE RED TEAL @ Surprise Pool 10 & under Warm-up 8:00am Meet starts 8:30am 11 & older Warm-up 9:30am Meet starts 10:00am	10 & under Beginner Front (1), Open (2) 10 & under Advanced Front (1), Back (1), Open (1) 11 & older Beginner Front (2), Open (2) 11 & older Advanced Front (1), Back (1), Open (2)
MEET 3	**SAT, JUNE 22** TEAL PURPLE BLUE @ Peoria Pool RED GREEN YELLOW @ Surprise Pool 10 & under Warm-up 5:00pm Meet starts 5:30pm 11 & older Warm-up 6:30pm Meet starts 7:00pm	10 & under Beginner Front (1), Back (1), Open (1) 10 & under Advanced Front (1), Back (1), Open (1) 11 & older Beginner Front (1), Back (1), Open (2) 11 & older Advanced Front (1), Back (1), Open (2)
MEET 4	**SAT, JUNE 29** YELLOW PURPLE GREEN @ Sunrise Pool BLUE RED TEAL @ Surprise Pool 10 & under Warm-up 8:00am Meet starts 8:30am 11 & older Warm-up 9:30am Meet starts 10:00am	10 & under Beginner Front (1), Back (1), Open (1) 10 & under Advanced Front (1), Back (1), Open (1) 11 & older Beginner Front (1), Back (1), Open (2) 11 & older Advanced Front (1), Back (1), Open (2)
MEET 5	**SAT, JULY 6** TEAL PURPLE BLUE @ Peoria Pool RED GREEN YELLOW @ Surprise Pool 10 & under Warm-up 5:00pm Meet starts 5:30pm 11 & older Warm-up 6:30pm Meet starts 7:00pm	10 & under Beginner Front (1), Back (1), Open (1) 10 & under Advanced Front (1), Back (1), Open (1) 11 & older Beginner Front (1), Back (1), Open (2) 11 & older Advanced Front (1), Back (1), Reverse (1), Inward (1)
CHAMPS	**SAT, JULY 13** **Surprise Pool** All Divers: TEAL YELLOW Warm-ups: 7:00am-7:20am RED PURPLE Warm-ups: 7:20am-7:40am BLUE GREEN Warm-ups: 7:40am-8:00am **Meet Starts 8:00am**	10 & under Beginner Open (3) 10 & under Advanced Open (3) 11 & older Beginner Open (4) 11 & older Advanced Front (1), Back (1), Reverse (1), Inward (1), Open (1)

Degrees of Difficulty

Front		Position			
Dive #	Dive	Straight	Pike	Tuck	Free
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		Position			
Dive #	Dive	Straight	Pike	Tuck	Free
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		Position			
Dive #	Dive	Straight	Pike	Tuck	Free
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		Position			
Dive #	Dive	Straight	Pike	Tuck	Free
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	

Open - Any dive may be chosen for the Open category

City of Peoria Summer Teams 2013

Swim & Dive, Suits and Gear

Two Ways to Order:
1. Online Team Store: http://eastvalleysports.com/peoria.aspx.
Please use <u>TRY ON</u> Suits and Goggles available at Sunrise & Centennial pools 5/4/13 - 6/15/13
2. Team Gear Fitting: See dates and times listed below

Sunrise Pool Fitting*
May 20th 5:30 - 7:00pm
June 1st 7:45 - 10:00am

Centennial Pool AM/PM Fitting*
May 20th 5:30 - 7:30pm
June 1st 8:00 - 10:30am

Peoria Pool Fitting*
May 29th 4:00 - 5:00pm

Sunrise Sharks
Asteroid Diamondfitback
Suit Color: Red

Asteroid Jammer

Centennial Sea Turtles/AM
Asteroid Diamondfitback
Suit Color: Green

Asteroid Jammer

Centennial Stingrays/PM
Asteroid Diamondfitback
Suit Color: Purple

Asteroid Jammer

Peoria Piranhas
Asteroid Diamondfitback
Suit Color: Blue

Asteroid Jammer

Suit prices include team discount and sales tax.

Female Sizes 22 - 40 $45.00 TYR **Male Sizes 22-38 $33.00**

Grab bag suits and accessories will be available for purchase at the fitting

$ Team Discount

Offered on all swim accessories

$ ½ Price Practice Suits

Male & Female, various styles and

Online Ordering at
http://eastvalleysports.com/peoria.aspx

EVS
EAST VALLEY SPORTS

480-832-8172
6306 E. Main Street
NEC of Main and 63rd Streets
½ mile light West of Power Road

STORE HOURS
Mon. - Fri. 9:30 - 6:00
Sat. 10:00 - 5:00
Sun. CLOSED

ACCEPTED FORMS OF PAYMENT
Checks
Cash
All major credit cards accepted

Email: info@eastvalleysports.com

Pictures

Tuesday, June 18 - Centennial Pool

Swim Team	Centennial Sea Turtles	Brian
	11 & up individuals	8:00am - 9:00am
	TEAM PICTURE	9:00am (arrive by 8:45am)
	10 & under individuals	9:30am - 10:30am

Swim Team	Centennial Stingrays	Jessi
	11 & up individuals	6:30pm - 7:15pm
	TEAM PICTURE	5:45pm (arrive by 5:30pm)
	10 & under individuals	5:00pm - 5:45pm

Wednesday, June 19 - Sunrise Pool

Swim Team	Sunrise Sharks	Kori
	11 & up individuals	7:30am - 8:30am
	TEAM PICTURE	8:30am (arrive by 8:15am)
	10 & under individuals	9:15am - 10:15am

Dive Team	Sunrise PURPLE	Dylan
	Individuals	9:15am - 10:15am
	TEAM PICTURE	8:45am (arrive by 8:30am)

Dive Team	Sunrise RED	Josh
	Individuals	9:15am - 10:15am
	TEAM PICTURE	8:50am (arrrive by 8:30am)

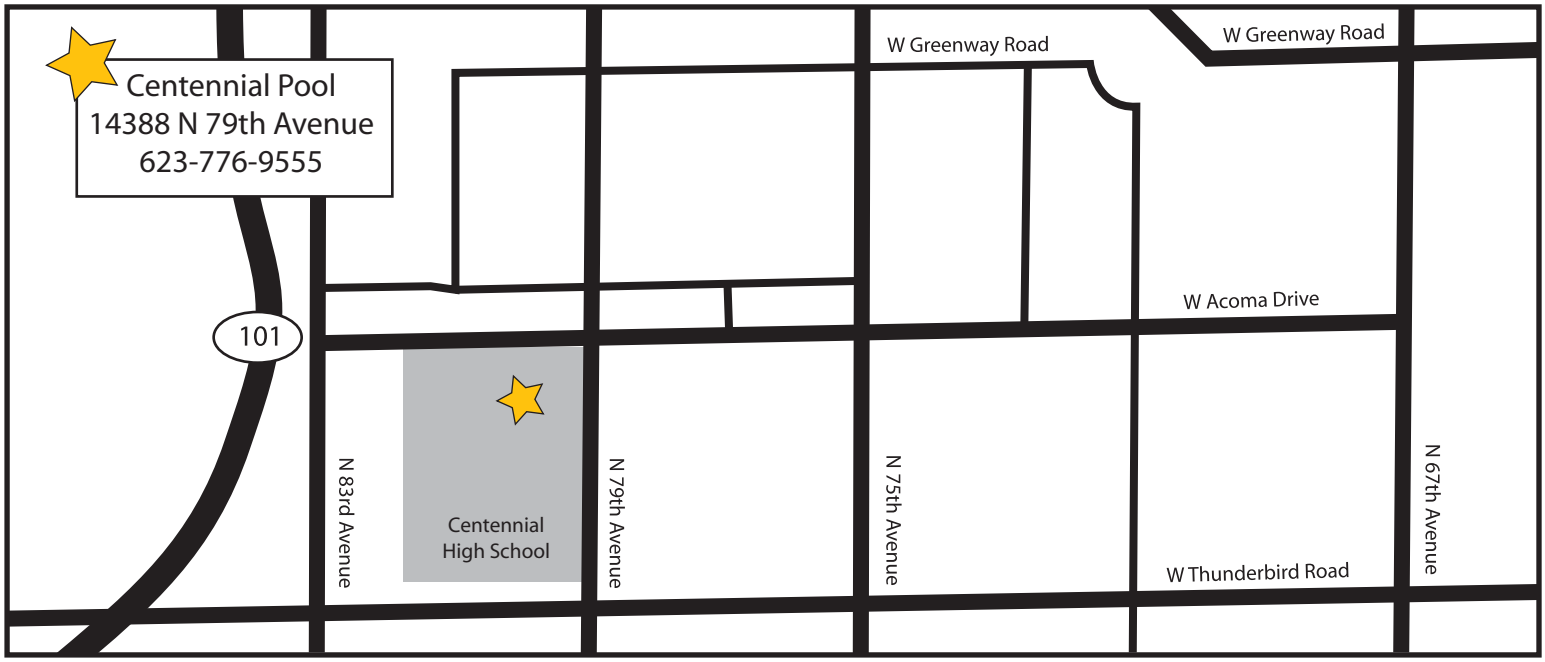
Dive Team	Sunrise GREEN	Whitney
	Individuals	5:45pm - 6:15pm
	TEAM PICTURE	6:15pm (arrive by 6:00pm)

Thursday, June 20 - Peoria Pool

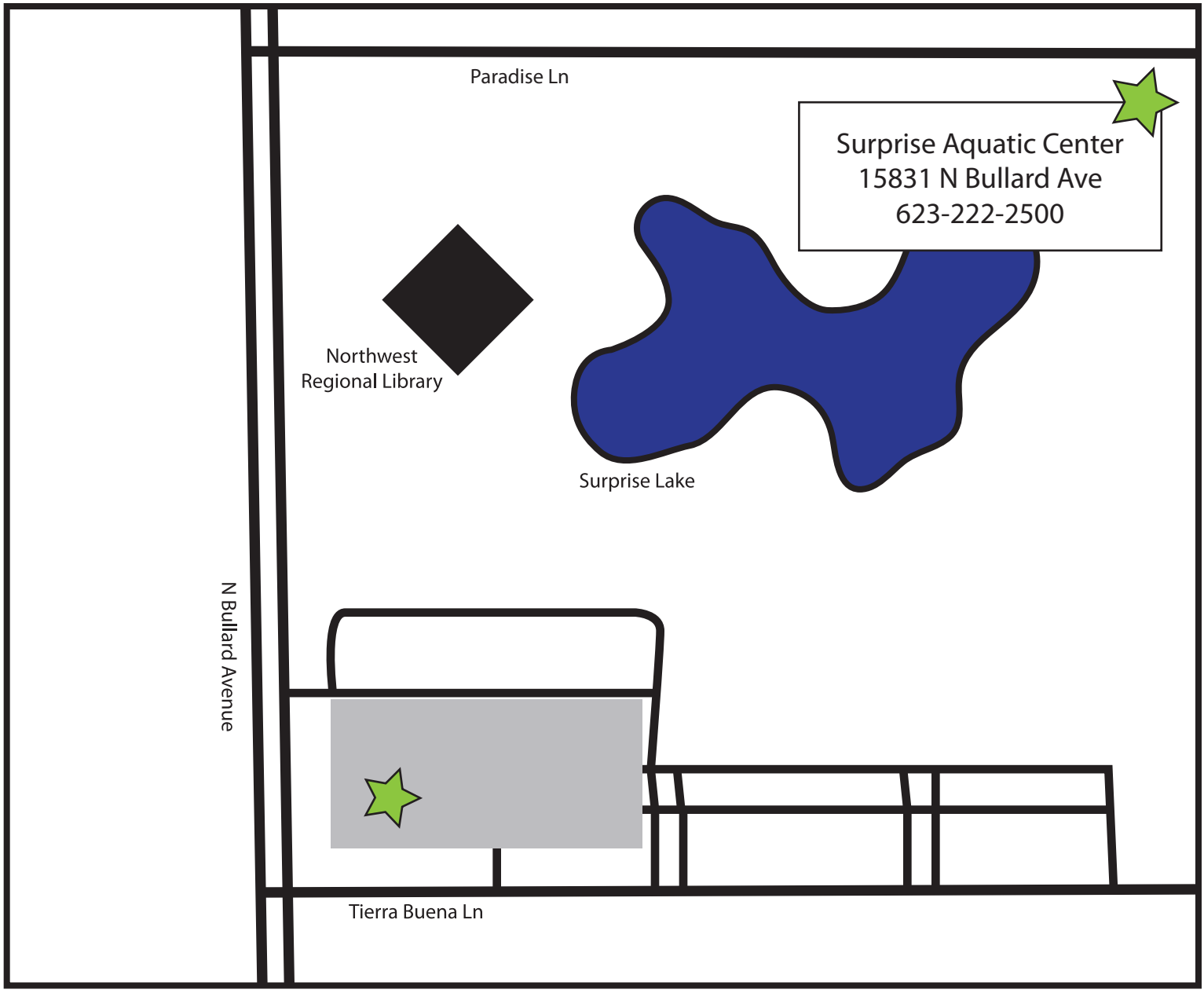
Swim Team	Peoria Piranhas	Kelli
	11 & up individuals	4:00pm - 5:00pm
	TEAM PICTURE	5:00pm (arrive by 4:45pm)
	10 & under individuals	5:15pm - 5:45pm

Dive Team	Peoria BLUE	Austin
	Individuals	5:30pm - 5:45pm
	TEAM PICTURE	5:45pm (arrive by 5:30pm)

Deer Valley Road
N 91st Avenue
N 87th Avenue
N 85th Avenue
N 83rd Avenue
N 81st Avenue
W Lone Cactus Drive
N 86th Drive
Sunrise Mountain High School
W Lake Pleasant Pkwy
Sunrise Pool
21321 N 86th Drive
623-773-8495


Centennial Pool
14388 N 79th Avenue
623-776-9555
W Greenway Road
W Greenway Road
W Acoma Drive
101
N 83rd Avenue
Centennial High School
N 79th Avenue
N 75th Avenue
W Thunderbird Road
N 67th Avenue

W Cactus Road
N 83rd Avenue
Peoria Pool
11200 N 83rd Ave
623-878-4903
W Cholla Street
101
Grand Avenue
Peoria High School
N 91st Avenue
N 79th Avenue
N 75th Avenue
W Peoria Avenue
W Peoria Avenue


Paradise Ln
Surprise Aquatic Center
15831 N Bullard Ave
623-222-2500
Northwest
Regional Library
Surprise Lake
N Bullard Avenue
Tierra Buena Ln