SUNRISE RED DIVE TEAM 2014

Dear Dive Team Parents,

Welcome to the 2014 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 RED (City of Peoria)
Sunrise GREEN (City of Peoria)
Peoria BLUE (City of Peoria)
Surprise PURPLE (City of Surprise)
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, 2014 is eligible to join the dive team. Your age as of **June 1, 2014** 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 26 – July 10. 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 26 (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:

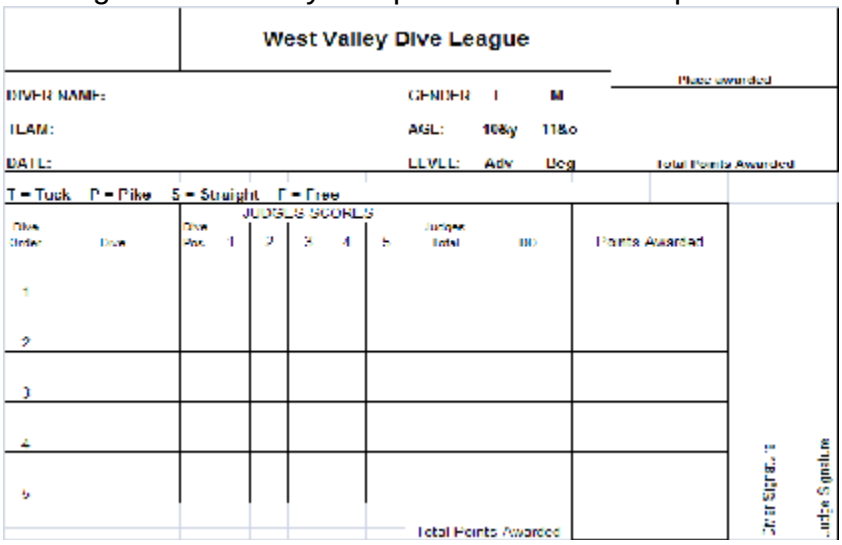
10 & under	Warm-ups:	5:00pm
	Meet Starts:	5:30pm
11 & older*	Warm-ups:	6:30pm*
	Meet Starts:	7:00pm*

*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.



West Valley Dive League

DIVER NAME: GENDER F M

TEAM: AGE: 10&y 11&o

DATE: LEVEL: Adv Beg

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

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

Total Points Awarded

Championships

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

Saturday, July 12 - Surprise Pool

Surprise TEAL/Surprise YELLOW	Warm-ups:	5:00pm-5:20pm
Sunrise RED/Surprise PURPLE	Warm-ups:	5:20pm-5:40pm
Peoria BLUE/Sunrise GREEN	Warm-ups:	5:40pm=6:00pm

Meet Starts: 6:00pm

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 19. If you are unable to attend the party, please pick up your trophy at the pool before July 27.

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 19, 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!

2014 City of Peoria Dive Teams

Registration Information:

Tuesday, April 29, 7:30am-5:30pm. Peoria residents returning to their same team from 2013 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.

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

Thursday, May 1, 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, 2014)** and practice time.

Resident Fee - $60

Non-Resident Fee - $70

Practices start Monday, May 26 (Memorial Day)

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

Sunrise RED

10 & under	9:15am-10:00am	# 77376
11 & older	10:00am-10:45am	# 77375

Coach Dylan McKenna

Sunrise GREEN

10 & under	6:30pm-7:15pm	# 77377
11 & older	5:45pm-6:30pm	# 77378

Coach Chloee Pezza

Peoria BLUE

10 & under	5:45pm-6:30pm	# 77373
11 & older	6:30pm-7:15pm	# 77374

Coach Mary Thomas

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 -

Coaches will hold an informational meeting for all parents to attend and go over goals for the season.

Sunrise Red/Green	Monday, May 19	6:00pm-7:00pm	Sunrise Pool
Peoria Blue	Monday, May 19	6:00pm-7:00pm	Peoria Pool

Dive Meets -

Dive meets will be held on Saturdays throughout the season. Please check your dive team website for more information.

End of Season Dive Clinics -

A three week dive clinic is available following the Dive Team season. Registration is $40 Residents/$60 Non-Residents. An invitational meet will be held on Saturday, August 2 for all participants of the Dive Clinics.

10 & Under	9:15am - 10:00am	Sunrise Pool	79004
11 & Older	10:00am - 10:45am	Sunrise Pool	79005
10 & Under	6:30pm - 7:15pm	Sunrise Pool	79006
11 & Older	5:45pm - 6:30pm	Sunrise Pool	79007
10 & Under	5:45pm - 6:30pm	Peoria Pool	79008
11 & Older	6:30pm - 7:15pm	Peoria Pool	79009

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 7** TEAL PURPLE BLUE @ Surprise Pool RED GREEN YELLOW @ Peoria 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 14** BLUE YELLOW GREEN @ Surprise Pool PURPLE RED TEAL @ Sunrise 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 21** TEAL RED PURPLE @ Surprise Pool BLUE GREEN YELLOW @ Peoria 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 28** BLUE RED YELLOW @ Surprise Pool TEAL PURPLE GREEN @ Sunrise 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 5** TEAL PURPLE YELLOW @ Surprise Pool RED GREEN BLUE @ Peoria 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/Inward (1), Open (2)
CHAMPS	**SAT, JULY 12** **Surprise Pool** All Divers: TEAL YELLOW Warm-ups: 5:00pm-5:20pm RED PURPLE Warm-ups: 5:20pm-5:40pm BLUE GREEN Warm-ups: 5:40pm-6:00pm **Meet Starts 6:00pm**	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)

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

Please visit www.peoriaaz.gov/aquatics or www.surpriseaz.gov for more information

Degrees of Difficulty

Front

Dive #	Dive	Position			
		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

Dive #	Dive	Position			
		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

Dive #	Dive	Position			
		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

Dive #	Dive	Position			
		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 2014

Swim & Dive, Suits and Gear

Two Ways to Order:
1. Online Team Store: http://eastvalleysports.com/peoria.aspx.
Please use TRY ON Suits and Goggles available at Sunrise & Centennial pools 4/20/14 - 6/15/14
2. Team Gear Fitting: See dates and times listed below

Sunrise Pool Fitting
May 19th 5:30 - 7:00pm

Centennial Pool PM Fitting
May 19th 5:30 - 7:30pm

Peoria Pool Fitting
May 28th 8:00 - 10:00am

Sunrise Sharks
Nexus Diamondfitback
Suit Color: Red

Nexus Jammer

Centennial Sea Turtles/AM
Nexus Diamondfitback
Suit Color: Green

Nexus Jammer

Centennial Stingrays/PM
Nexus Diamondfitback
Suit Color: Purple

Nexus Jammer

Peoria Piranhas
Nexus Diamondfitback
Suit Color: Blue

Nexus 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

Check out our 50% off Practice Suits
Male & Female, various styles and prices

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

VISA MasterCard DISCOVER Checks Cash

All major credit cards accepted

Email: info@eastvalleysports.com

Pictures

Tuesday, June 10 - Centennial Pool

Swim Team	Centennial Sea Turtles	Brady
	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 11 - 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

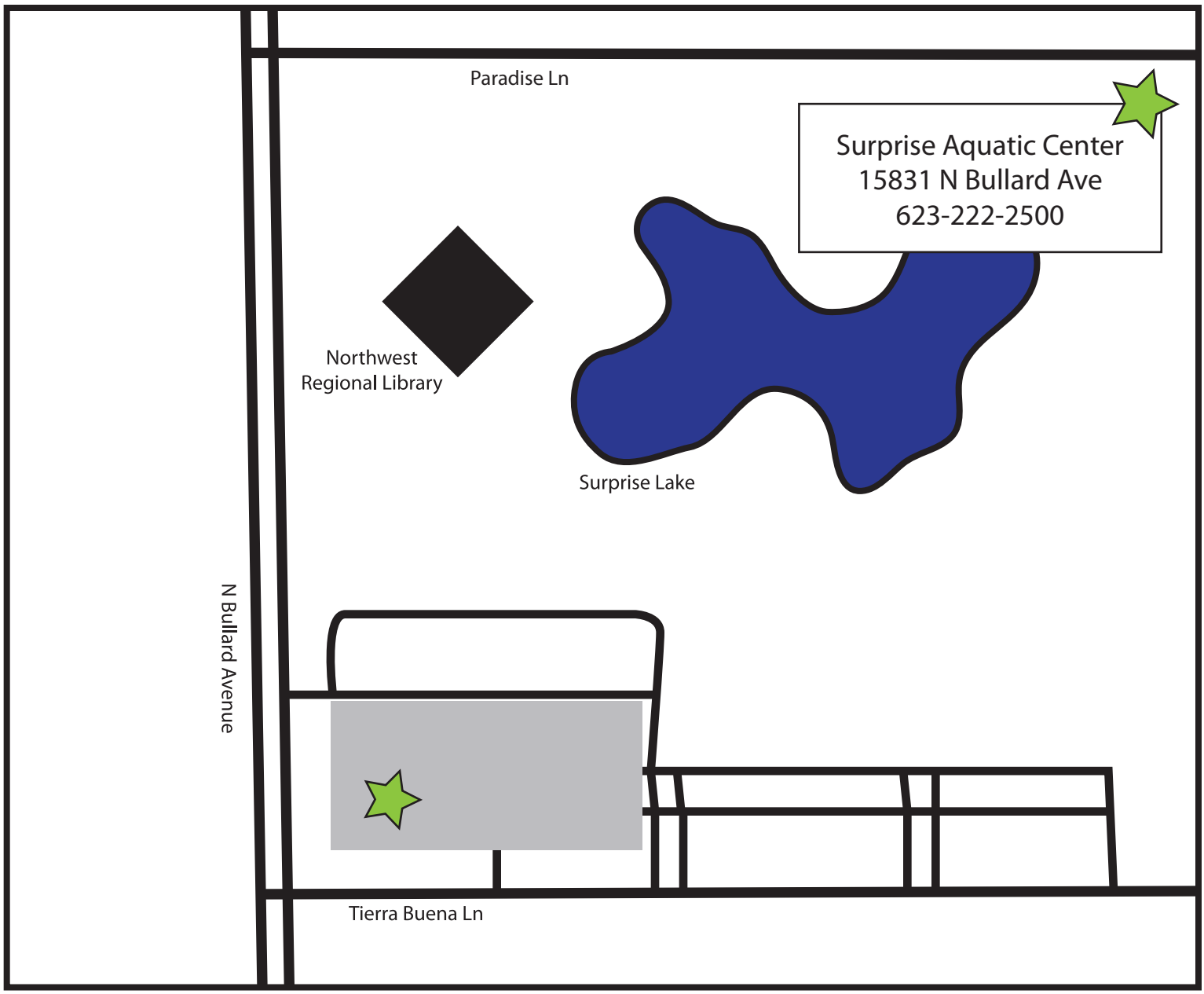
Dive Team	Sunrise RED	Dylan
	Individuals	9:15am - 10:15am
	TEAM PICTURE	8:50am (arrrive by 8:30am)

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

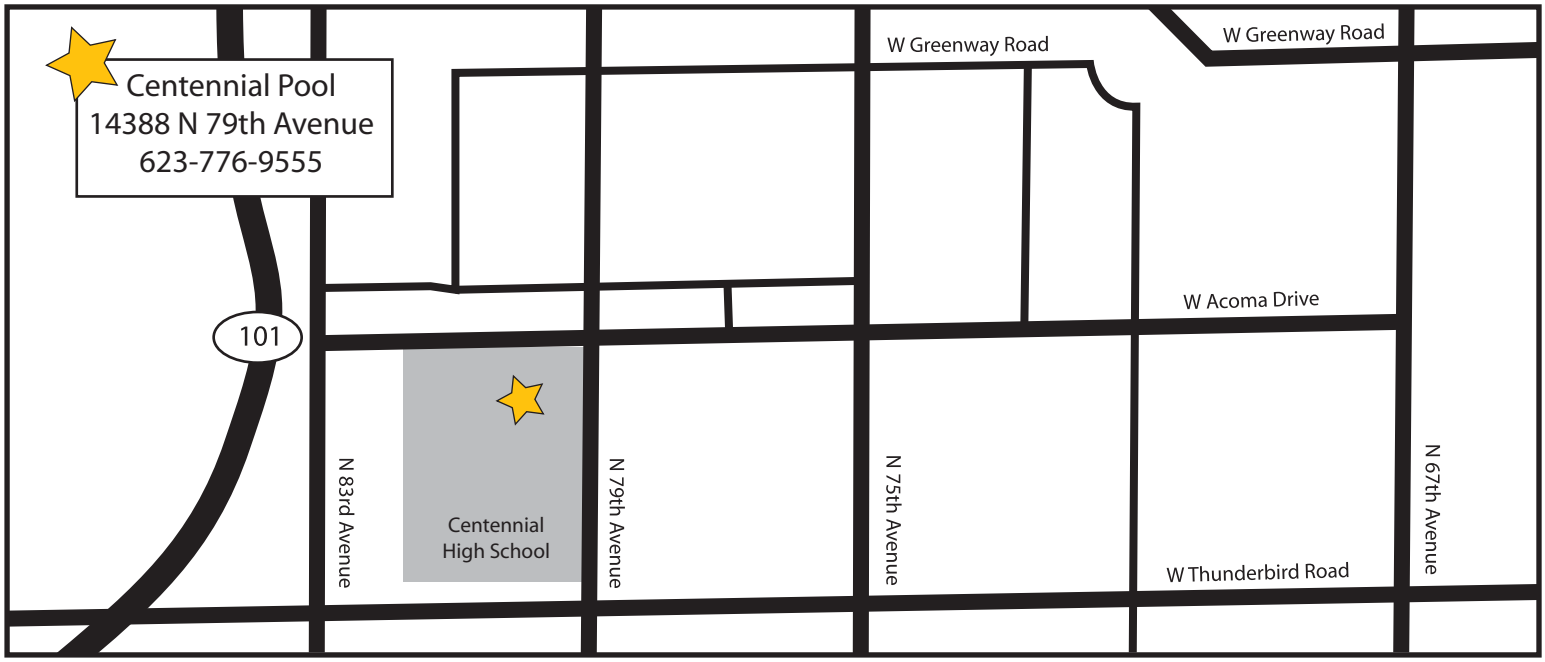
Thursday, June 12 - Peoria Pool

Swim Team	Peoria Piranhas	Sammy
	11 & up individuals	8:00am - 9:00am
	TEAM PICTURE	9:00am (arrive by 8:45am)
	10 & under individuals	9:30am - 10:30am

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


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

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
101
W Acoma Drive
N 83rd Avenue
Centennial
High School
N 79th Avenue
N 75th Avenue
N 67th Avenue
W Thunderbird Road

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