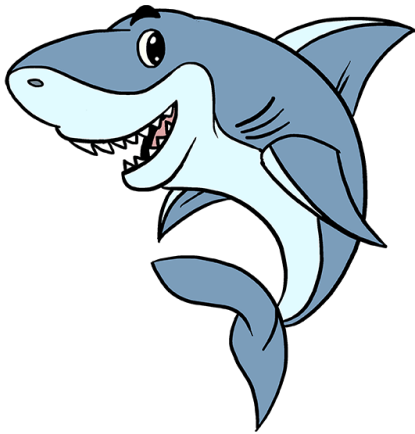


2024

Rec Dive

Team

Chaparral



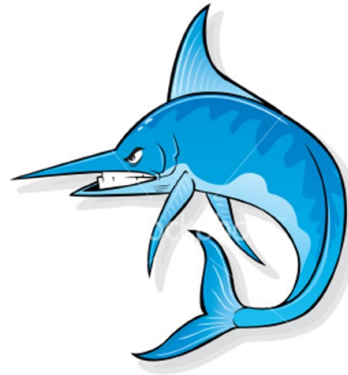
Sharks

Cactus



Crocodiles

McDowell Mountain



Marlins

Eldorado



Eels



Hello and welcome to the 2024 City of Scottsdale Summer Recreational Dive Team! We are looking forward to an exciting summer of diving and fun! We have a great season planned and, with your involvement, it can only get better.

The City of Scottsdale Recreational Dive Team provides your child with the opportunity to thrive in a non-threatening environment, practice their diving skills, build self-esteem, make friends, and get physically fit.

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 dive shammies will also be available for purchase during this time.

Daily practices, weekly meets, collaborating with teammates, learning self-discipline, and working towards new goals are just some of the aspects of being a member of this team. Getting involved will make your summer dive team experience that much more worthwhile.

Good luck this summer and we look forward to meeting you and your family!

Have a safe and fun summer!

City of Scottsdale Aquatic Management Team



Welcome to Recreational Diving

The City of Scottsdale Summer Recreational Dive Team is organized to serve the recreational needs and develop the potential of young athletes who are interested in furthering their diving abilities. Divers will enhance physical coordination and fitness through consistent practice and training while developing proper diving skills. Practicing with the same group of divers everyday will encourage team spirit and gradual improvement will inspire higher self-esteem with each individual member.

Recreational teams are designed to be faster paced and have a larger number of participants than our learn-to-dive lessons. The Recreational Dive Team program is not intended to take the place of dive lessons but rather build on those skills already learned in classes.

Family participation is highly encouraged and always appreciated at meets and is an integral part of the Recreational Dive Team experience. Family members may become supportive spectators, volunteer to help score, or help conduct various activities with the assistance of the dive coordinator.

Our Goal

It is the goal of the Recreational Dive Team program to enhance present abilities and encourage young athletes to gain additional skills throughout the course of the summer. Each diver will be taught the basics of recreational diving while participating in rigorous and organized practices. The participants will also learn sportsmanship, self-discipline, and fitness from regular training and competitions. Each diver will gain a skill that has life-long benefits such as obtaining an understanding of the pride that comes with accomplishment and learning the value of being part of a team.

Getting Started

Divers must be able to demonstrate a three-step forward approach and hurdle, a back jump, and both a front and back fall in from the 1m diving board.

Divers must be a minimum of 6 years of age to participate on the Recreational Dive Team. Age for dive meets shall be determined by the age of the participant on the first day of practice.

The following are the age groups for dive meets:

8 & under	9-11	12 and older
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In the event that a participant is not ready for the recreational team, arrangements can be made to place him or her in a more appropriate level.

No child shall swim without registration fees paid in full. Registration fee for residents is \$120 and \$180 for non-residents. All program refunds shall be prorated up to and including the 2nd class. **There will be no refunds after the 2nd class date.**

What you'll need

It is not mandatory to buy a team suit, but your diver should be able to workout comfortably in an appropriate suit. Sunscreen, towel, and water should be brought to practice daily.

Suit Fitting

See attached flyer for more information

You can also get your team suit online!

<https://summerteam23.itemorder.com/>

Free shipping!

Eldorado - June 4 – 8:00am -10:30am

Cactus – June 5 – 8:00am – 10:00am & 6:00pm – 7:00pm

McDowell Mountain Ranch – June 6 - 8:00am - 11:30am & 5:00pm - 7:00pm



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

Practice times

Eldorado Pool: 10:50am

Cactus Pool: 8:30am

McDowell Mountain Ranch: 8:00am &9:00am

Dive Meets

In order to encourage social distancing and avoid large crowds, all dive meets will be inter-squad meets this summer. Inter-squad meets are when participants compete against their own teammates as opposed to visiting another pool.

Inter-squad Meets:

These meets will only involve one pool's dive team competing against each other. Each diver will be scored on the dives that were focused on during that week's practice.

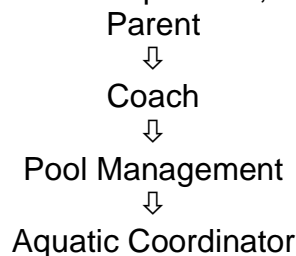
General dive meet guidelines will apply for intersquad meets.

3 Meter Meets:

These meets are **only for the 10-11 age group and 12 and over age group**. The same rules apply for the 3 Meter meet as the dual meets and inter-squad meets.

Communication & Questions...

If there is a pool specific team question and/or problem, the chain of communication is:



If you have any questions or concerns about the program or meets you can contact Ryan Downing at RDowning@scottsdaleaz.gov (480) 312-5564

A special thanks to CDS for assisting with coaches trainings:

Clavadistas del Sol (CDS) is a non-profit amateur diving program. Divers compete at the local, regional, national, and international level. Your (child's) level will be determined at tryouts.

CDS conducts practices at Cactus Aquatic and Fitness center on a year round basis.

CONTACTS:

E-mail: info@cdsdiving.org

Head Coach: Josh Rusboldt

www.cdsdiving.org
(480) 329-6035



City of Scottsdale
DIVING SCHEDULE 2024

6:00 pm 25 minute warm up
6:30 pm Event Start

DATE	DAY	TIME	DIVES	HOST POOL	VISITING POOL
June 11th	Tuesday	6:00pm	Front Jump Optional Optional	MMR 15525 N Thompson Peak Parkway	Eldorado
				Cactus 7202 E. Cactus Rd Scottsdale	Inter-squad
June 18th	Tuesday	6:00pm	Front Fall In Optional Optional	Eldorado 2301 N. Miller Rd Scottsdale	Inter-squad
				MMR 15525 N Thompson Peak Parkway	Cactus
June 25th	Tuesday	6:00pm	Back Jump Optional Optional	MMR 15525 N Thompson Peak Parkway	Cactus, Eldorado
July 2th	Tuesday	6:00pm	Back Fall In Optional Optional Optional	MMR 15525 N Thompson Peak Parkway	Inter-squad
				Cactus 7202 E. Cactus Rd Scottsdale	Eldorado
July 9 th	Tuesday 3m Meet	6:00pm	Optional Optional Optional	*MMR* 15525 N Thompson Peak Parkway	Cactus, Eldorado
July 16th	Tuesday	6:00pm	Front Dive Optional Optional Optional	Cactus 7202 E. Cactus Rd Scottsdale	Inter-squad
				MMR 15525 N Thompson Peak Parkway	Eldorado
Saturday 27th	Saturday	8:00am	Optional Optional Optional	**Championships** Cactus Pool 7202 E. Cactus Rd.	

ALL MEETS WILL UTILIZE THE FOLLOWING AGE GROUP DIVING SCHEDULE

6:00 PM warm-ups

6:30 PM event begins

Inter-squad Meets will be during the normal Practice times at the respective pools

*3 Meter Meet (July 9): for age group 10 and over or up to coach's discretion

**City Championships (July 27th): 8:00am warm up and event starts at 8:30am but expect a slightly larger meet time.