



Welcome to the 2021 Ahwatukee Tidal Waves Swim Team!

Age Requirements:

All swimmers must be at least 6 years of age, or entering kindergarten, and no older than eighteen (18) as of June 1, 2021

Availability:

Ages 8 & under = 26 swimmers Ages 9-10 = 26 swimmers Ages 11-18 = 48 swimmers

Minimum Swimming Qualifications:

(Required to perform at the evaluation)

- Swimmers 8 yrs. & under:
 - Safely swim 25 yards
 - Safely kick 25 yards with a kickboard
 - Confidently jump into the deep end of the pool (8 ft)
- Swimmers 9-10 yrs. Old:
 - Swim 50 yards freestyle
 - Kick 50 yards freestyle with a kickboard
 - Swim 25 yards backstroke
 - Attempt to swim 25 yards breaststroke
 - Attempt at a flip turn and butterfly stroke
 - Confidently jump into the deep end of the pool (8 ft)
- Swimmers 11-12 yrs old:
 - Swim 75 yards freestyle
 - Kick 100 yards with a kickboard
 - Swim 25 yards of butterfly, backstroke, and breaststroke
 - Attempt a flip turn
 - Confidently jump into the deep end of the pool (8 ft)

Swimming qualifications for ages 13-18 yrs old will be determined on an individual basis. Please don't let the requirements discourage you from trying out, we are happy to work with swimmers to get them ready for the season.

Registration for Returning Swimmers:

Registration for **returning swimmers** begins **April 10, 2021**.

Parent Meeting for New Swimmers:

Parent Information Meeting for new swimmers for new swimmers will be on **April 10, 2021 at 9:00am**. This meeting will be held virtually: <https://global.gotomeeting.com/join/112310677> or call +1 (408) 650-3123 (Access Code: 112-310-677).

New Swimmer Evaluation Dates:

Evaluations for new swimmers: **April 10, 2021 from 10:30am-12pm and April 24, 2021 from 9am-10:30am**
Please reserve your slot: <https://www.signupgenius.com/go/904044FAEA622A7F58-tidal>

Pre - Season Practice Schedule:

Pre-Season practices: TBD (May)

Once pre-season practices are finalized, you will be notified of the dates. There will be 2-3 pre-season practices.

Swim - Season Practice Schedule:

Regular Season begins June 7th and ends July 24th

8 years & under: T, TH 3:00-4:00pm or 4:00-5:00pm

9 - 10 years: M, W, F, 3:30-4:30pm or 4:30-5:30pm

11 years & up: M, W, F, 8:00-9:00am or 9:00-10:00am

Swim Meets:

It is the direction of the CDC and Arizona Department of Health Services to **continue** to limit the number of people attending gatherings, such as swim meets, during the upcoming summer months. The Tidal Wave coaches (JJ, Katherine, Abby) have planned "meets" on designated days during the assigned groups regular practice time. This worked well last summer, and the kids had a blast. Our goal is to make this fun for the kids while giving them the sights and sounds of a real swim meet. There will still be timers, ribbons and we will always throw in a special treat such as popsicles. The "meet days" will be announced by the coaches via email.

COVID-19 Procedures:

The health and safety of our swimmers, staff, and other patrons remains our highest priority. Below you will find a summary of actions we are taking to help ensure we are lowering COVID-19 risk as much as possible while also allowing our swimmers to enjoy the water. We are:

- Promoting healthy hygiene practices, such as encouraging all staff, patrons, and swimmers to stay home if they are unwell, wash their hands frequently, cover coughs and sneezes, and wearing face coverings when not in the water
- Increasing cleaning, disinfection, and ventilation within our facilities by: cleaning and disinfecting frequently touched surfaces such as handrails, gates, door handles, and benches. We are also adding hand sanitizer to be used before and after leaving the pool deck.
- Encouraging social distancing when possible by changing deck layouts to ensure swimmers can remain 6 feet apart in standing and seating areas, stationing one swimmer at each end of the lane and circle swimming, providing lane lines in water and visual cues, and limiting locker room use to emergencies only.
- Ensuring each swimmer has his/her own supplies to limit the sharing of equipment. Equipment will be cleaned, sanitized, and disinfected after each practice.

Cost:

Training fees per swimmer:

Ages 11-18: **\$210.00** Ages 9-10: **\$199.50** Ages 8 and under: **\$194.25**

Annual registration per swimmer:

Ahwatukee Board of Management HOA Resident: **\$10.00** Non-Resident: **\$15.00** Second Child Discount: **\$7.50**

Team Gear Sales:

East Valley Sports (BSN Sports) will be taking orders for team suits and gear at <https://tidalwaves21.itemorder.com/> or call them directly at (480) 832-8172. Try-on suits will be available at the community center.

Required Equipment:

All swimmers are required to have fins, goggles, team swim suit, water bottle, and swim cap for long hair. Mesh bags for equipment organization is recommended. Please put your name on your equipment.

Note to Parents:

Please make sure your swimmer comes to practice with the appropriate equipment and water bottle.

Thank you and we look forward to having your child on the Tidal Waves.

-Tidal Wave Coaches