



DIVE TEAM-\$180

We are committed to developing each diver to his or her greatest potential through a positive experience at practice, dive meets, and team social events. Divers practice together in an atmosphere that builds self-confidence, promotes positive team spirit, and improves diving skills. The Stingray Dive Team participates in the Metro League and has dual meets throughout the summer.

- For practice information please visit stapletoncommunity.com

SYNCHRO-\$180

The Stingray Synchronized Swimming Team offers participants an opportunity to learn and practice basic skills and routines in a fun, team-building environment. Swimmers are able to showcase these skills by participating in Metro League Synchronized Swimming events.

- Synchro practice times
M-Th at Aviator Pool 8:45-10:30am
T/Th at Runway 35 Pool 4:00-5:30pm

Synchro Meet Dates

June 13th
June 27th
July 11th
July 16th
July 21st-22nd Finals

IMPORTANT DATES

First Practice:

May 18th- Metro
May 26th- Synchro/Dive Team
June 1st-SSL
June 8th- Squirts

Picture Day & Pancakes:

June 17th

Swim-a-thon:

TBD

Waterworld:

July 29th

PARENT VOLUNTEER INFO

Parent Volunteers are asked to sign up for three volunteer shifts, usually timing at meets but other options such as helping with photo day, beer fest, etc. are available, via the event on Team Unify.

This season we have two "one and done" options. Helping with the 4th of July pancake breakfast or by donating an old iPhone or iPod for the new SSL timing system. Parents that meet the volunteer requirements will receive the refund in September. Unfortunately we are unable to give refunds for previous years.

Stapleton

Swim, Dive & Synchro Teams



SQUIRTS-\$75

This three week program teaches 5 and 6 year old swimmers the value of practice, confidence, endurance, and stroke technique in a positive, team-building atmosphere.

- Perfect fit for the younger swimmer who has completed LEVEL 3 in swimming lessons but is NOT ready for a full hour long swim practice. All Squirts prior to the start of the program must be able to complete a full length of the pool (25 meters) demonstrating crawl stroke, and a full length of the pool (25 meters) demonstrating backstroke.
- All Squirt participants have the option to join the swim team in July (at a discount) if they are ready to compete and move up into the program.
- Practice is held twice a week at the following locations:
Morning practice:
Aviator M/W 8:45-9:15am or T/Th 8:45-9:15am
Jet Stream M/W 9:00-9:30am or T/Th 9:00-9:30am
Runway 35 T/Th 5:30-6:00pm
(must register for one pool)

For more information & links to registration please visit:
<http://www.stapletoncommunity.com/pools/swim-teams> or email
questions to pools@stapletoncommunity.com

SSL-\$250

This program is ideal for those who are new to swim team or those with busy summer commitments.

- This team is recreational and there are no disqualifications (DQ's) at swim meets.
- There are three swim meets during the summer all in Stapleton at Runway 35 pool.
- Practice is held four days a week (Monday-Thursday at Aviator/Jetstream). Evening practice is available 3 times a week at home pool
- Parent and swimmer choose which events to enter at the swim meets.
- Team suits are optional.

2020 SSL Swim Meet Dates

June 13th
June 20th*
July 11th
July 23rd

*Optional Stapleton Sprints

Swim Evaluation:

Swimmers in the SSL program and Metro program are required to complete 25 meters of Freestyle and 25 meters of Backstroke. All new swimmers will be evaluated. New swimmers will be invited to sign up for a 10 min swim evaluation offered at Runway 35 mid May

METRO-\$275

The Metro League is a traditional swim team where swim meets are scored. The team practices at Runway 35 pool and is for swimmers ages 6 and up.

- Swimmers are encouraged to work toward A-League and State qualification times.
- Practice is offered Monday-Thursday mornings or Monday-Wednesday evenings.
- There are 5 dual meets, 1 Quadrathlon and championship meets (A/B League & State Meet) within the Metro League and the Denver area.
- Coaches choose meet line-ups
- A team suit is required.

2020 Swim Meet Dates

June 5th @ Runway 35
June 12th @ Runway 35
June 19th @ Crestmoor
June 20th Stapleton Sprints @ Runway 35
June 26th @ Skyline
July 2nd Quadrathlon @ Runway 35
July 10th @ Eastmoor
July 14th B League @ Runway 35
July 17th & 18th A League @ Runway 35
July 24/25/26 Summer Club State @ Runway 35