



Welcome to the 2023 Ahwatukee Tidal Waves Swim Team!

Age Requirements

All swimmers must be at least 5 years of age, or entering kindergarten, and no older than eighteen (18) as of May 22, 2023.

Availability

Ages 5 - 6: 12 swimmers; **Ages 7 - 8:** 48 swimmers; **Ages 9-10:** 60 swimmers; **Ages 11-18:** 60 swimmers

Minimum Swimming Qualifications

(Required to perform at the evaluation)

- Swimmers 8 yrs. & Under
 - Safely swim 25 yards freestyle
 - Safely kick 25 yards with a kickboard
 - Attempt 25 yards backstroke
 - Confidently jump in 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 50 yards backstroke
 - Attempt a flip turn and 25 yards of breaststroke and butterfly
 - Confidently jump in the deep end of the pool (8 ft)
- Swimmers 11-12 yrs. Old
 - Swim 75 yards freestyle
 - Kick 50 yards with a kickboard
 - Swim 50 yards of backstroke
 - Swim 25 yards breaststroke and butterfly
 - Attempt a flip turn
 - Confidently jump in the deep end of the pool (8 ft)
- Swimmers 13-18 yrs. Old
 - Swim 75 yards freestyle
 - Kick 50 yards
 - Swim 50 yards backstroke and breaststroke
 - Swim 25 yards butterfly
 - Attempt flipturn
 - Comfortable jumping into the deep end of the pool (8 ft)

Registration for Returning Swimmers

Registration for **returning swimmers** begins **March 18.**



Information Meeting for New Swimmers

The information meeting for new swimmers will be on **March 18 at 10am**. This meeting will be held virtually: <https://meet.goto.com/784542421>. You can also dial in by calling +1 (872) 240-3212 and using access code: 784-542-421.

New Swimmer Evaluation Dates

Evaluations for new swimmers will be held on April 1, April 8, and April 15.

Please reserve your slot:

<https://www.signupgenius.com/go/10C0E4DA4A62CA3FDC07-2023>

Registration for new swimmers can begin once the swimmer completes their evaluation and is approved by the coach.



Pre-Season Practice Schedule

Pre-season practices: April 29th and May 6th

Once pre-season practice times are finalized, you will be notified via email. There will be two, 45 minute pre-season practices.

Swim Season Practice Schedule

Regular season begins May 22nd and ends on July 15th..

Practice times will be dependent on age and ability.

- **5 - 6 year olds:** T, TH 2:00-3:00pm
- **7 - 8 year olds:** T, TH 3:00-4:00pm **or** 4:00-5:00pm
- **9 - 10 year olds:** M, W, F 3:30-4:30pm **or** 4:30-5:30pm
- **11 years and up:** M, W, F 8:00-9:00am **or** 9:00-10:00am

Swim Meets

Swimmers will participate in home and away East Valley swim meets throughout the summer season. A set meet schedule will be emailed out once dates are confirmed.

Cost

Training fees per swimmer

- Ages 8 & under: **\$214.50** Ages 9-10: **\$220.00** Ages 11 & up: **\$231.50**

Annual registration per swimmer

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

Team Gear Sales

An email will be sent regarding information about team suits and gear, and when try on suits and fins are available at the community center.



Tidal Waves T-Shirts and Tanks

We will be selling Tidal Waves t-shirts and tanks again this year. Prices are as followed:

- T-Shirt: \$20 + Optional Personalization (+\$7)
- Tank Top: \$22 + Optional Personalization (+\$7)
- Here is the link to order your Tidal Waves gear:
<https://forms.gle/PnPJmdQHCFhv6x749>



Required Equipment

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

Note to Parents/Guardians

Please make sure your swimmer comes to practice with the appropriate equipment and a water bottle. Thank you and we look forward to having your child on the Tidal Waves! If you have any followup questions, please email Head Coach Abby at abbygerdis@ahwatukeehoa.com.

Tidal Waves Coaches