



# swim neptune

October  
2022

## UPCOMING USA SWIMMING MEETS:

### October Invite

Oct 14 - 16, 2022  
Moon Valley CC  
Deadline: Oct 8, 2022

### Harvest Splash

Nov 5 - 6, 2022  
Moon Valley CC  
Deadline: Oct 29, 2022

### IMX Champs

(Qualifiers Only)  
Nov 11 - 13, 2022  
Mesa, AZ  
Deadline: Nov 4, 2022

### Holiday Festival

(Qualifiers Only)  
Dec 1 - 4, 2022  
Mona Plummer @ASU  
Deadline: Nov 19, 2022

## HOLIDAY FESTIVAL SWIM MEET INFO!

**SAVE THE DATE!**  
All hands on deck for our biggest home meet of the year! This meet is held at ASU Dec 1 - 4, 2022. We will have over **1250** swimmers in the meet from all over the country! We need **every** family to volunteer to make this an amazing event.

## AN INTRO TO SWIM NEPTUNE!

The website is a great source of information about Swim Neptune! If you sign into your online account and hover over the Team Publications Tab, you can click on Team Documents and view information on everything from our Team History to Fees and Requirements. Login and learn more about your team today!

## ALCATRAZ/GOLDEN GATE SWIMS!

Join us at Bartlett Lake's Rattlesnake Cove starting at 10:00am on 10/22. We'll kick things off with an informational meeting and follow that immediately with a non-wetsuit swim in the cove. Escape your limitations! We have two legendary back-to-back open water swims scheduled for April 15 - 16, 2023. The 10/22 lake swim will be the **ONLY non-wetsuit swim**. It's a perfect chance to get to know open water swimming before cold water adds another degree of challenge. In addition, the informational session beforehand will feature the release of the Swim F.A.S.T. 2023 Athlete Guide. **DON'T MISS THESE GREAT OPPORTUNITIES!** Please visit the Swim Fast Alcatraz Golden Gate website

<https://www.teamunify.com/team/reczzfast/page/home>

## TEAM RECORDS UPDATED!

Updated Team Records and Team Top 10 Times from the Long Course Season are now posted. Congratulations to our individual team record breakers for Long Course: Neely Burns, Keaton Jones, Tres Mungia, Evan Pickles, Ian Pickles, Corinne Warriner, and August Vetsch. Congratulations to the many swimmers who posted new Top Ten Times this past long course season!

## NATIONAL BRING YOUR COACH CANDY WEEK!

The first week of November is National Bring Your Coach Candy Week! 4 out of 5 dentists recommend that you bring your coach at least half of your Halloween Candy. This is supported by the American Dental Association! For detailed background on this great event click [HERE!](#)

## COMPETITIVE TEAM REQUIREMENTS!

All competitive team families and Trident swimmers with their USA membership card are required to do fundraising and volunteer hours. The swim season runs from August 2022 - July 2023. The Fundraising commitment is \$180 per family and the Volunteer hour commitment is 24 per family (White/Trident group swimmers have 16 hours). It is the responsibility of the **USA registered** families to keep track of hours earned and posted to your account online. **To view hours click "My Account", "\$ Invoices/Payment", "Service Hour" tab.**

## DIVE NEPTUNE!

Dive Neptune 2023 Registration will open in January and practices will resume in February. Dive Neptune will practice at Foothills Aquatic Center, 5600 W. Union Hills Dr, Glendale.

Dive Neptune is primarily a 1-meter, age group team providing individual and synchronized dive experience. We encourage and prepare competitors for AIA Diving and compete vigorously in USD, AAU and local Recreational diving competitions throughout the dive season. For more information contact Dive Coach Mark Conte [diveneptuneaz@gmail.com](mailto:diveneptuneaz@gmail.com)

## TEAM STORE AND TEAM SPRIT WEAR!

Swim Neptune's Team store with EVS is online! Click [HERE](#) to order! Swim Neptune also offers team spirit wear! Show off your team spirit with customized spirit wear! Click [HERE](#) now! Dive Neptune's Team store with EVS is online! Click [HERE](#) to order!

## RACE CHALLENGE 2022/2023 GOTTA CATCH 'EM ALL!

The goal is to earn your RACE CHALLENGE 2022/2023 kickboard! To do this a swimmer must compete in every event in their age group legally each year (SCY and LCM seasons count as a year). The year runs August 1, 2022 - July 31, 2023. All times must be earned at USA meets! Do you have what it takes? Click [HERE](#) for more information. Tracking forms can be found by logging on to the website and hovering over the Team Publications tab and selecting Team Documents.

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**Reminder: 30 days written notice before the first of the month is required to suspend your account. Email [helenz@swimneptune.com](mailto:helenz@swimneptune.com)**

## UPCOMING

**Trident Meets:**  
Hosted at Moon Valley  
County Club by  
Swim Neptune

**Oct 23: 10&Under 25s**  
**Oct 23: 8&Over 50s**

**Nov 13: 10&Under 25s**  
**Nov 13: 8&Over 50s**

**Champs:**  
**Nov 19 & 20: 10&U 25s**  
**Nov 19 & 20: 8&O 50s**

**East Valley Trident Meets:**  
Hosted by:  
**RIO Swim Club**  
**25's Warm Up 4:00/  
Start 4:30**  
**50's Warm Up 6:00pm/  
Start 6:30pm**

**Oct 29 Saturday at  
Chandler High School  
(deadline 10/26)**

Reminder that 30 days written notice before the next billing date is required to suspend your account.

[helenz@swimneptune.com](mailto:helenz@swimneptune.com)



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