

# The Trident

SWIM NEPTUNE TEAM NEWSLETTER

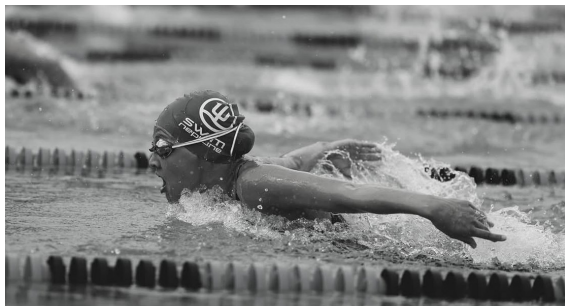
AUGUST 2025

INSTAGRAM @AZ\_SWIMNEPTUNE

## USA COMPETITIVE MEETS

- Herculean Invitational**  
Skyline HS, Mesa  
September 5-7
- Welcome to Fall**  
MVCC September 27-28
- Mile Meet**  
MVCC October 11
- October Invitational**  
MVCC October 17-19
- Harvest Splash**  
MVCC November 8-9
- Holiday Festival**  
ASU December 4-7
- Junior Nationals**  
Austin, TX  
December 10-13
- Christmas Bonus Meet**  
MVCC December 20-21

**Reminder that 30 days written notice before the next billing date is required to suspend your account.** Contact: [helenz@swimneptune.com](mailto:helenz@swimneptune.com)



### Championship Meet Recap

July is a blur of Championship meets at every level! The month kicked off with an overall team win at the Arizona Swimming Regional Champs July 11-13. The same weekend many of our Senior swimmers were in Portland, Oregon competing with some of the best swimmers from across the West at the Sectional Championship. Also on that same busy weekend a contingent of Summer and Trident Team swimmers racing in the Grand Canyon State Games. Swim Neptune had an amazing performance at the Age Group State Championship, finishing 2nd place overall with a many State Champions, both individually and in relays. There were many new entries to the team Top 10 Times list which will be updated in August.

There is one more meet to go, the USA Swimming Junior National Championship in Irvine, CA where Jason Sugihara and Langston Lindsey will represent Swim Neptune competing against the best 18&Under swimmers in the US. Great job to all on a spectacular summer season.

### World Championships

Team USA is in Singapore, taking on many of the best in the World. Tune in to see Team USA compete. Swim Neptune alum Keaton Jones will be racing the 200 Backstroke. The meet will be on demand on Peacock. If you want to see Keaton swim live, prelims for the 200 Back are [AZ Time] 7pm on Wednesday July 30 with the semi finals at 4am on Thursday July 31st and the finals at 4am on Friday August 1st. Go Keaton and Team USA!

### Team Welcome Party

Saturday August 30 from 6:00-7:30pm at Moon Valley CC. Join us as we kick off the new 2025-2026 season! If you are new to the club - come to meet new friends and families, get to know the ins and outs of the team, have some food, and add to that a little fun! Returning families should also attend! This is one of those special times that the entire team gets together that is not at a swim meet! We will have the new team t-shirts available for pick up.

### TEAM RENEWAL!

Our team wide annual renewal starts August 2 at <http://www.SwimNeptune.com>. Your swimmer's status will be set to "Waiting for Approval" after August 1st. August dues will be billed unless you gave your 30 day notice to [helenz@swimneptune.com](mailto:helenz@swimneptune.com) that you are taking a break. Everyone continuing on the team must renew by the end of August in order to continue swimming in September. Your swimmer will not be Active in September until you complete the renewal registration online. Swimmers must be renewed in order to sign up for swim meets! Any summer team swimmer may join the year round team and can register starting August 2 at [www.SwimNeptune.com](http://www.SwimNeptune.com)

### DIVERS DO NOT RENEW for the 2026 SEASON UNTIL JANUARY!

### COMPETITIVE TEAM REQUIREMENTS!

The second half [2/1 - 7/31/2025] of any unworked Volunteer hours and unearned Fundraising will be billed at the end of July to be paid on August 1. If you have any questions, contact [helenz@swimneptune.com](mailto:helenz@swimneptune.com). The swim season runs from August - July. 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", "Account Info", "Service Hour" tab. Trident families that are NOT USA Swimming members do not have these requirements. Dive Neptune members do not have these requirements.

### DIVE NEPTUNE!

Dive Neptune is primarily a 1-meter age group team providing individual and synchronized dive experience. We encourage and prepare competitors for AIA High School Diving and compete vigorously in USD, AAU and local Recreational diving competitions. The Dive Neptune season ends in early November. Practices are available beginning August 5 on Tuesday & Wednesday, 5:30-7:00pm and Saturday morning 9:00-11:00am at Foothills Aquatic Center, 5600 W. Union Hills Dr, Glendale. Divers may join any time. For more information contact Dive Coach Mark Contact at [diveneptuneaz@gmail.com](mailto:diveneptuneaz@gmail.com) or [helenz@SwimNeptune.com](mailto:helenz@SwimNeptune.com) Registration and renewal for the 2026 Dive Neptune season will open January 2026 with practices beginning in February.

### TEAM STORE AND TEAM SPIT 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!

### Swim Neptune Weather Policy:

As you know the weather in Arizona is extremely unpredictable and fast moving. We will swim in the rain, but if there is lightning involved we must pull everyone from the water and clear the deck for safety reasons.

We monitor lightning carefully and closely to keep all our swimmers safe. The coaches on deck and the manager of the facility will cancel practice and close the pool if there is lightning and this can happen fast! If possible, coaches may send an email about a closure, but they are not sent until it is almost practice time, in case the weather clears. As quickly as a storm comes, it can clear and be back to sunny weather.

We cannot solve the problem of driving to practice then having it cancelled. We could be swimming one minute and have the pool closed the next minute. If you email or text and ask if there will be practice at a certain location at a certain time we will not be able to tell you with certainty. We also understand if you decide not to come to practice because of weather concerns. Many drive a long way and we understand if you don't want to risk the drive on the chance practice will be cancelled. We won't hold it against you!

We realize this is frustrating for everyone, but the safety of our swimmers and coaches is the highest priority.

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## Trident/Developmental Meet Schedule

- September 14**  
[MVCC]
- September 27**  
[Chandler HS]
- October 5**  
[MVCC]
- October 26**  
[MVCC]
- November 1**  
[Chandler HS]
- November 15-16**  
**Fall Trident Champs**  
[MVCC]
- December 14**  
[MVCC]



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