

# The Trident

SWIM NEPTUNE TEAM NEWSLETTER

JULY 2025

INSTAGRAM @AZ\_SWIMNEPTUNE

## USA COMPETITIVE MEETS

### SANCTIONED TIME TRAIL

SCY QUALIFIERS ONLY  
JULY 1  
MOON VALLEY CC

### LCM REGIONALS

JULY 11 - 13  
BROPHY COLLEGE PREP

### LCM AGE GROUP STATE

JULY 17-20  
PCDS

### SENIOR SECTIONALS

JULY 17-20  
GRESHAM, OREGON

### JUNIOR NATIONALS

JULY 30 - AUG 3  
IRVINE, CA

**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)



#### 4th of July Week

The 4th of July Holiday is upon us. Some of the practice schedules have changed. You should have received communication from your coach about any changes to the schedule. Please let us know if you have any schedule questions.

#### Senior State Kicks off Championship Month

Swim Neptune hosted the Arizona Swimming Long Course Senior Champs meet June 26-29 at Chandler High School. This meet featured some of the best swimmers from around the State as well as some of the best in the World. Over a dozen Olympians/National Team Members were racing at the meet, some using it as a final "tune up" meet before the World Championship in Singapore in July.

Swim Neptune won the team competition on the Men's side and was 3rd Combined Overall. Jason Sugihara was first on the Men's individual High Point and August Vetsch was 2nd. Langston Lindsey and Cali Watts also were in the Top 10 overall, scoring individual State Championships!

The Championship Season Continues...see below for the Championship Meets at all levels. See the list below and sign up on our website.

#### Upcoming Championship Meets

##### Arizona Swimming Regional Champs July 11-12 (Brophy Sports Complex, Phoenix)

Swimmers who have achieved Regional cuts, in events for which they have not qualified for the State Championship meet. **Entry Deadline July 3rd.**

##### Grand Canyon State Games July 11-12 (McClintock HS, Tempe)

Swimmers in our Trident program who have NOT competed in USA Swimming meets. **Entry Deadline July 5th**

##### Arizona Swimming Age Group State Champs July 17-20 (PCDS, Phoenix)

State Championship for 14&Under Swimmers who have achieved State Qualifying times. **Entry Deadline July 8th**

##### Senior Sectionals Champs July 17-20 (Gresham, Oregon)

Senior Level Swimmers who have achieved Sectional Qualifying times. **Entry Deadline July 7th**

##### Junior National Championship (Irvine, CA) July 30-August 3

Senior swimmers age 18&Under who have qualified for Junior Nationals

#### Fall 2025 Schedule Coming Soon!

The new swimming season starts in August. Schedules/dues for all groups for the new season will be finalized by July 12th

#### Swim Meet Sign Up Reminder

Ready to race? Don't forget to sign up for upcoming swim meets through the team website system! Here's a link for sign up [instructions](#).

#### COMPETITIVE TEAM REQUIREMENTS!

Any unfulfilled fundraising requirements for the 2nd half of the season will be billed on August 1 for Active swimmers. 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.

**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)

## Pre-Competitive Meets

### SUMMER TRIDENT MEET #4

JULY 10  
MVCC

### GRAND CANYON STATE GAMES

JULY 11  
McCLINTOCK POOL

### SUMMER TRIDENT MEET #5

JULY 17  
MVCC



#### SWIM NEPTUNE

12621 N. TATUM BLVD. #208  
PHOENIX, AZ 85032  
P. 480.695.0667 f. 480.922.8274  
[swimneptune.com](http://swimneptune.com)

