

The Trident

SWIM NEPTUNE TEAM NEWSLETTER

JUNE 2025

USA COMPETITIVE MEETS

SPEEDO INVITE

May 23- 26, 2025
KINO JR HIGH

COPPER CLASSIC 2

MAY 30 - MAY 31
MOON VALLEY CC

SCY INTERSQUAD

BLUE / SENIOR ONLY
JUNE 8
MOON VALLEY CC

JUNE LCM LAST CHANCE

JUNE 13-15
BROPHY COLLEGE PREP

LCM SENIOR STATE

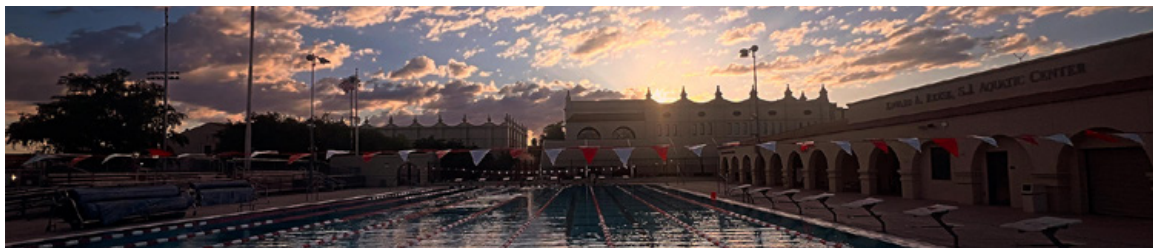
JUNE 26 - 29
CHANDLER HS

SANCTIONED TIME TRAIL

SCY QUALIFIERS ONLY
JULY 1
MOON VALLEY CC

LCM REGIONALS

JULY 11 - 13
BROPHY COLLEGE PREP



Summer Schedule

As the seasons shift, so do some of our swim schedules! Be sure to check your swim group's Summer Schedule, as there may be changes from the Spring— including updated practice times or location changes.

Visit the website for updated group flyers or contact your coach if you need to confirm your summer practice details today! See you at the pool!

Swim Neptune Summer Team

School's out, and summer is the perfect time to try something new — or bring a friend along for the fun! Our Summer Swim Team is open to siblings, friends, and neighbors, especially those who play other sports during the school year.

Whether they're soccer stars, dancers, or basketball players, summer swimming is a great way to build endurance, stay active, and make new friends — all in a fun, low-pressure environment.

No year-round commitment needed — just a few weeks of sun, strokes, and team spirit! If they aren't quite ready for swim team we do offer swim lessons at Moon Valley.

Know someone who might be interested? Share the info and invite them to join us at the pool! For more info or to schedule an evaluation contact coachhelen@cox.net

Summer Dive is Back at Foothills!

Get ready to make a splash! Dive Neptune kicks off summer practices on Tuesdays, Wednesdays, and Thursdays starting June 3 at Foothills.

We're also offering a Summer Dive Camp in the mornings at Foothills — a great opportunity for new divers to build skills and confidence!

Register now for the morning Dive Camp at: www.SwimNeptuneSummerTeam.com

Note: Current Dive Neptune athletes do not need to sign up for the camp.

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!

The first bracket [8/1 – 1/31] of unworked volunteer hours and unfulfilled fundraising was billed at the end of Jan. If you have any questions, contact 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

Pre-Competitive Meets

TRIDENT MEET 1

JUNE 5
MOON VALLEY CC

TRIDENT MEET 2

JUNE 12
MOON VALLEY CC

TRIDENT MEET 3

JUNE 19
MOON VALLEY CC

EAST VALLEY SUMMER MEET 1

JUNE 14
CHANDLER HS

EAST VALLEY TRIDENT MEET 2

JUNE 28
CHANDLER HS



SWIM NEPTUNE

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