

# The Trident

SWIM NEPTUNE TEAM NEWSLETTER

OCTOBER 2025

INSTAGRAM @AZ\_SWIMNEPTUNE

## USA COMPETITIVE MEETS

**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

**AZ Senior Winter Open**  
Kino Jr. High  
January 16-19

**Age Group Dual Meet**  
Champs January 17-19

**Phil Levine Invitational**  
February 6-8

**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)



## WORD OF THE MONTH: SPORTSMANSHIP

*"A true champion is someone who respects their opponents and plays with integrity"*

### Why Sportsmanship Matters:

- Builds trust and respect within the team.
- Shows humility in victory and grace in defeat
- Reflects our values: integrity, accountability, and unity
- Sportsmanship is as important in practice as it is in competition
- Winning is a byproduct of who we are, not what we chase

### For Our Trident Level Swimmers:

Sportsmanship means showing respect to teammates, coaches, and competitors, both in and out of the pool. It's about doing your best, celebrating progress, and learning from every race—win or lose. Good sportsmanship includes cheering for others, being kind, and handling both success and setbacks with a positive attitude. At this level, it's less about winning and more about growing, supporting one another, and having fun.

### For Our Age Group Swimmers:

Sportsmanship means competing with integrity, respecting opponents, and representing their team with pride. It involves pushing yourself to perform your best while encouraging others to do the same—regardless of outcomes. True sportsmanship is shown by handling victories with humility, setbacks with resilience, and always supporting teammates. At this level, it's about character as much as competition.

### For Our Senior Swimmers:

Sportsmanship means holding themselves to high standards of respect, effort, and integrity both in and out of the pool. It's about competing fiercely while showing grace in both victory and defeat, and recognizing the hard work of teammates and rivals alike. At this level, true sportsmanship includes being a leader, modeling maturity, and contributing to a positive team culture. It reflects not just athletic ability, but personal character and accountability.

## ALCATRAZ/GOLDEN GATE BRIDGE SWIMS

**Join us at Bartlett Lake's Rattlesnake Cove starting at 10AM on Saturday October 4th.** We will kick things off with an information meeting and follow that immediately with a swim in the Cove. This is the only non-wetsuit swim.

Escape Your Limitations! The Neptune Swimming Foundation sponsors two legendary back-to-back open water swims scheduled for April 18/19, 2026. Alcatraz is a 1.4 mile swim from Alcatraz Island to San Francisco's Aquatic Park. Golden Gate is a 1.2 mile crossing under the Golden Gate Bridge. This is the 19th year we will take a group of swimmers age 98Up on this incredible aquatic adventure.

Full information on the swims and the program can be found [HERE](#)

Direct link to the sign up and registration [HERE](#)

## SWIM NEPTUNE PINK GEAR!

October is breast cancer awareness month! Join the fun at Swim Neptune and order your PINK Swim Neptune hoodie, shirt, and/or cap today! A portion of proceeds will go to a local nonprofit breast cancer awareness organization.

**TO ORDER:** [Sign to your Swim Neptune account](#), select EVENT tab, declare your athlete for the event just like you sign up for swim meets. **In the NOTES section let us know what you would like to order and the size you would like to order.**

**Hoodie size options are adult sizes only.** S, M, L, XL, 2XL. Hoodies are \$35

T-Shirt size options for **Youths** are YS, YM, YL and size options for **Adults** are S, M, L, XL, 2XL, 3XL. Shirts are \$20

Custom Swim Neptune Pink caps are \$15.

Order will be submitted on October 3, 2025.

## SWIM NEPTUNE CUSTOM CAP ORDER

We're placing another custom swim cap order, and now's your chance to get personalized caps for your swimmer! Custom caps are optional and in addition to the standard team caps included in your registration packet. Full details will be posted on the team website and an email blast sent out once it is finalized, but we expect the deadline to order to be in mid-October so be ready!

Check out all the details [here](#)

## EXPLORE THE SWIM NEPTUNE WEBSITE!

The [Team Publications Tab](#) has lots of information about Swim Neptune. Check the Team Documents section to learn more about Swim Neptune History, How to Sign Up for Swim Meets, Swim Meets at a Glance, the Race Challenge and much more!

## Winter is COMING! Dress for success!

Winter is COMING! After an Endless Summer the temperatures have finally dropped below 100 degrees and for people in Phoenix that means it's time to bundle up! Evenings are getting cold and we need to dress warmly! No more flip flops and t-shirts! To stay warm before and after practice wear a parka or warm coat, a hat and boots or sneakers. Get your cap and goggles on and all your swim gear together before you undress. Take off all those warm clothes and jump right in and start swimming. The water at 82 degrees is now warmer than the air! When practice is over reverse the process. Get out and quickly dry off. Put on the parka/coat, boots and hat and you are ready to go! The number one way to stay warm in the winter is to wear a swim cap in the water just like you wear a hat when you are out in the snow! Swim caps are a must in the winter! Another hint is to have warm water in your water bottle.

Parents, a great holiday gift is a parka if your swimmer does not already have one. Buy it big and it will last for years and years! Parkas are also great to have at meets as well as at practice! If you dress right you will be warm and can swim through the winter and we want to stay in the water through regionals and states! Parkas are available through the team store from EVS or you can order a parka of your choice online.

[Swim Neptune Team Store 2025 | East Valley Sports | powered by OrderMyGear](#)

## SWIM A THON

### Swim Neptune Swim-a-Thon – November 22–23

Get ready for Swim Neptune's biggest fundraiser of the year: the Swim-a-Thon, taking place the weekend of November 22–23 at your swimmer's practice site [exact date/time will be emailed by your coach]. This fun and rewarding event is a great way for all competitive swimmers to raise funds by swimming up to 200 lengths during a regular practice session, with donations collected as flat amounts or per length swum. Once your fundraising requirement is met, 75% of additional funds raised will be credited to your account—and Trident swimmers who choose to participate will receive 75% of all funds raised as a credit. To get started, log into your Swim Neptune account, click the Swim-a-Thon banner, and set up your personal fundraising page. Need help? Watch the help video and check out the My Event Fundraising section when logged in—or email us at [swimneptune@gmail.com](mailto:swimneptune@gmail.com). Let's make a splash for our team!

## COMPETITIVE TEAM REQUIREMENTS

The first half [8/1-1/31] of any unworked Volunteer hours and/or Fundraising not completed will be billed at the end of January to be paid on February 1st. If you have questions or requests, please 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 group families have 16 hours]. It is the responsibility of all 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 in US Dive, AAU and local Recreational diving competitions. The Dive Neptune season ends in early November. Practices are currently available 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 or Coach Sarah 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 early February. DIVERS DO NOT RENEW for the 2026 SEASON UNTIL JANUARY!**

## Trident/Developmental Meet Schedule

**September 14**

[MVCC]

Register by 9/12/25

**September 27**

[Chandler HS]

Register by 9/24/25

**October 5**

[MVCC]

**October 26**

[MVCC]

**November 1**

[Chandler HS]

**November 15-16**  
**Fall Trident Champs**

[MVCC]

**December 14**

[MVCC]

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## SWIM NEPTUNE WEATHER POLICY

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.

[Full Weather Policy Here](#)



## SWIM NEPTUNE

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