

# The Trident

SWIM NEPTUNE TEAM NEWSLETTER

SEPTEMBER 2025

INSTAGRAM @AZ\_SWIMNEPTUNE

## USA COMPETITIVE MEETS

### Herculean Invitational

Skyline HS, Mesa  
September 5-7  
*Register by 8/26/25*

### Welcome to Fall

MVCC September 27-28  
*Register by 9/17/25*

### 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

**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: Resilience

*Building Strength in and out of the Water*

This month, our team is focusing on a powerful word: **Resilience**: the ability to bounce back from challenges, adapt to adversity, and keep pushing forward with determination.

Whether you're just learning how to streamline or you're chasing championship cuts, resilience is essential at every stage of a swimmer's journey.

#### For Our Trident Level Swimmers:

Learning to swim isn't always smooth. It takes patience to kick, breathe, and move all at once! Especially with four different stroke to learn. Mistakes and frustration are part of the process. Resilience means showing up again after a tough practice or pushing through the fear of trying something new.

#### For Our Age Group Swimmers:

As your skills grow, so do your goals. You may face plateaus or feel stuck trying to drop time. Resilience here means trusting the process, staying consistent, and believing that growth comes with time and effort, even when progress might feel slow.

#### For Our Senior Swimmers:

At the elite level, setbacks can be even more intense. This can be missed cuts, close finishes, or tough races. Resilience is what helps you refocus, reframe failure as feedback, and return to the pool more motivated than ever. *Resilient swimmers don't avoid struggle—they grow from it. This month, notice the moments that test you, and challenge yourself to bounce back stronger. We will embody resilience together; stroke by stroke, set by set.*

#### TEAM WELCOME PARTY

Join us on Saturday, August 30 from 6:00-7:30pm at Moon Valley Country Club 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. There is no charge for this event. Log in to your Swim Neptune account to sign up under Events so there is enough food for everyone!

#### TEAM RENEWAL REMINDER!

Swim Neptune team wide annual renewal started August 2 at <http://www.SwimNeptune.com>! Your swimmer's status was set to "Waiting for Approval" until Registration Renewal is completed. 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 unless you complete the renewal registration online. Swimmers must be renewed in order to sign up for swim meets! To renew: Log in to your Swim Neptune account and from the home page, click on the Team Registration Portal.

#### SWIM NEPTUNE DUES BILLING INFORMATION

Swim Neptune reviews the fee structure each year to determine if operational costs and revenue are in reasonable balance. The cumulative effect of inflation over the past few years and significant increases in pool costs has seriously impacted all expense categories for the team. Dues billing has been reviewed for each practice group and each practice location to take into consideration its unique situation. Factors include time in water, costs associated with each location and time since last significant dues increase. Dues increases for returning swimmers will take effect on September 1. To check your dues rate, click on Dues Schedule on the top menu bar of your Account screen. There has been no change in the fundraising or volunteer requirements.

#### ALCATRAZ/GOLDEN GATE BRIDGE SWIMS

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 9&Up on this incredible aquatic adventure. 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.

#### 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!**

#### 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.

#### TEAM STORE AND TEAM SPIRIT 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

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.

#### 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!

## 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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Contact:  
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