



2019

100% TUNA SAFE

PRACTICE SCHEDULE

Arrowhead Dolphins practice at
Arrowhead Pool

Tuesday through Friday

5½ to 8 yrs 8:00-8:50 a.m.

9 to 11 yrs 7:00-7:50 a.m.

12 to 18 yrs 6:00-6:50 a.m.

Practice begins June 4

IMPORTANT: Swimmers are asked to arrive 10 minutes early for practice to stretch and warm-up. Attendance and participation at practice is highly recommended, but not mandatory.

** There will be no practice or meet the week of July 1-6*

VOLUNTEERS

The success of home meets rely heavily on parent volunteers. The volunteers are responsible for filling positions such as: clerk of the course, timers, judges, starters, etc.. Training will be provided during the inter-squad meet.

SWIM MEET SCHEDULE

INTER-SQUAD MEET

June 8

Home Meet at Arrowhead Pool

HOME VS STING RAYS

June 15

Home Meet at Arrowhead Pool

AWAY VS. SEA LIONS

June 22

Away Meet at Arrowhead Pool

AWAY VS HAMMERHEADS

June 29

Away Meet at Nozomi Aquatic Center

AWAY VS STING RAYS

July 13

Away Meet at Mesquite Groves Aquatic Center

ALL CITY MEET

July 20

Away Meet at Mesquite Groves Aquatic Center vs all teams

IMPORTANT DATES

Wednesday June 5 from 6:30-9:30 a.m. - Swim Suit/T-shirt Fittings. You can also view and order shirts and suits through East Valley Sports.

Thursday, June 13—Team and Individual pictures. All swimmers are asked to be at Arrowhead Pool at 6:45 a.m. Practice will be conducted on picture day.

** Team suits and t-shirts are optional*

COACHING STAFF

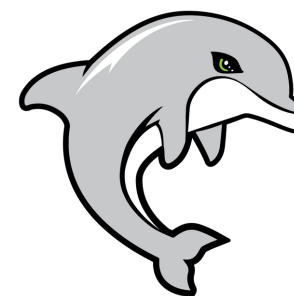
Head Coach - Denise Underwood

Assistant Coach - Connor McAuliffe

Coaches' Aide - Zach Mendoza

Coaches' Aide - Edda Anderson

Coaches' Aide - TBD



SWIM TEAM PARTY

Saturday, July 20 from 6:30 - 9:30 p.m.
at
Mesquite Groves Aquatic Center