



2026 Swimming & Diving Team

Aquatics Program Mission Statement

The Salt Lake Tennis & Health Club is dedicated to providing a happy, safe, and child-friendly environment. We promote character development and personal improvement while emphasizing fun, sportsmanship, technique, and physical conditioning in an Aquatic environment.

Swim & Dive Team Overview

Swimming Team Registration-- (opens March 2 to returning athletes and March 16 to NEW participants).

Our Swim Team consists of varying ability levels—from beginner to elite. It is designed to condition young swimmers, teach and refine stroke techniques, provide opportunities for competition, and build character in young athletes. Success is measured in multiple ways: individual improvement, stroke and skill development, speed, enjoyment of the sport, and achievement of an athlete's personal goals. Swim Team is organized into four workout groups to provide for participation congruent with a swimmer's age, level of interest, ability, and technical level.

Prerequisites: Ages 5-17; capable of swimming 25-yards freestyle AND 25 yards backstroke.

Diving Team Registration--(opens March 3 to returning athletes and March 17 to NEW participants)

Diving Team is designed to provide the instruction, practice, and repetition required to master a range of competition-specific dives. Dive Team invites divers of all ability levels, as long as prerequisites are met. Coaches measure success in terms of a diver's progress in relationship to personal goals and aspirations. Dive Team is organized into three workout groups to allow children to participate at levels congruent with their age, ability, and skill level. We also have a pre-Competitive Team for newer divers who hope to acquire the skills needed to participate on the team.

Prerequisites: Ages 5-17; capable of an unassisted forward dive and back dive.
ALL Divers must pass off a skills checklist to be granted a spot on the Dive Team.

***In accordance with the Utah Country Club Swim & Dive League By-Laws, ALL athletes participating on the Swim and Dive Teams must have Family Memberships at the Salt Lake Tennis & Health Club.**

2026 Swim & Dive Team Registration & Required Forms

It is recommended that swimmers and divers register early for Team. Registration will be accepted at the Front Desk until May 30th, or until full, whichever comes first. Returning team members are given priority registration starting March 2. On March 16, remaining space (if any) will be filled with new applicants. Registration requires completion of the following forms:

- Utah Country Club Swim & Dive League **Code of Conduct Form** (one per family)
- Utah Country Club Swim & Dive League **2026 Registration Form** (one per family)
- Salt Lake Tennis & Health Club Family Volunteer Contract

Swim & Dive Team Rates*

Swimming OR Diving Team Individual	\$395
Swim or Dive Team Family (3+ from same family)	\$1110
Individual Combination Swim AND Dive Team	\$495
Family Combination Swim AND Dive Team (3+)	\$1310

2026 Meet Participation and Volunteer Contract:

Swimmers are required to participate in a minimum of three (3) dual meets to be eligible for Conference. This is a League Eligibility standard that is observed by all teams in the League. Divers are required to participate in a minimum of two (2) League Dual Meets. Swimmers participating on our team are also required to participate in one (1) of the three(3) Time Trials we hold during the season. This is a Team requirement, and it is an excellent opportunity for swimmers to compete in strokes they may not get to swim at dual meets, where we have limited spots. The nature of this team is to prepare swimmers and divers for competition, and if a child is not interested in competition, our Swim Lesson program would be a better fit for them.

Our wonderful parents help keep our team running! Swim and Dive Team Families are required to provide a volunteer at ONE MEET per athlete participating in the program, as well as ONE additional volunteer commitment per family. Our volunteer Coordinator, Amy Johnson, will arrange the volunteer opportunities and she uses Sign-Up Genius for them. We are so grateful to Amy and our many willing volunteers and could not run our swim meets without you!

Athletes who fail to show up for a meet for which they have signed up will be charged a \$25 fee by the Salt Lake Tennis & Health Club, and removed from relays in consecutive meets. Parents who fail to show up for a meet they are scheduled to volunteer must pay a \$25 service fee.

2026 Swim Team Practice Schedule

Swimming Schedule (Monday-Friday, excluding holidays):

Pre-Season (begins May 11)

4:15-5:15 pm Gold (ages 12&up)
5:15-6:00 pm Silver (ages 9-12)
6:00-6:30 pm Bronze (ages 7-9)
6:30-7:00 pm 7&U Team (NEW swimmers)

Morning Schedule (June 1-July 23, Monday-Friday):

7:00-8:30 am Gold (ages 12 & older)
8:30-9:30 am Silver (ages 9-12)
9:30-10:15 am Bronze (ages 9 & under)
10:15-10:45 am 7&U Team
(Conference Championship Qualifiers will continue through July 29, 2026)

2026 Diving Practice Schedule:

Pre-Season(begins May 18, Monday-Friday, excluding holidays):

4:45-5:15pm ages 12 & under
5:15-5:45 pm ages 12 & older
6:00-6:30 pm pre-comp team

Morning Schedule (June 1-July 23):

8:00-8:30 am ages Silver 1 (ages 9-12)
8:30-9:15 am Gold (ages 12&Older)
9:30-10:05 am Silver 2 (ages 9-12)
10:15-10:45 am Bronze (9&U)
10:45-11:15 7&U Team/pre-competitive team
(Conference Qualifiers will continue through Monday, July 27, 2026)

2026 Swim & Dive Team Competition Times

All Country Club meets start at the same time. Please take care to arrive early.

Dive Meet Schedule*

3:00-3:15 pm Diver Check-In with Coach
3:15-4:00 pm Dive tank open for Warm-Up
4:00-5:00pm Dive Competition

Swim Meet Schedule*

4:30-5:00 pm Swimmer Check-In with Coach
5:00-5:25 pm Swimmer Warm-Up
5:30-8:30 pm Swim Competition

Club Time Trial Meet Schedule**

Saturday Morning:

8:30-9:00 am Swimmer Warm-Up
9:00-11:00 am Competition

SWIM TEAM REQUIRED EQUIPMENT

1. Competition swimsuit: Swimmers can wear their team suit to practice OR another competitive-style suit. Leisure swimwear and swim trunks hinder the progress of competitive swimmers and are not acceptable for practice. All major competitive suit retailers (Speedo, Tyr, Arena, Dolfin, etc) make suits in polyester fibers that last much longer than lycra.

We will place an order for Team Suits during April.

2. Goggles: A good pair of goggles that do not leak is imperative. I recommend the Speedo brand. Smaller faces need smaller goggles; and typically a cheap price indicates a cheap goggle. One set can last the entire season. You can find a decent pair for around \$25 and we try to keep them stocked at the front desk in the summer also.

3. Swim Fins: Competitive swim fins (not scuba fins) will be used this summer in training. The club has several sets in various sizes, but the only way to ensure that your swimmer has a pair in the right size to use is to provide their own.

4. Swim Cap: Swim caps protect hair, keep goggles in place, and keep hair from interfering with vision. Some swimmers who have very short hair may go without, but we recommend them for all swimmers. Team caps are available at the front desk for \$25.

Swimmers are to bring their gear with them to each practice; PLEASE LABEL EVERYTHING!

COMMUNICATION: Please add tennisclubswimteam@gmail.com to your Contacts. This is the best email to use to contact Coach Julie; it is also managed by Coach Kristin. If at any time you suspect you are not receiving team emails, feel free to send an email to this inbox and request to be added. We do our best to update and add new email addresses, but sometimes one gets missed; additionally, sometimes the emails show up in the Spam folder when people go searching!

SWIM TEAM ENRICHMENT LESSONS

STROKE DEVELOPMENT: (10:15-10:45 am)

All Swimmers who have not mastered all four competitive strokes are required to enroll for at least ONE session of Stroke Development Lessons. These lessons are taught by the Team Coaches and enable more individualized instruction for swimmers to learn the specific skills needed to prepare and compete in each of the four competitive strokes.

This registration is completed at the Front Desk and is in addition to swim team registration.

Swim team enrichment lessons will be offered through June 27.

UTAH COUNTRY CLUB SWIM & DIVE LEAGUE

2026 REGISTRATION FORM

PLEASE PRINT. THIS FORM MUST BE FILLED OUT COMPLETELY!

Member

Name: _____

Club

Name: Salt Lake Tennis & Health Club

Membership # _____

Type of Membership (*circle one*)

Family

Relationship to Member: Child

Participants (*one form/family*)

Last Name	First Name	Date of Birth	Sex (M/F)	Category (<i>circle one</i>)	USA Swimmer? Team	T-shirt size
				swim dive both		
				swim dive both		
				swim dive both		
				swim dive both		

Parent/Guardian

Name(s): _____

Phone

(c): _____ Phone(h) _____ Phone (w) _____

Address _____ City _____ Zip _____

E-mail Address _____

Emergency Contact _____ Phone _____

Assumption of Risk/Liability Release

I/We certify that the above information is correct and give permission for those listed above to participate in this year's activities. In the event my children are photographed at a meet, the Utah Country Club Swim & Dive League may use the image in published formats for league purposes.

I/We agree to indemnify or hold harmless the League, its Officers, Board of Directors or Agents, of any claim, damages or responsibility for the health or safety of said participants, or for the damages or loss of any personal property of such while traveling to or from, or participating in any regularly scheduled meet.

I/We also agree to comply with the League By-Laws, Guidelines and Code of Conduct as set forth by the League.

I/We hereby authorize the League, its Officers, Coaches or Agents to act on my behalf in accordance with their best judgment in case of emergency.

I/We assume responsibility for all medical expenses that may arise there from.

By signing this Assumption of Risk/Liability Release statement, I/We acknowledge that I/We have read its contents and disclosure, that I/We understand its contents and disclosure and agree to its terms

Parent/Guardian Signature _____ Date ____/____/2026

UTAH COUNTRY CLUB SWIM & DIVE LEAGUE

CODE OF CONDUCT

REVISED AND EFFECTIVE AS OF APRIL 17, 2006

Though it is assumed that everyone participating in this league understands the necessity of modeling the highest in athletic and sportsmanship standards, in recent years there have been incidents of misconduct. The purpose of this Code of Conduct is: 1) to clearly state the standards which must be met by coaches, parents and athletes during all swim and/or dive meets and 2) to make clear the consequences of any misbehavior.

The atmosphere during a meet should not only be competitive, but remain a positive experience for all. The following will not be tolerated:

1. Swearing or other foul language
2. Verbal abuse, taunting and any other behavior deemed inappropriate by meet officials
3. Any form of physical abuse
4. Interference with or disrespect of the director, judges, referees or lifeguards. Their decisions are final.

Protests should be done following the procedures outlined in Conference Championship Rules; Section V, Part 3 (for swimming), Part 5 (for diving). Discipline will be enforced at the discretion of the meet director, head referee or judge for the event.

Repercussions may include, but are not limited to, the following:

1. The meet may be stopped temporarily and the director, head referee or judge will politely ask the offending coach, parent or athlete to remove him or herself from the pool area in order to continue the meet.
2. If a coach is asked to remove him or herself, he or she can be replaced by another coach. The coach that has been ejected cannot participate in any subsequent coaches' meeting at that event. Only another coach, selected by that team, may attend the coaches' meeting.
3. If a parent or fan is involved, they will be instructed to leave the meet.
4. If an athlete is involved, the judge or referee will determine if the athlete will continue in the competition. If the athlete is ejected from the competition, he or she cannot be replaced by a teammate. The athlete will not be allowed back into the meet that day.

The team will not be punished with point deduction for inappropriate behavior.

This document must be signed by everyone listed below to affirm they have read and understand the Code of Conduct. Please attach to the athlete's registration.

Team: Salt Lake Tennis & Health Club

Team Rep: _____

Date: _____

3/1/26

Swim Coach: Julie Tate

Date: _____

Dive Coach: _____

Date: _____

Parent: _____

Date: _____

Athlete: _____

Date: _____

Athlete: _____

Date: _____

Athlete: _____

Date: _____

Athlete: _____

Date: _____