



# SUMMER 2026 INFORMATION PACKET

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## **WELCOME TO SUNSET HILLS SWIM AND DIVE TEAM**

We are excited for the Summer 2026 season to begin! Our team will yield over 250 athletes, and we cannot wait to return to the pool!

Registration for the '26 summer session will open for returning swimmers on **March 28 @ 9 AM**

Registration for the '26 summer session will open for new swimmers on **April 11 @ 9 AM**

[To register, please visit our team unify website](#)

Our season will officially begin on **Monday, June 1st, and run through July 17th (swim finals)**. Practices run daily, Monday through Friday, mornings. There are four scheduled swim and dive meets throughout the season for swimmers and divers to compete against other area teams. Swimmers and divers are encouraged to attend as many practices and meets as possible.

Whether you are a seasoned veteran or new to the team, please use this information packet to familiarize yourself with how the team functions and expectations for both swimmers and families.

Go SUPER Sunset!

## AGE GROUPS & PRACTICE TIMES

### SWIM TEAM

Sunset Hills Swim and Dive Team offers training and practice groups for swimmers of all ages and ability levels. It is the goal of the Sunset Hills Swim and Dive Team to offer age-specific training for all of our athletes geared towards challenging each individual and developing each swimmer to the best of THEIR abilities.

#### AGE GROUP EXPECTATIONS

<b>6 and under</b>	This is our entry-level group. <b>Swimmers in this group must complete at least a 25-yard freestyle unassisted in less than 2 minutes and swim 15 yards of backstroke unassisted after week 2 of the season.</b> If swimmers cannot swim 25 yards freestyle unassisted by the start of summer, please enroll them in the Swim Academy (spaces are limited) or other swim lessons.
<b>7 - 8 year-olds</b>	Athletes in this group focus mainly on learning four legal competitive strokes and starting and finishing techniques.
<b>9 - 10 year-olds</b>	Athletes in this group are exposed to training for the first time. Swimmers are introduced to flip turns, IM turns, drills, and relay starts. Stroke technique becomes a focus at this age. Athletes in this group train for the 100-yard Individual Medley. Competing at swim meets is highly encouraged.
<b>11 - 12 year- olds</b>	Athletes entering this group must display a desire to begin training on a more committed basis. Competition at swim meets is expected in this group. Training precedes technique work for the first time in the athlete's development. Athletes in this group train for the 50-yard freestyle, 50-yard backstroke, 50-yard breaststroke, 50-yard butterfly, and 100-yard Individual Medley.
<b>13 -14 year- olds</b>	Athletes entering this group must display a strong desire to perform at the highest level they are capable of. Training is geared towards individual talents, although a strong aerobic endurance factor is present.
<b>15 - 18 year-olds</b>	The training load is increased for athletes in the oldest group. The hold technique at the higher load is the primary focus.

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**DAILY SWIM PRACTICE TIMES - SUMMER 2026**

<b>Day</b>	<b>Time</b>	<b>Age Group</b>
Monday - Friday	7:00 - 7:50 AM	13 and over
Monday - Friday	7:50 - 8:35 AM	10-12 year-olds
Monday - Friday	8:40 - 9:20 AM	8-9 year-olds
Monday - Friday	9:20 - 9:55 AM	7 and under

**WEEKLY EVENING PRACTICES**

MONDAY & THURSDAY	7:00 - 7:45 pm	Ages 11-up
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**\*Please do not attend both morning and evening practices**

**NOTE: There will be no practices on July 2nd and July 3rd.**

Your swimmer must attend the appropriate age group practice unless given prior approval from their coach. When swimmers switch groups and are not able to keep up with the pace of practice, it can impede other swimmers' practices.

Swimmers are encouraged to attend practice daily so they can see improvements in their form and meet times throughout the summer! We understand that summer is a busy time, and families have vacations and other events going on. There is no penalty for missing practices, but getting to as many practices as possible is highly encouraged!

We do hold practice on days that we have swim meets. Generally, during these practices, we will work on starts, finishes, flip turns (for swimmers 11 and up), and relay transitions.

SWIM ACADEMY

**Swim Academy will be available on a limited basis. There will only be one Swim Academy session running from 9:15-9:45 AM.**

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## **DIVE TEAM**

The dive team is for athletes ages 7-18 who want to become better divers. Please reference the criteria below about dive team requirements:

Criteria to be in the program:

- Ages 7-18
- Must be able to swim one length of the pool unassisted in less than 2 minutes
- Must be able to tread water for 2 minutes
- Must be able to jump off the diving board unassisted and swim to the side of the pool
- Must be able to complete a front dive with approach.

This year, there will be a 6 divers per group maximum.

### **DAILY DIVE PRACTICE TIMES - SUMMER 2026**

<b>Day</b>	<b>Time</b>	<b>Age Group</b>
Monday - Friday	7:00 - 7:50 am	10-12 year-olds
Monday - Friday	7:50 - 8:35 am	13 and over
Monday - Friday	8:40 - 9:20 am	7-year-olds
Monday - Friday	9:20 - 9:55 am	8-9 year-olds

### **WEEKLY EVENING PRACTICES**

MONDAY & THURSDAY	7:00-8:15 pm	Skill qualifier: must be practicing flips and twists
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## **TEAM COMMUNICATION:**

**Facebook Page: Sunset Hills Swim and Dive Team**

**SE Motion-Team Unify (registration/swim meet commitments/updates)**

**Add your cell number to receive text messages from the team:**

**Adding your phone # from the website:**

**Log into your team SEMotion account:**

**<https://www.gomotionapp.com/team/reczzcshmo/page/home>**

**Click your name/profile (top right) and select My Account/settings**

**Hover over “My Account” on the left and click “Account Info” from the menu**

**Under “Account Contact Information” enter a cell phone # in the “Mobile/SMS” field**

**Click “Verify Mobile” then consent to the pop-up and click “send mobile verification” Accept the text message sent to your phone.**

**There is a field to add a second cell # if desired.**

## SWIM & DIVE MEETS

Swim and Dive meet dates for the Summer 2026 Season are listed below:

Wednesday, June 10	2:30 pm - Dive 6:00 pm - Swim	@ Sunset Hills vs. Ballwin @ Sunset Hills vs. Ballwin
Tuesday, June 16	3:00 pm - Dive 6:00 pm - Swim	vs. Chesterfield/Clayton vs. Chesterfield
Wednesday, June 24	2:30 pm - Dive 6:00 pm - Swim	@ Sunset Hills vs. Crestwood @ Sunset Hills vs Crestwood
Tuesday June 30	2:30 pm - Dive 6:00 pm - Swim	@ Sunset Hills vs. Kirkwood @ Sunset Hills vs. Kirkwood

All participants of swim meets MUST declare their swimmer on Team Unify as attending or declining the event. We will send out communication about declaring deadlines. It is SO IMPORTANT for parents to declare by the deadline so the coaches can establish the lineups and heats for each meet.

**For all dual meets, swimmers should be at the pool, suited up, and ready for warm-ups at 5:15 pm.**

## PRELIMS & FINALS

All swimmers have the opportunity to qualify for the conference finals by participating in a preliminary meet. If a swimmer scores in the top 18 for any event, they qualify for the conference final meet

Friday, July 10	Dive Finals - 11 & Older	@ Clayton
Saturday, July 11	Dive Finals - 10 & Under	@ Clayton
Monday, July 13 **Rain Date July 15	Swim Prelims, 11 & Older	@ Kirkwood (time TBD)
Tuesday, July 14 **Rain Date July 15	Swim Prelims, 10 & Under	@ Kirkwood (time TBD)
Thursday, July 16 **Rain Date July 17	Swim Finals (all ages)	@ Webster 6:00 PM

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## SWIM MEETS 101

Swim and Dive meets are a great family experience. They're a place where the whole family can spend time together! If you are new to swimming and have never experienced a meet before, you might find [this explanation](#) handy!

### What To Bring:

- Team suit/swimsuit
- Swim cap (swimmers will receive a team swim cap)
- Goggles (recommended to have 2 pairs)
- 2 towels (more if necessary)
- Something to sit on (kids usually sit on a blanket or towel in the bullpen; spectators may want to bring chairs)
- Sweatshirt/sweatpants (swimmers get cold when the sun goes down!)
- Games: travel games, coloring books, books, anything to pass the time so the swimmers aren't bored in the bullpen throughout the meet.
- Healthy snacks
- Water bottles

Parking is bad at the meets. Sunset Hills has worked on a partnership with First Community Credit Union for additional parking. Please be extremely careful crossing West Watson if you choose this option. An additional option for home meets is to ride the shuttle from South County Tech to the pool. Please allow plenty of time! Also, please note that swim meets can be long. A meet may last 4-5 hours (including warm-ups).

## DIVE MEET INFORMATION

### Dive Meet Exhibitions

Each dive team is allowed to field three divers for each sex per age group. The team is allowed four exhibition divers for the entire meet. We will attempt to work with the other teams to "waive" the limit on exhibition divers when possible. However, when this is not possible, the three official entries will be at the coach's discretion, in addition to diver availability. We ask that divers mark their availability for all dive meets in the beginning of the season. We will try our best to get divers in as many meets as possible.

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## VOLUNTEER REQUIREMENTS

Unlike many sports, swimming and diving are parent/volunteer-run sports. All meets and functions are run by our volunteers. Our parents and volunteers are the heartbeat of our team! We thank you for your support and your hard work to ensure that each swimmer and diver has an amazing experience!

- The work requirement applies to all families. If your swimmer or diver does not participate in meets, the work requirement still applies. Click here for additional [information](#).
- You are allowed to have a trusted adult as a substitute if needed.
- Jobs are for the duration of the event unless shift times are specified.
- **Job sign-up will open on May 23rd @ 9 AM**

### **Swim Meets, Dive Meets, Swim Prelims, and Social Events**

All families with a swimmer or diver on the Team must sign up for and complete **three** jobs.

Families who only have a swimmer in Swim Academy must complete **two** jobs.

*Additional job requirements will apply to families of Swim Finalists at the Finals Meet*

These can be any combination of swim meets, dive meets, swim prelims, dive conferences/finals, social events, or other events that require volunteers. If you work one job at a Swim Meet, Dive Meet, or Social/Other Event, you will receive credit for one job worked.

### **Double credit jobs**

If you work one job at Swim Prelims, Dive Conferences/ Finals, or as Bullpen Corral Master (experienced swim team parent) at a swim meet, you will receive credit for two jobs worked.

### **Signing up for a job**

To volunteer, please click the "Job Signup" button next to the event you would like to volunteer at on our Team Unify/SportEngine site. Then, choose your job from the list of jobs. When signing up, please provide the name of the family member volunteering and their contact number when signing up.

### **Failure to complete job assignments**

Failure to complete job assignments will result in your credit card on file being charged up to \$600 during the first week of August (\$200 for each unfulfilled job).

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## TEAM SUITS & APPAREL

(year 1 of 2)

Sunset Hills Swim and Dive Team will be using the Speedo Petal Poly green swimsuit as our team suits this season. Team suits are not required, but many swimmers opt to get them to feel part of the team. All team suits can be purchased from B&B Aquatics, located on Manchester Road. Year 1 of 2. Each swimmer will receive a swim cap from the team.

**\$48.00**



**\$40.50**

