

AquaStarz



DAVIS



Let's Dive In!

Including Photos by © Jim Rokop

What is Synchronized Swimming?

Synchronized Swimming (also known as Artistic Swimming) is an aquatic sport that combines swimming, dance and gymnastics skills into one breathtaking sport.





Who are the AquaStarz?

The Davis AquaStarz is a non-profit recreational swim team whose mission is to produce high caliber, goal-oriented young people through a curriculum that emphasizes the development of technical, physical and mental ability, creative movement to music, and cooperative functioning as a team member.



Membership Options

Swimmers may be enrolled in one of the following options (subject to change):

- **Full Season:** 3-5 days/week*, March 1- July 20
- **Juniors:** 2 days/week (tentatively Mon/Wed) June 9-July 9, plus participation in our Annual Show & rehearsal on July 10-12
- **Juniors Plus:** 4 Saturday mornings (May 17, 24, 31 and June 7), in addition to the Juniors schedule above

**Starts at 3 days/week for all swimmers and increases in late April depending on swimmer level and number of assigned routines*

Juniors & Juniors PLUS Programs

- The Juniors program is designed for swimmers ages 5-10 (although we will accept older swimmers) who want to try the sport of synchronized swimming.
- The program begins the first week of summer vacation and ends after the AquaStarz Show in July.
- Participants attend 2 practices per week (tentatively Mon/Wed) in order to learn some basic Synchronized Swimming skills and a routine to perform at the dress rehearsal and show.
- We've also added a Juniors PLUS program that will extend the Juniors experience into May with 4 Saturday morning practices leading up to the start of traditional Juniors.

Tentative 2025 Juniors Schedule

Juniors: June 9 – July 12

Mon/Wed, 7:00-8:15pm

July 10 – Dress Rehearsal (time TBA)
July 11 & 12 – Show (times TBA)

Juniors PLUS: May 17 – July 12

Saturdays only May 17 – June 7, 9:00-10:15am

PLUS, the Juniors schedule above for June 9 – July 12

Full Season Program

A Full Season with the AquaStarz is made up of the following:

- Practices 3-5 days/week (depending on level) in March-July
- 4 Dual Meets in May/June
- 2-Night Show in July
- 2-Day Championship Competition in July

Tentative 2025 SPRING Schedule*

Novice (First-Year Swimmers):
March 1 – June 14

Tue/Thu, 6:30-7:30pm
Sat, 10:30am-12:00pm
(Sat will change to 9:00-10:30am the first or second Sat in May, TBA)

Intermediate: March 1 – June 14

Tue/Thu, 6:30-8:30pm
Sat, 10:30am-1:15pm
(Sat will change to 9:00am-12:00pm the first or second Sat in May, TBA)

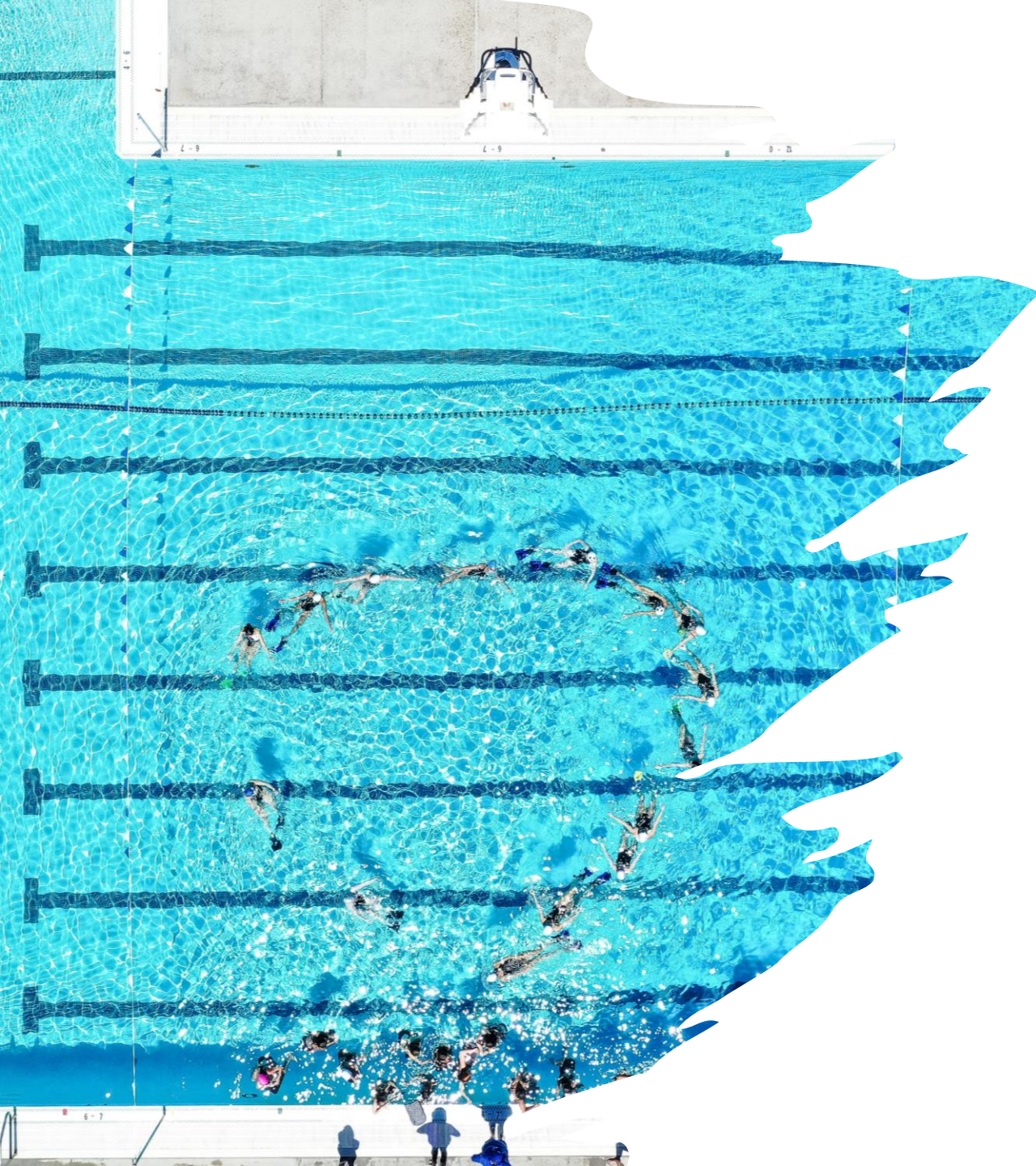
***SUMMER Schedule** (June 16-July 20) is TBA. In late Spring (end of April) routine practices will be added to the above schedule.



Levels

(Full Season Members)

- All swimmers join the team at the **Novice** level.
- Novice swimmers can move up to the **Intermediate** level by placing at a certain level in the previous season's competitions (pending coach approval).



Locations (Full Season Members)

- The season starts with all practices at **Arroyo Pool**.
- Once school gets out, weeknight practices may move to **Community Pool** and shift to later hours. Location/times for summer practices is TBA.
- Practices prior to Summer break may also move to other pools. Parents will be well informed of practice location changes.
- Meets and Championships take place at various pools in the greater Sacramento area.

Dual Meets (Full Season Members)

- **Dual Meets** are competitions between two teams and generally take place on a weekday evening or Saturday morning.
- These meets focus primarily on individual competition in **Figures**.
- Limited routines will compete at the Dual Meets.
- **Who participates?** All swimmers that can perform the necessary figures for the meet are eligible to participate in meets. Registration for figure competition at each meet is limited to 40 swimmers per team. Coaches make the final decision regarding competition rosters.



AquaStarz Show

(Full Season Members & Juniors)

- **The Annual Show** takes place on 2 evenings in July (Fri, July 11 & Sat, July 12), which a mandatory dress rehearsal the Thursday before (July 10).
- This major event offers our swimmers an opportunity to show their friends, family and community what they have worked so hard to achieve. All Full Season team members and Juniors swimmers participate in the show, showing off the routines that they have learned throughout the season. The Annual Show is for everyone and is the team's biggest fundraiser.





Champs (Full Season Members)

- **Championships** will take place on the evening of Friday, July 18 and all day Sunday, July 20.
- Champs is the culmination of the entire season. All 5 teams in the league come together to compete in both individual Figures and Routines.
- **Who participates?** All swimmers that competed in 2 Dual Meets are eligible to participate in the figure portion. Figure and Routine entries are limited per team. Not all swimmers will compete in routines. Coaches make the final decision regarding figure and routine entries.



What are Figures?

- Figures are **brief combinations of basic compulsory movements** that all swimmers must learn in order to compete in synchronized swimming.
- These movements are performed in front of a **panel of 5 league-trained, volunteer parent judges**. The judges score swimmers on a 1-10 scale on 4 figures. Scores are combined to place swimmers within their age group.

What are Routines?

- **Routines** are set to music and provide swimmers the chance to not only show their technical skill, but to perform. **What types of routines are there?**

Swimmers compete in different groups based on age and level. Routines types include Solos, Duets, Trios, Team routines (4-8 swimmers), or Combo routines (4-10 swimmers).

- **How are swimmers chosen for routines?**

The coaches decide who will be in routines each season based on swimmer level and availability.



A swimmer wearing a blue swim cap and goggles is swimming underwater. The water is clear and blue, with some bubbles visible. The swimmer's mouth is open, and they appear to be breathing or shouting.

Equipment

Swimmers need to have the following equipment for the season:

- Goggles
- Nose Clip
- Swim Cap (any for practice)
- Yoga Mat (optional)
- White Cap & Black Swimsuit (for figure competition)
- Routine Suits & Head Pieces (routine swimmers only)



2025 Season Overview*

February 23: Full Season Registration Closes ★

March 1: Practice Begins ★

March 8: All Team Parent Meeting ★

April 28: Begin Routine Learning (practice/week will increase) ★

May 17: Juniors PLUS begins (continues for 4 Saturdays)

May 30: Dual Meet in Sacramento ★

June 4: Dual Meet in Davis ★

June 9: Juniors Begins (Mon/Wed through the Show)

June 11: Dual Meet in Davis ★

June 16: Practice times change to Summer Schedule ★

June 20: Dual Meet in Citrus Heights ★

July 10: Show Dress Rehearsal

July 11 & 12: Show

July 18: Championships Figures in Auburn ★

July 19: Mandatory practice for competition routines ★

July 20: Championships Routines in Sunrise (Citrus Heights) ★

**Dates Subject to change ★Applies to Full Season Members Only*



Registration

Registration for the 2025 Full Season will **close on February 23.**

Registration for the 2025 Juniors Program is TBA.

Visit **AquaStarz.org** to register

Questions?

Email **aquastarzweb@gmail.com**



A black and white photograph taken from an underwater perspective in a swimming pool. Several swimmers are visible, mostly upside down, with their heads and arms near the surface. Lane lines are visible across the pool. The text "See you at the pool!" is overlaid in white, with a wavy underline. A logo is in the bottom left corner.

See you at the pool!