

Dive into Excellence with Rocky Mountain Splash Artistic Swimming

Where Creativity Meets Athleticism in the Pool

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We are beyond excited to introduce you to the Rocky Mountain Splash Artistic Swimming Team, where athleticism meets creativity, and teamwork creates something truly spectacular! Whether your athlete is just beginning their artistic swimming journey or has already dipped their toes into the water, we can't wait to show you all the incredible experiences that await.

At Rocky Mountain Splash, we believe that artistic swimming is so much more than a sport—it's an opportunity to grow both in and out of the water. It's where athletes challenge themselves, master the beauty of synchronized movement, and learn the value of teamwork. Your athlete will develop not only the technical skills needed to shine in competitions but also life skills like dedication, perseverance, and confidence, all while having a blast with teammates who quickly become like family.

Our dedicated coaching staff works closely with each athlete to ensure they reach their full potential, all in a supportive and positive environment. Whether your child is perfecting their skills, nailing figures, or learning choreography, we strive to make each practice an engaging and rewarding experience.

In addition to the fun and challenges in the pool, we know how important it is for families to stay informed and supported along the way. We've designed our program to be as family-friendly as possible, with clear communication, easy-to-manage logistics, and a supportive community of fellow parents who share the same excitement for this sport. Our goal is to make your experience with Rocky Mountain Splash as smooth and enjoyable as possible!

There's always something exciting on the horizon—whether it's preparing for a competition, working on new routines, or bonding through team activities, we promise your athlete will be constantly learning, growing, and having fun.

If you have any questions about our program, upcoming events, or how to get started, we're here to help every step of the way. We'd love to welcome you to the Rocky Mountain Splash family and see your athlete make a splash with us!

Sincerely,

Teagan Betancourt

Teagan Betancourt
Head Coach

What is Artistic Swimming?

Imagine a gymnast soaring through the air—only they're underwater, a swimmer racing 400 meters while holding their breath, and the grace of figure skating blending with the fluidity of water—all with the artistic expression of a dancer. That's the incredible world of artistic swimming!

Artistic swimming is a captivating and dynamic sport that merges strength, agility, grace, and beauty. Athletes perform intricate routines synchronized to music, all while showcasing split-second timing, powerful movements, and elegant choreography. It's a true test of endurance, as competitors maintain breath control for up to 30 seconds while appearing effortless—think of it as running while holding your breath!

Athletes compete in various events, from solo performances to thrilling team routines, judged on both technical and artistic elements, similar to gymnastics and figure skating. The magic of artistic swimming comes alive through music, creative formations, and powerful, expressive movements.

There are six events in artistic swimming:

- Solo
- Duet
- Trio (novice and intermediate levels only)
- Team (four to eight swimmers)
- Combination (eight to ten swimmers)
- Acrobatic (eight to ten swimmers)

With artistic swimming, every moment is a blend of power and beauty, making it one of the most breathtaking sports you'll ever witness.

About the Team

Rocky Mountain Splash Artistic Swimming Team has a long-standing tradition in the Denver area, dating back to 1992 when two successful teams merged. Since then, we've nurtured countless athletes, some of whom have reached the pinnacle of the sport—competing on the National Team and even in the Olympics! Each year, many of our swimmers work towards representing Team USA on the Youth and Junior National Teams.

Our team is part of the United States Artistic Swimming (USAAS). Behind the scenes, the Rocky Mountain Splash Parents Corporation, a non-profit organization, plays an important role in supporting the team through fundraising, public relations, and ensuring our team continues to grow and succeed.

What You'll Experience as a Rocky Mountain Splash Family

At Rocky Mountain Splash, our mission is clear: to provide a positive and competitive environment where athletes can thrive. From the moment your athlete steps into the pool, they'll be immersed in

a sport that encourages creativity, teamwork, and a love for swimming. We're committed to helping every swimmer reach their highest potential—both individually and as part of a team.

Here's what sets us apart:

- **Personal and Athletic Growth:** Athletes learn swim techniques, teamwork, and sportsmanship, all while building confidence and lasting friendships.
 - **Supportive Team Environment:** Swimmers of all skill levels are equally valued and supported. Whether it's at practices, shows, or competitions, they'll feel a sense of belonging and pride.
 - **Top-notch Coaching:** Our coaches have a deep passion for the sport, and they're dedicated to giving back and sharing their knowledge with the next generation.
 - **Fun Meets Dedication:** We strike a balance between hard work and fun, ensuring that your athlete enjoys every aspect of their time with us.
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What You'll Need

For practice, your athlete will need:

- **Swimsuit**
- **Nose clip**
- **Swim cap**
- **Goggles**

Other items may be requested by team coaches throughout the season.

For competitions, figure swimmers will need:

- **Plain black suit**
- **White cap**
- **Nose clip**

Routine suits are custom-designed, often sparkling with rhinestones and paired with headpieces that match the team's theme. These are purchased by the team and are available to be purchased by families at the end of the season.

We also have team merchandise available through our team store, including:

- **T-shirts**
- **Sweatshirts**
- **Hoodies**
- **Parkas**
- **Backpacks**

Team jackets are provided to athletes and can be kept at the end of the season with purchase.

Practices

At Rocky Mountain Splash, practice is a year-round commitment. The official season typically begins on the Tuesday after Labor Day and runs through May. Swimmers qualifying for national meets may continue training through June or July, depending on their meet schedules.

Practices are typically held at **Hinkley High School**, located at 1250 Chambers Road, Aurora, CO 80011. Practice times vary based on age and experience level:

- **Novice/Intermediate Swimmers:**
 - Thursday: 5:30 - 7:30 PM
 - Saturday: 8:00 - 10:00 or 11:00 AM
- **12 & Under Age Group Swimmers:**
 - Tuesday: 5:30 - 8:00 PM
 - Thursday: 5:30 - 8:00 PM
 - Saturday: 8:00 - 11:00 AM
 - Sunday (optional open pool): 8:00 AM - 12:00 PM
- **Youth Age Group Swimmers:**
 - Tuesday: 5:30 - 8:00 PM
 - Thursday: 5:30 - 8:00 PM
 - Friday: 5:30 - 8:00 PM
 - Saturday: 8:00 AM - 12:00 PM
 - Sunday (optional open pool): 8:00 AM - 12:00 PM
- **Junior/Senior Swimmers:**
 - Tuesday: 5:30 - 8:00 PM
 - Thursday: 5:30 - 8:00 PM
 - Friday: 5:30 - 8:00 PM
 - Saturday: 8:00 AM - 12:00 PM
 - Sunday (optional open pool): 8:00 AM - 12:00 PM

Note: Practice times and locations may be adjusted based on facility events like school district swim meets. Additional practices may be scheduled during school breaks or to optimize pool time. Coaches will notify families of any schedule changes.

Competitions

Competitions are an exciting part of the artistic swimming experience, offering athletes a chance to showcase their skills and bond as a team. Artistic swimming meets typically occur once a month, beginning in December. The number and type of meets vary based on the swimmer's age and skill level.

Swimmers compete in both figure and routine events:

- **Figure Competition:** Swimmers perform predetermined figures before judges, who score based on timing, control, and execution.
- **Routine Competition:** Athletes perform their choreographed routines set to music. Judges score routines based on technical execution, artistic impression, and overall performance.

Competition levels are organized as follows:

- **Novice:** For first-year competitors.
- **Intermediate:** Typically for second or third-year swimmers.
- **Age Group:** Swimmers aged 10 and up with at least three years of experience.
- **Junior/Senior:** For experienced athletes aged 15-19, eligible for advanced competitions such as the North Zone Championship and Junior Nationals.

Swimmers are placed in age categories that align with USA Artistic Swimming (USAAS) standards:

- 10 & Under
- 11-12
- Youth (13-15)
- Junior (15-19)
- Senior (18-19/20)

Competitions are local, regional, and national. **Local meets** are held in the metro area, Colorado Springs, Ft. Collins, and Boulder. **Regional and Zone meets** include the North Zone Championships, and **National competitions** take place at rotating locations across the country. All Splash athletes participate in local association meets, with different qualification criteria for national events.

Bingo: How You Can Help Support the Team

As part of the Rocky Mountain Splash community, you'll play a crucial role in supporting the team through **Bingo**, one of our primary fundraising efforts. The Rocky Mountain Splash Parents Corporation holds a Bingo License from the State of Colorado, allowing us to operate year-round, even during the summer when practices may be on break. Bingo revenue significantly helps reduce membership dues, making it an essential part of our team's financial stability.

Bingo Commitments and Scheduling

- The year is divided into 12-week cycles, with families assigned Bingo shifts based on the number of practice days their swimmer attends per week. On average, families need to work about two Bingo sessions per 12-week cycle for each day their athlete practices.
- For families with multiple swimmers, commitments are calculated based on 100% of the highest practice schedule and 50% for each additional swimmer.
- We currently run two Bingo sessions on Saturdays, with each session counting as one commitment. Multiple family members can work a single session and fulfill multiple commitments at once.
- Participation in Bingo is a required commitment for families. **Please note that families may not buy their way out of this obligation.** Your support and participation are essential to the success and sustainability of our program.

Eligibility

- Parents, swimmers (aged 14 and up), and other family members can work Bingo. Anyone under 18 must be accompanied by a supervising adult.
- Non-immediate family members are also welcome to help, with approval from our Bingo chairperson.

Commitment Period

- Bingo is a year-round commitment. Upon registering for Splash, families agree to fulfill their Bingo obligations for the next 12 months. If a swimmer leaves the team within six months of registration, parents must continue to meet their Bingo requirements for that period. If a swimmer leaves between six and 12 months, families must complete their obligations through the 12-month mark.

By participating in Bingo, you're not only supporting your own athlete but also helping every swimmer on the team. It's a fun, community-building experience that ensures our athletes can continue to compete and grow in the sport they love.

Projected Dues

The Rocky Mountain Splash Parents Corporation is committed to fulfilling the team's financial obligations while keeping expenses reasonable for parents. Our projected dues policy is as follows (subject to budget approval at the beginning of the season):

Artistic swimming is a team sport that requires ongoing development of team routines throughout the season, as well as the hiring and retention of coaches and management of other fixed expenses. Accordingly, the Splash program operates as a 12-month membership. Registering for Splash at the beginning of the season, typically in September, establishes a binding contract to participate in the program and obligates families to pay monthly dues for the following 9 to 10 months, depending on the swimmer's team assignment.

Parents or guardians are responsible for paying all 9 to 10 monthly dues for the season, even if the swimmer chooses to leave the team before the season concludes.

The projected dues listed below are determined by the swimmer's assigned team. Monthly dues are calculated by dividing the total team expenses for the entire season over 9 to 10 months, depending on the team's practice schedule. Please note that monthly dues remain fixed and are not adjusted based on the number of practices conducted, or the number of practices attended/missed in any given month.

- **Navy/Silver Team (Intermediate):** \$140
- **Teal Team (12 & Under Age Group):** \$220
- **Purple Team (Youth Age Group):** \$280
- **Gold Team (Junior/Senior):** \$280

Additional swimmers from the same family will receive a 25% discount on their monthly dues.

Join Us for a Trial!

Are you considering joining the Rocky Mountain Splash Artistic Swimming Team? We invite new athletes to experience our team with **two free weeks of practice!** This is a fantastic opportunity for your athlete to immerse themselves in the world of artistic swimming, meet our coaches and teammates, and get a feel for our training environment.

After the initial two-week trial, if your athlete decides to continue with the team, they will be billed for the practices they attend until they make a final decision about joining. We want to ensure that every athlete feels confident and excited about being part of the Rocky Mountain Splash family!

Looking for a Flexible Commitment?

If a year-round commitment feels like too much at this time, consider joining our **Rec Team!** This option offers a more relaxed schedule, with practices held every **Tuesday and Thursday from 6 PM to 8 PM** from October through the end of May.

Rec team members will have the chance to participate in **1 or 2 figure competitions** and showcase their skills in our **end-of-year water show**. This is a wonderful way for athletes to experience artistic swimming without the extensive commitment of our competitive teams.

For more information about our Rec Team, please reach out to **Coach Teagan**. She will be happy to answer any questions and help your athlete find their perfect fit!

Welcome to Our Family!

As you consider joining the **Rocky Mountain Splash Artistic Swimming Team**, we want to express our genuine excitement about the possibility of welcoming your family into our vibrant community. Being a part of our team offers not just an opportunity to develop artistic swimming skills, but also to forge lasting friendships and create unforgettable memories.

Every practice, competition, and team event is infused with energy, teamwork, and a shared passion for this beautiful sport. We are eager to embark on this journey together and support each athlete in reaching their full potential.

We hope to see you soon as a valued member of the **Rocky Mountain Splash family!** 