



2025 MSC Dive Team Information

MSC Dive Team is a novice program designed to introduce young people to and encourage their enjoyment of diving in a safe and positive environment. MSC is part of the Midlakes Dive League, and our Dive Team program is open to current MSC members. Dive Team is for children ages 5 – 15 who can swim at least 25 meters (length of pool) freestyle.

Spring Clinic Schedule* Starts May 27, 2025 (subject to change based on Midlakes Diving)

Tuesdays	6:30 – 7:30pm	17 U's, 14 U's & 10 U's
Thursdays	6:30 – 7:30pm	12 U's & 8 U's
Sundays	12:00 – 1:30pm	All Ages (come when you can 12 - 12:45pm or 12:45 - 1:30pm)

*Spring practice times are flexible. If your child has a conflict with their scheduled time you can coordinate with the coach to attend a different time.

Summer Practice Schedule* Starts Monday, June 23, 2025

Monday - Friday:

8 & U	12 - 12:45pm
10 & U	1:45 - 2:30pm
11 & Over	12:45 - 1:45pm

*Summer practice times are flexible. If your child has a conflict with their scheduled time you can coordinate with the coach to attend a different time.

Tentative Meet Dates & Locations:

- Wednesday, June 25th at Mercerwood vs. Newport Hills (*Home*)
- Wednesday, July 2nd at Mercer Island Beach Club (*Away*)
- Wednesday, July 9th at Mercerwood vs. Seattle Tennis Club (*Home*)
- Wednesday, July 16th at Mercerwood vs. Phantom Lake (*Home*)
- Monday, July 21st at Woodridge (*Away*)

Parent volunteers are needed to staff both home and away meets.

All meets begin at 5:00pm, closed age group warm – up at 4:45pm
Visiting Team warmup at 4:15pm, Home Team warm – up at 3:45pm

Midlakes Dive Champs Saturday, July 26 & 27

Saturday, July 26 th	Junior Champs (8U & 10U)
Sunday, July 27 th	Senior Champs (12U, 14U & 15+)

2025 Fee: \$235.00

Register at www.mercerwood.com



Parent Rep

TBD

Coaches

TBD

Club Manager

Paul Von Destinon 206-232-1622 paul@mercercwood.com