



## DIVING TEAM

The HCP diving program is offered to any level of divers wishing to improve their skills regardless if they are learning how to control jumps or learning how to somersault. The program will develop the diver's agility, balance, coordination as well as learning the basic jumps and dives. The small classes and many coaches will ensure that the divers get as much feedback and time with the coach to progress and excel.

### **What group is my child in?**

At the first practice, the coaches will evaluate the skill levels of the divers and divide them into three groups: beginner, intermediate or advanced. The *beginner* group will focus on learning the various jumps and positions from the side and board, learn how to dive from the side and off the board, and be introduced to front rolls and assisted back fall-ins (back dive). The *intermediate* group will be perfecting the three positions of dive (tuck, straight, pike), learning back dives off the side (fall-in, dive, half-twist) and board as well as front somersaults. The *advanced* group will mainly work on perfecting all front and back dives, somersaults, and learning higher difficulty dives such as inward dives, reverse dives, back somersaults and twists.

### **Diving Team**

The Diving Team will have 3 practices per week and will compete on Sunday mornings either at home or away. This group is designated for divers who have excelled in previous years in diving lessons and are ready to take the next step, as well as for people who have already been on diving teams.

### **What to expect during practices**

Each group, other than the team who will have 3 practices per week, will have two practices per week. The practice includes a warm up, on land and in water (board) practicing. It is highly recommended that divers practice during free swim or on their free time, always supervised.

If you have any questions or concerns about the diving program, please do not hesitate to speak with the coaches.