

Diving Fact Sheet



What is diving all about?

- Fun! Make new friends
- For kids aged 6 and up (as per coaches discretion)
- Develops strength, stamina, coordination, balance
- Beginner to advanced divers welcome
- Regular dive practices (2 - 4/week) and some competitions (3 - 6 competitions)
- Divers encouraged to compete, but not required
- Info for parents:
 - <http://www.bcsummerswimming.com/about-diving.html>
 - <http://diving.ca/en/images/pdf/diving101.pdf>

Expectations of Athletes

- All divers must follow certain rules to ensure safety at all times and maximum enjoyment for all:
 - Arrive on time
 - If you need to leave early, let coach know at beginning of class
 - Listen to coach
 - After a dive is complete, swim directly to side of pool and get out
 - NEVER swim in front of diving board
 - Follow coach instructions before each dive
 - Listen to coach feedback after each dive
 - Be respectful and encouraging to teammates

What do you need for practice?

- A swimsuit
- A towel

What do you need for a meet?

- Lots of towels – at least 3, but 5 is better
- Sunscreen if an outdoor meet
- Healthy snacks
- Something to do while you wait
- Optional: Fold up chairs and tent

Meet information

- Diver may enter in competitive or recreational category
- Competitive category requires certain dives by age group
- If a diver hasn't mastered the required dives, they may qualify for recreational category – the coach can assist with this decision
- Age groups for BCSSA competitions are:
 - 8 and under, 9-10, 11-12, 13-14, 15-16, 17k-18
- Coach works with each diver to determine which dives the diver will do at a competition

Requirements to attend regionals and provincials

- A diver must attend one meet minimum, in the competitive category, to qualify for regionals
- A diver must attend regionals to qualify for provincials

For more information go to: <http://www.cruiseraquatics.com/diving>