

SHOREWOOD DIVE TEAM '08

PRACTICE SCHEDULE:

Divers of all ages will practice together. For the dive competitions the divers are divided into four age groups: 10 and unders, 11-12s, 13-14s, and 15-18s. The age group of the divers is determined by their age as of June 1st.

The Main Practice for dive team will be from 12:00 PM - 1:30 PM Monday - Friday. We will also offer 3 supplementary evening practices from 5:00 PM – 6:00 PM, Monday – Wednesday, for those looking for more practice. WE WILL OFFER EVENING PRACTICE MON-THURS IF ATTENDANCE IS HIGH. While there is not a mandatory number of practices that a diver must attend, the coaches highly recommend that divers make at least three practices per week.

It is crucial that divers arrive to practice ON TIME, as the coaches use the beginning of practice to discuss many important announcements (as well as to lead the divers through our highly sought-after abdominal workouts!). Divers arriving late will miss these announcements, and potentially disrupt the flow of the practice.

DIVE MEETS:

• **Dual Meets:**

There are seven dual meets (4 home, 3 away) throughout the season, mostly held on Friday evenings, except for one which is on a Tuesday and one on a Wednesday (see schedule below). While meets are not mandatory, they are highly encouraged as they are a lot of fun and promote team community and spirit. Also, numerous divers have gained reputations for bringing delicious treats to the meets to share! The meets are participatory with a focus on fun and low-key competition. Typically they begin at 5:00 pm with the 10 and unders and finish around 7:00 -7:30 pm with the older age groups. Meet warm-ups will begin at 3:00 pm for home meets and 4:00 pm for away meets. The exact timing of the meet (both start and finish times) varies depending on the size of the team we are competing against.

• **All City Meet:**

The All-City Meet is scheduled for Monday, July 28th and Tuesday, July 29th at Hawks Landing. This is the season finale where Shorewood competes against the eleven other teams in the Madison All-City League. In order to be eligible to compete in the All-City Meet, a diver must have competed in at least three dual meets during the summer. While this meet continues to promote participation, it is a championship meet and will have a stronger emphasis on competition.

- **Meet Sign-in Procedure:**

For each dual meet, divers will fill out a competition sheet with the coaching staff during practice on the Wednesday or Thursday preceding the meet. Therefore, attendance at practice on these days is crucial to ensure that a diver has the correct dives and is entered into the competition.

PARENT RESPONSIBILITY:

Parent volunteers are essential to the success of the team, and it is expected that at least one adult from each family will assist at every home meet in which their child is participating. Dive meets are much smaller and shorter than swim meets, and the work is very easy! We will need 4 parent volunteers per meet, and this season we are scheduled to host 4 HOME MEETS. Please sign-up and help out so we can start the meets on time and run them efficiently. It is also a great way to meet other dive team parents. *Sign-up sheets are posted on the Dive Team announcement board in the entryway of the pool.*

MEET THE COACHES:

Shorewood prides itself on having some of the best coaches in the city. This year we have two outstanding coaches and both are former Shorewood divers: one is returning from last year and one will be coaching for the first time.

Emily Griffin: Emily was on the Shorewood Dive Team for five years and has worked at the pool the past four summers. She has also done gymnastics all her life and coached it for almost 4 years. Next fall, Emily will be a sophomore Spanish and Culture and Communications double major at Ithaca College in Ithaca, NY. This will be her first summer coaching diving at Shorewood and she can't wait!

Sam Keepman: This is Sam's second year coaching for Shorewood, and his first year as head coach. He has been on the Shorewood Dive Team since he was 8 years old, and hasn't spent a summer away from the diving boards since. Sam is heading into his junior year at UW-Madison, and needs to declare a major soon. However, he hopes to attend med school or vet school after graduating. He is looking forward to starting another dive season. Please feel free to contact him with any questions or concerns, either at the pool or by email: divecoach@shorewoodpool.com.

COMMUNICATION:

The Swim and Dive Teams each have a large announcement board that is located in the entrance to the pool. This is for information regarding upcoming events and weekly announcement sheets. Please refer to it frequently to keep informed. This is the responsibility of the team parent as well as the diver.

Coaches are always happy to answer any questions that you may have. They are available before and after every practice. We ask that you do not try to talk to coaches during practice due to the large number of divers that they are responsible for. If you need to contact a coach outside of practice times you can either call the pool (266-2559) and leave a message for them, or send an email to divecoach@shorewoodpool.com.

MEET SCHEDULE:

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| • Friday June 20 th | Home | vs. Seminole |
| • Tuesday June 24 th | Home | vs. Parkcrest |
| • Friday June 27 th | AT | Hill Farms |
| • Wednesday July 2 nd | AT | Hawks Landing |
| • Friday July 11 th | Home | vs. Monona |
| • Friday July 18 th | Home | vs. Middleton |
| • Friday July 25 th | AT | Ridgewood |

All-City: Monday July 28 (11-12s and 13-14s) and Tuesday July 29 (10 and unders + 15-18s) at Hawks Landing.

MEET REQUIREMENTS:

10 and under: Must have one required dive (determined on the Wednesday before the meet by the home team) and four optional dives. No more than 2 dives can be from the same category.

11 and older: Must have one required dive and five optional dives of different categories. No more than 2 dives can be from the same category.

Categories:

FRONT
BACK
INWARD
REVERSE
TWIST

Positions:

Straight
Pike
Tuck
Free