



**2011-2012 Diving Season
Information Booklet**

Head Coach's Note:

With a new diving season fast approaching, I would like to take this opportunity to provide some information about improvements made to our club programming and structure. To better serve our divers, the Regina Diving Club has improved our program structure to reflect the competitive and recreational goals of the organization.

Diving Plongeon Canada's Long-Term Athlete Development (LTAD) model has served as a road map for program changes. "A LTAD is simply a description of what conditions children need, at each stage of their growth, to meet their full athletic potential." For more information about LTAD models, please visit Sport Canada's website at www.canadiansportforlife.ca. These conditions as well as the established competitive age group system are the building blocks for a newly adapted program structure.

The competitive stream of our program has been divided along age groups, and commitment levels to reflect the demands of competitive Tier One and Tier Two requirements. The age groups and program schedules have been set to provide divers with the best opportunity to achieve success at their level of competition. Some may see these changes as restrictive, however your coaching staff see them as a necessity to manage group sizes, pool space, and achieve individual and program goals. Your diver's access to equipment will be improved. Each training group will be afforded an appropriate coach/diver ratio and more time on the boards, meaning a greater opportunity to be successful.

The recreational stream remains relatively unchanged, however we now offer an opportunity for younger children to become involved with the "Tumble Bugs" program for 3 & 4 year olds.

If you are new to our organization, I would like to thank you for your interest and welcome you to the club. If you are a returning member, it will be nice to see you back on deck for what I know will be a fun and successful season.

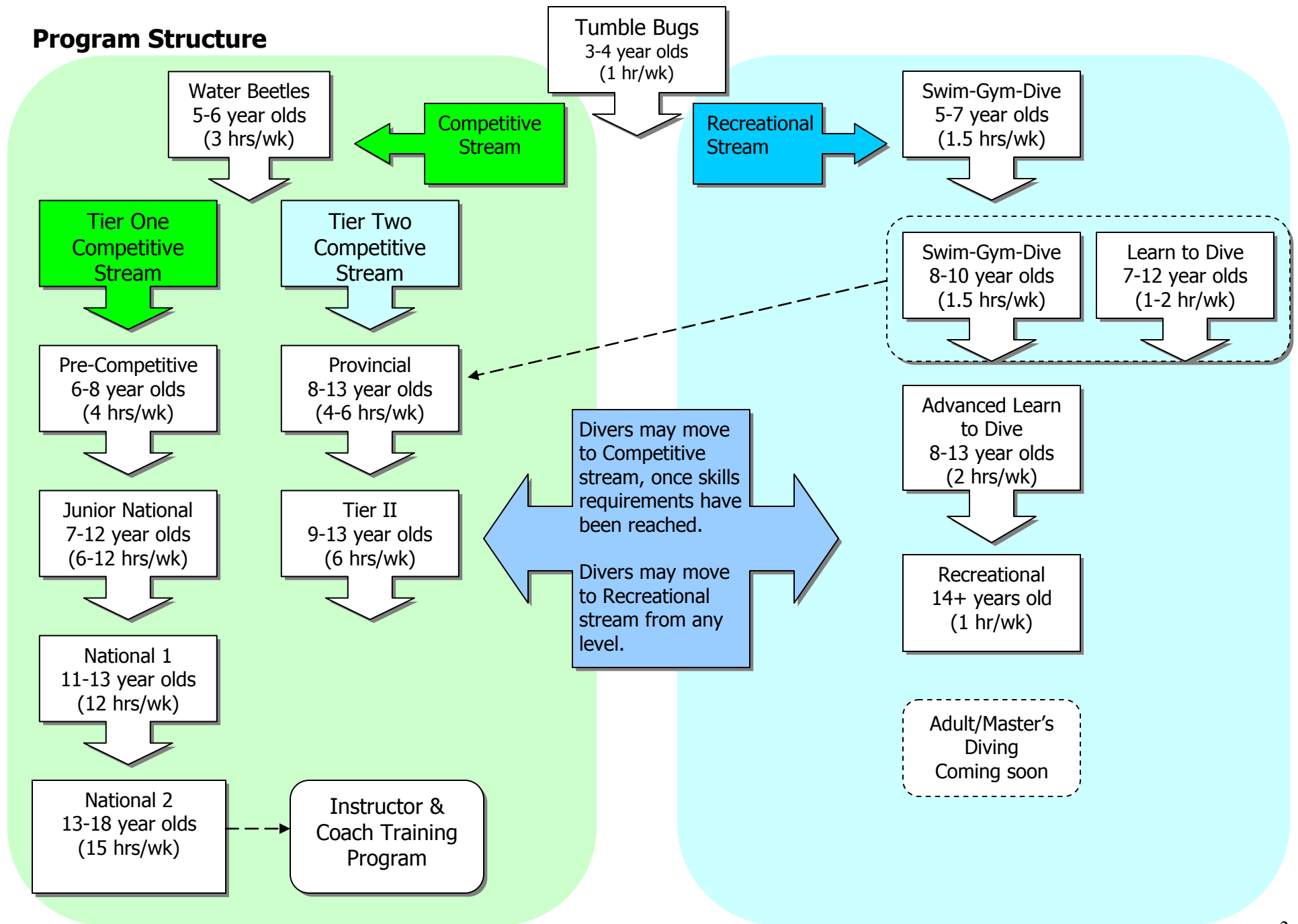
Thank you,

Laura Desautels
Head Coach
Regina Diving Club

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Program Structure





Program Information & Sport Development Stages

2011/2012 Season

Introductory Programming			
<u>Training Group</u>	<u>Sport Development Stage</u>	<u>Program Description</u>	<u>Lesson Structure</u>
Tumble Bugs (3-4 yrs)	<u>Active Start</u> : Basic movement orientation with a focus on physical literacy and FUN.	For children not yet advanced enough to swim in the deep end but want to learn the fundamentals of diving. Participants will gain basic strength, flexibility, balance and listening skills while having fun on the trampoline & tumbling mats.	Each lesson split into 40 minutes of tumbling, flexibility, handstands, trampoline and dryboard training and 20 minutes of shallow water skills.
Water Beetles (5-6 yrs)	<u>Sport Entry</u> : Basic diving movement orientation. Socialization in sport environment.	For children ready to transition their fundamentals to the diving board. Participants will gain basic strength, flexibility, balance, coordination and spatial awareness. This program is offered by invitation only.	Each lesson split into 60 minutes of dryland including tumbling, flexibility, strengthening, trampoline, and dryboard training and 30 minutes of diving.
Tier Two (Provincial & Regional) Competitive Stream			
<u>Training Group</u>	<u>Sport Development Stage</u>	<u>Program Description</u>	<u>Lesson Structure</u>
Provincial (9-13 yrs)	<u>Technical Foundations</u> : Focus on the acquisition of all basic diving skill sets.	For divers developing a Tier Two or Provincial competitive list and working towards the National level. Areas of focus include: strength, coordination, flexibility, balance, fitness and spatial awareness through dryland and water training. Introduction of 3M & 5M platforms. This program is offered by invitation only.	Each lesson split into 60 minutes of tumbling, flexibility, strengthening, trampoline and dryboard training & 60 minutes of diving.
Tier II (9-13 yrs)			

Tier One (Regional, National & International) Competitive Stream

<u>Training Group</u>	<u>Sport Development Stage</u>	<u>Program Description</u>	<u>Lesson Structure</u>
Pre-Competitive (6-8 yrs)	<u>Technical Foundations:</u> Beginning the acquisition of all basic diving skill sets.	For divers ready to transition their fundamental skills on the diving board into dive requirements for their age group. Divers will continue gaining strength, flexibility, balance, coordination and spatial awareness. This program is offered by invitation only.	Each lesson is split into 60 minutes of tumbling, flexibility, strengthening, trampoline and dryboard training & 60 minutes of diving.
Junior National (7-12 yrs)	<u>Technical Foundations:</u> Focus on the acquisition of all basic diving skill sets.	For divers developing a Tier One or National competitive list. Areas of focus include: strength, coordination, flexibility, balance, fitness and spatial awareness through dryland and water training. Technical skills determined by age group requirements. Skills performed from 3M & 5M platforms, and the introduction of 7.5M platform. This program is offered by invitation only.	Each lesson split into 90 minutes of tumbling, flexibility, strengthening, trampoline and dryboard training & 90 minutes of diving.
National 1 (11-13 yrs)	<u>Competitive Foundations:</u> Application of basic skill sets for dives performed in competition. Increase the number and difficulty of skills for use in competitive dive lists.	For divers possessing the technical skills to compete at the National and International level. Areas of focus include: strength, coordination, flexibility, balance, fitness and spatial awareness through dryland and water training. Technical skills determined by age group requirements. Skills performed from 3M, 5M & 7.5M platforms, and the introduction of 10M platform. Introduction of conditioning program. This program is offered by invitation only.	Each lesson split into 90 minutes of tumbling, flexibility, strengthening, trampoline and dryboard training & 90 minutes of diving.
National 2 (13-15 yrs)	<u>Consolidation:</u> Consolidation of all experiences and skills for competitive purposes.	For divers possessing the technical skills to compete at the National and International level. Areas of focus include: strength, coordination, flexibility, balance, fitness and spatial awareness through dryland and water training. Technical skills determined by age group dive requirements. Skills performed from 3M, 5M, 7.5M & 10M platforms. Additional conditioning program. This program is offered by invitation only.	Each lesson split into 90 minutes of tumbling, flexibility, strengthening, trampoline and dryboard training & 90 minutes of diving. Conditioning program performed in addition to regular training schedule.
National 3 (16+ yrs)	<u>Realization:</u> Realization of sport career potential.	For divers possessing the technical skills to compete at the National and International level, pursuing opportunities Provincial & National Teams, and NCAA university scholarships. Areas of focus include: strength, coordination, flexibility, balance, fitness and spatial awareness through dryland and water training. Technical skills determined by age group and Senior National dive requirements. Skills performed from 3M, 5M, 7.5M & 10M platforms. Additional conditioning program. This program is offered by invitation only.	Each lesson split into 90 minutes of flexibility, strength, diving specific dryland skills using platform, trampoline and dryboard & 90 minutes of diving. Conditioning program performed in addition to regular training schedule.

Recreational Stream			
Training Group	Sport Development Stage	Program Description	Lesson Structure
Swim-Gym-Dive (5-7 yrs; 8-10 yrs)	<u>Active Start</u> : Basic movement orientation with a focus on physical literacy.	The program is designed to provide 5-10 year olds with a foundation for elite performance in sport. Areas of focus include physical fitness, body awareness, flexibility, strength, speed and coordination through training in gymnastics, swimming, and diving. Participation in sport not only increases your child's understanding of fitness but also improves their listening skills, concentration, social skills and self-confidence.	Each 90-minute class consists of: Gymnastics (30 minutes) - Basic gymnastics including flexibility, tumbling & trampoline; Focus: Fitness, Coordination, Flexibility, Strength, Awareness, and Balance Swimming (30 minutes) - Basic swim training; Focus: Aerobic fitness & Strokes Diving (30 minutes) - Springboard diving instruction; Focus: Diving, Safety, Coordination, and Spatial orientation
Learn to Dive (7-9 yrs; 10-12 yrs)	<u>Sport Entry</u> : Basic diving movement orientation. Learn all fundamental movement skills and build overall motor skills.	Want to learn how to dive but don't know where to start? Learn to Dive is the answer. This program is designed for children age 8-13 years old and centered around having fun on the diving boards and dryland equipment. Areas of focus include physical fitness, body awareness, flexibility, strength, speed and coordination. Participation in sport not only increases your child's understanding of fitness but also improves their listening skills, concentration, social skills and self-confidence.	Each 60-minute class consists of 30 minutes of dryland and 30 minutes of diving. Dryland : children learn basic skills on the trampoline and dryboard, improve flexibility, core strength, and general fitness Diving : children learn basic skills in a safe and controlled environment. Children will have fun in a safe and exciting atmosphere.
Recreational (14 years & up)	<u>Active For Life</u> : Opportunity for fun, active sport involvement for those entering the sport and those moving from competitive stream.	If you are 14 years old and older, and want to learn diving basics or are an advanced diver and want to keep up your skills, this program is for you. Classes include a group warm-up, stretching, and dryland training using dryboards and trampolines, then followed by time in the water.	Each 60-minute lesson consists of 30 minutes of dryland and 30 minutes of diving. Focus: FUN! (in and out of the water)



Competitive Stream Training Schedule

2011/2012 Season

(Programs offered on a 10-month basis. September - June)

Sport Development Stage	Training Group (ages)	Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sport Entry	Water Beetles (5-6 yrs)	3 hr/wk		5:00-6:30pm		5:00-6:30pm		
Tier Two (Provincial & Regional) Competitive Stream								
Technical Foundations	Provincial (9-13 yrs)	4-6 hr/wk	5:30-7:30pm			5:30-7:30pm		9:30-11:30am
	Tier II (9-13 yrs)	6 hr/wk	5:30-7:30pm			5:30-7:30pm		9:30-11:30am
Tier One (Regional & National) Competitive Stream								
Technical Foundations	Pre-Competitive (6-8 yrs)	4 hr/wk		5:30-7:30pm		5:30-7:30pm		
	Junior National (7-12 yrs)	9-12 hr/wk	5:00-8:00pm		4:30-7:30pm		4:30-7:30pm	9:00-12am
Competitive Foundations/ Consolidation	National 1 (11-18 yrs)	12-15 hr/wk	5:30-8:30pm	4:30-7:30pm		4:30-7:30pm	4:30-7:30pm	9:00-12am



Recreational Stream Training Schedule

2011/2012 Season

(Programs offered on a 3-month session basis.)

Training Group (ages)	Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tumble Bugs (3-4 yrs)	1 hr/wk			5:30-6:30pm			
Swim-Gym-Dive 1 (5-7 yrs)	1.5 hr/class; 1 class/wk						9:00-10:30am
Swim-Gym-Dive 2 (8-10 yrs)	1.5 hr/class; 1 class/wk						10:30am-12:00pm
Learn to Dive 1 (7-10 yrs)	1 hr/class; 1-2 class/week		6:30-7:30pm	5:30-6:30pm 6:30-7:30pm			
Learn to Dive 2 (10-13 yrs)	1 hr/class; 1-2 class/week		5:30-6:30pm 6:30-7:30pm	6:30-7:30pm	6:30-7:30pm		
Advanced Learn to Dive (by invitation only)	2 hr/class 1/week			5:30-7:30pm			
Recreational (14+ yrs)	1 hr/class; 1 class/week	7:30-8:30pm					

Sessions	
Fall 2011 (12 weeks)	September-December
Winter 2012 (10 weeks)	January-March
Spring 2012 (10 weeks)	April-June
2012 Summer Camps	July 23-27 & July 30-Aug 3

Diving Long Term Athlete Development Model FAQ's

Diving Canada LTAD Model Copyright © 2006 Diving Canada

Q. Is this athlete development for good health? Is this for every kid?

A. While the goal of the LTADM is to help create the best divers possible, one of the side benefits is good health. The prescribed exercises make children stronger, which makes them less prone to injury. It also makes them more likely to pursue a more active lifestyle. In that respect, yes, it is for every kid, whether they want to be an Olympic champion, or they just want to give diving a try.

Q. Do you need to know how to swim already? I've heard kids can't coordinate the strokes at younger ages. Are we pushing them too early?

A. Many diving clubs offer gym and swim programs where kids learn the basics before starting diving. For diving itself, children don't need good quality strokes; they just need to get from under the diving board to the side of the pool.

Q. Can I be involved?

A. Most clubs have some form of parent involvement, including officiating, event management, fund raising, etc. However, the coach / participant relationship depends on children being focused, much like school or music lessons. Most coaches allow parents to watch practices, but be sure to do this out of earshot and the view of your kids, so they can concentrate.

Q. I can't see it. What are we trying to do to these kids at this age? I want a normal kid. Why start earlier?

A. Long term athlete development means offering children instruction in fundamental movement skills during the development window when they can best learn them, whether they are to be

competitive athletes or simply enjoy physical activity. An appropriately structured program is intrinsically appealing to children. If they don't like it, look elsewhere for a program that is fun and teaches skills.

Q. How do we know this model is right?

A. The model was created by a group of experienced Canadian diving coaches, including age group specialists and coaches of Olympic medalists. This model is a summary of their experience applying these principles. Also, the model has been reviewed and approved by the experts leading the Canadian long term athlete development model project, "Sport for Life".

Q. This model seems to demand much more activity than our kids are doing now. Are you sure this is safe?

A. Children can handle more training than many believe. When permitted to play at their own pace, outdoors, they will play hard for hours longer than they are typically allowed in a modern urban society. There are also safety benefits to starting earlier. Smaller, lighter bodies are less susceptible to injury. Chinese divers start much younger on tower and have fewer injuries learning it. Also, some of the best Canadian divers have done this level of training and have not had any greater rate of injuries or loss of interest. Coaches can tell when an athlete is not ready for this level of training and will gradually increase it when the diver is ready. No good coach will force a child to do more than they are ready for.

Q. "Athlete development model" sounds like it's for elite athletes. How does it apply to children with lower aspirations?

A. All children acquire skills in the same order; some are just faster than others. The model recommends skill progressions that apply to any diver learning skills. Even more importantly, kids learn physical skills most efficiently before the growth spurt (11-13 for girls, 12-15 for boys). Children benefit from

learning a variety of skills during this window, even for the simple enjoyment of physical activity. Divers especially need to learn dance and gymnastic movements early for diving performance, but these activities are also among the best general fitness and coordination activities for kids this age.

Q. Isn't this hard on their bodies?

A. In fact, it is better for their bodies: it helps prevent injury. Proper preparation will protect them from injury, whether in diving, other sports, or in the unpredictable bumps and knocks of childhood. A program which leads to injuries is probably at fault, not the age at which the athletes begin. That said, some people are prone to injuries, and coaches will adjust a program to address these concerns.

Q. How do you handle a child who is scared?

A. All divers are scared at some point, whether learning a front dive from the side or a reverse dive from 10m. The model, and all good coaches, teach diving in small incremental steps called progressions, so children gain confidence as they master a dive before moving on. These are some of the advantages of diving: that participants learn to face fears and deal with them appropriately.

Q. Do they also need to do gymnastics? Dance?

A. The LTADM has both gymnastic and dance elements built into it. It would be beneficial for divers to do additional gymnastics or dance, but in a diving context. Certain dance movements and positions are different from diving positions, and, particularly at an advanced level, many gymnastic movements are contrary to diving movements.

Q. Shouldn't kids just be allowed to play on their own? Aren't we over-structuring their time?

A. They gain further abilities that enhance play.

They will get more out of play, they will be more likely to be physically active in their free time, and they will be less likely to injure themselves. The LTADM is necessary to learn structure and discipline; there is plenty of extra time for free play.

Q. What should coaches do during the Adolescent Maintenance stage?

A. Coaches (and parents) must be aware that self-image and self-esteem are fragile. Divers may need to compete less. Coaches should work on improving weight training skills, dance skills, and keeping diver fit. They may want to involve the diver in coaching younger athletes once or twice a week. The coaches, diver, and parents may have to lower competitive expectations.

Q. Why isn't my boy going to Nationals even though he qualified?

A. His goal for the year was to qualify for Nationals, which he managed to do. He's not ready to be competitive at that level, and finishing near the bottom of the pack will do more damage than good. He should wait until next year, when he can be more competitive.

Q. Why should my kid go to Provincials when there is no one good to compete against?

A. To win. Successful divers have been motivated by success at all levels throughout their career.

Q. Why do you need so much dryland space and equipment?

A. It is the standard around the world. All of the top diving countries, as well as a lot of the lesser countries, have dedicated dryland space and equipment. It also allows us to get more kids involved.

Q. Why does it cost so much?

A. It doesn't. It usually costs less than daycare, while being far more valuable. It usually costs less per hour than public swim and other sports, while being a far more beneficial program.

Q. What about time for homework and chores?

A. With the structure and discipline learned through this program, athletes get better at structuring their time when they begin training. School often improves.

Q. Quite often, my kid does not want to go to diving, but then they like it when they are there and afterwards.

A. This is very common. Parents need to make decisions for children. If you believe in the program, make sure your child attends all scheduled lessons.

Q. Why is my child not spending more time in the pool?

A. Time is limited and better used on technical aspects of diving, which are learned more efficiently on land before being transferred to the water.

Q. Why is my child not doing weight training?

A. Time is limited and better spent on technical aspects of diving. When the technical aspects are mastered, weight training will be added if strength is still a limiting factor.

Q. What mental training are you doing?

A1. We are doing mental training: diving training is inherently mental training.

A2. Many seemingly mental issues are actually technical deficiencies that may appear to be psychological in nature. The LTADM helps alleviate the weaknesses in technical development.

Q. Can my child do other sports?

A. Yes, but fewer days are available for other sports because diving requires more commitment than other, late-specialization sports.

Q. When is too late for elite success in diving?

A1. Beginning after puberty is usually too late to fully realize one's potential unless the child has developed the skill and flexibility requirements from other acrobatic sports or activities.

A2. It is not an exact science before puberty. There will be the most success when there has been enough time to achieve the requisite skills and flexibility before puberty's onset.

Q. How do you know when the Adolescent Maintenance stage begins?

A. Rapid growth occurs, as do the appearance of secondary sex characteristics. Coordination and speed often suffer. The difficulty of the diver's dives may be affected, as well as the aesthetics.



Registration Form

2011-12 Regina Diving Club Registration

Fees are listed as the cost for an entire season. Payments may be made in full or with maximum of 10 post-dated cheques. **Cheques must be dated for the first of each month.**

Name of Diver: _____ **Male/Female:** _____

Birthdate (yy/mm/dd): _____ **Age at Registration:** _____

Address: _____ **Home Phone #:** _____

_____ **Postal Code:** _____

Email address(es): _____

Mother's Name: _____ **Cell Phone #:** _____

Father's Name: _____ **Cell Phone #:** _____

Please select one of the following weekly options (please refer to program descriptions for more information):

Water Beetles (5-6 years old) (2 days X 1.5 hours per day)

_____ \$1225
_____ \$ 780 **plus 4 bingos**

Provincial 1/Pre-Competitive (2 days X 2 hours per day)

_____ \$1600
_____ \$1015 **plus 6 bingos**

Provincial Tier 2 (3 days X 2 hours per day)

_____ \$1990
_____ \$1275 **plus 8 bingos**

Junior National 1 (2 days X 3 hours per day)

_____ \$1990
_____ \$1275 **plus 10 bingos**

Junior National 2 (3 days X 3 hours per day)

_____ \$2970
_____ \$1935 **plus 12 bingos**

National 1/Junior National 3 (4 days X 3 hours per day)

_____ \$3880
_____ \$2545 **plus 16 bingos**

National 2 & 3 (5 days X 3 hours per day)

_____ \$4680
_____ \$3085 **plus 20 bingos**

Please check one of the following that is most applicable to your aboriginal ancestry**

Status/Treaty Non-Status Métis Inuit

**Providing this information is voluntary and will be used for statistical purposes, only. It will not be used by Dive Sask for any other prohibited preference as per *The Saskatchewan Human Rights Code*

PLEASE TURN OVER AND SIGN ON THE BACK

*If a diver changes programs:

1. A change in program form (available from the coach) must be completed with the date of the change recorded and submitted to the Head Coach.
2. A change made on or before the 15th of the month has fees and bingos calculated retroactive to the start of the month.
3. A change made after the 15th of the month will have fees and bingos adjusted to the beginning of the following month.

* If a diver terminates their program:

1. The parent is responsible for providing the coach with written notice of termination
2. Fees are in effect until written notification of termination is given.
3. Fees must be paid in full up to and including the month in which termination takes place.

*In order to achieve the full bingo discount, all bingo commitments must be completed. All partial commitments will be credited at \$50/bingo, with the difference from the full fee charged to the diving member. Extra bingos worked over and above the commitment will be credited \$50/bingo to the diving member's fees.

*Periodically photos will be taken of our divers to display in the display case at the Lawson or on our website. Names will not be used without permission.

*A phone list with name, address, phone number and email addresses will be developed. Please indicate at the bottom of this page if you do not wish to have your address, phone number and/or email address appear on it. Email addresses are used periodically to keep the membership informed of news/events.

I have read and understand this document as laid out.

Parent signature

Printed name

Date