

HIGH SCHOOL DIVERS  
ENHANCING THEIR  
CAREERS

GET RECOGNITION BY  
COLLEGE COACHES

OZD invites you..

To challenge yourself in a sport involving skill, precision, self-discipline & courage! You will learn Olympic skills & perform Olympic training techniques. You will be coached by a coach who has studied under U.S. & International Olympic Coaches; a coach who is a former Mass State & New England Champion: a high school & collegiate All American. You will learn how to be a safe diver, how to compete, and how to have fun doing it!



## OSPREY ZAP DIVING



OZD - ZAP

**ZAP** is an acronym for three words meaning basically the same thing: **Z**enith **A**pex **P**innacle - the highest point-the top! We want you to finish your dives as close to the ZAP as possible & we help you achieve your ZAP of individual achievement!



**SAFETY CERTIFIED COACHING  
TO THE HIGH IDEALS OF BOTH  
ORGANIZATIONS**

**Text: 781-264-3212**

**[www.ospreyzapdiving.com](http://www.ospreyzapdiving.com)**



**OSPREY  
ZAP**



**DIVING**

**AAU & USA Diving**



**ELLE JACOBSEN**

**2022 FHSAA STATE CHAMPION**

**2021 FHSAA State Runner Up**

**20-22 FHSAA State Finalist**

**21-22 FHSAA Regional Champion**

**USAD National Qualifier**

**4 XAAU National Finalist**

**Holy Trinity Record Holder**

**High School All American**

**Graduating Holy Trinity HS &**

**will continue career at Davidson**

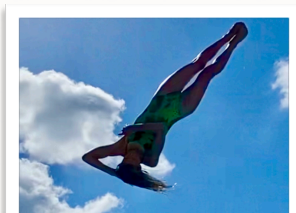
**College in 2023**





*Our team support is incredible. Our training regimen is epic.*

We are made up of athletes just like you. They have a desire to excel & challenge themselves. They have high standards & goals. They love to have fun. Along the way they conquer fears & learn a lot about themselves. They are very supportive teammates & friends. They learn how to participate in healthy competition and enjoy a healthy respect for teammates & other divers



## TEAM FEES & COMMITMENT

**From beginners to State Champions & beyond!**  
**After a series of lessons & tryout comes team**  
**High school divers continue to dive with OZD thru their HS season. We make it work for their benefit. Ask the over 30 State Champions & hundreds of runner-ups. We dive year-round Sep thru Aug. We have plenty of peak & off peak periods**

### **GOLD/ TRAVELING TEAM \$240**

14-18 yrs - Unlimited practices per week; no less than 4 a week; 10-13 yrs - no less than 3 per week; 9 & under - no less than 2 per week



### **DEVELOPMENTAL/SILVER TEAM - NOVICES - FUTURE CHAMPIONS PROGRAM \$255**

Must compete in meets invited to: 11 & Unders - 2-3 days a week tba; 14-15 yrs - 3 - 4 days a week tba; 16-18 yrs - 4-5 days a week



### **LESSONS - ALL AGES; NON-COMPETITIVE First lesson free! All times to be arranged**

10 & UNDER - 4-5 A MONTH \$125

11 & OVER 8-10 A MONTH \$250

### **NON-TEAM DIVER DIVING WITH TEAM**

Individual Lesson \$40

