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**OSPREY ZAP DIVING - TREASURE & SATELLITE COAST  
USA & AAU SPRINGBOARD  
DIVING TEAM**

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Jim Kelly  
USA & AAU Diving  
North County Aquatic  
Center  
Sebastian, FL 32958

AUGUST 1-8

Brevard County Schools  
Sebastian River News  
Indian River Schools

NOBLESVILLE, INDIANA- FOREST PARK AQUATIC CENTER -  
2020 AAU NATIONALS DIVING COMPETITION

**THREE LOCAL STUDENTS SHINE IN AAU NATIONALS DIVING EVENT**

Two Brevard County high school athletes & one Indian River student, like everyone, were affected by the current Covid-19 pandemic. Thirteen year-old Eliza Hicks of West Shore Jr & Sr High School and 17 year old Trinity McNall of Bayside High School were training hard before Covid-19 hit. A third, their OZD teammate from Tennessee, Grace Powell, who now lives in Vero Beach, was right alongside them.

Then, like the rest of Florida, their training facility was closed and they went into quarantine. When North County Aquatic Center partially reopened after the first week of June, they continued training hard to be ready in the event high school sports and schools would reopen.

Initially, their objective was to get in diving shape for high school. Then, news came that the AAU Diving Nationals were on! With a new objective & new motivation, they continued training both boards and it paid off.

**ELIZA HICKS TWO 4THS - AAU ALL AMERICAN HONORS**

Eliza dove to two 4th places on 1 meter (227.00) & 3 meter (238.50) springboards-earning her All American honors. "Not too shabby", said Osprey ZAP Diving Coach Jim Kelly. She works hard and deserves good things. She's only seriously been diving a little over two years...and I've seen remarkable improvement & growth - physical & mental" "I think she has extra high school motivation this year", added Kelly.. Last season as a 7th-grader, she miscued on a back twister and that kept her out of States. If they have diving this year....she's ready!" Eliza thought she dove "well" but added, I know I can dive better." But Coach added that "4th place at any Nationals is pretty good!"

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**TRINITY MCNALL - 3RD & 5TH - AAU ALL AMERICAN HONORS**

Trinity is new to our area of Florida but already upped her game and enjoyed her highest finish in any major competition since entering the older 16-18 events: 3rd place on 3 meter (353.15) and 5th place on 1 meter (333.75), earning her All American status also. "She enjoys a high degree of difficulty list of dives and expects to do very well in high school competition this year", according to Coach Kelly. "Her experience is evident, Trinity is a beautiful diver," he continued, she is eager to learn and she brings an enthusiastic & positive attitude to practice. She will be quite an asset to Bayside"

**GRACE POWELL - 15th & 18TH - Tennessee Student now in Vero Beach**

As a newcomer, diving only a few months, 16 year old Grace Powell of Vero Beach put in a steady performance on both boards. "Grace is by the far the most improved athlete on our team. Determined to go to AAU Nats with her new friends, she learned a full list of competitive dives from both boards in a few weeks " according to Coach Kelly. "Unbelievably proud of her. She was schooling in Tennessee and for now, is continuing at home/online schooling during our Covid period".

"All are healthy and continue to train for high school", said Kelly. "We feel we are in a very safe practice environment - great spacing - plenty of chlorine and we are definitely following social distancing and disinfectant protocols."

p.s. FYI

The meet was held under very strict Covid-19 guidelines approved by State/County and all governmental agencies:

41 TEAMS - APPROX - 355 DIVERS

Temperature checks

Only so many divers allowed in each warm up

More than 6 feet of separation at all times; masks when not diving;

Hand washing posts;

Apparatus/facility constantly disinfected

OSPREY ZAP DIVING does THE SAME at our practices at:

North County Aquatic Center in Sebastian,

[www.ospreyzapdiving.com](http://www.ospreyzapdiving.com) - 781-264-3212

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