

ISLAMORADA 2018 JUNE DIVE CLINIC

<p><b>Ron Levy Aquatic Center Islamorada, Fl</b></p> 	<p><b>2018 Osprey ZAP Diving Summer Clinic June 11-15</b></p> <p><b>NEW FUN STUFF</b></p>	<p><b>Come reach your ZAP Zenith-Apex- Pinnacle With us</b></p> <p><b>OLYMPIC TECHNIQUE</b></p>	<p><b>2018 Osprey ZAP Diving Summer Clinic June 25-29</b></p> <p><b>GYMNASTIC DRILLS</b></p>	 
<p><b>Monday</b></p>	<p><b>Tuesday</b></p>	<p><b>Wednesday</b></p>	<p><b>Thursday</b></p>	<p><b>Friday</b></p>
<p><b>4:00-4:30 Conditioning- Yoga-warmup; Message of the day - PEBS- teamwork; Goal setting -Dream it</b></p>	<p><b>4:00-4:30 Conditioning- Yoga-warmup; Message of the day - POT - Believe it</b></p>	<p><b>4:00-4:30 Conditioning- Yoga-warmup; Message of the day - TRY - Work it</b></p>	<p><b>4:00-4:30 Conditioning- Yoga-warmup; Message of the day - Conquering fear - Achieve it</b></p>	<p><b>4:00-4:30 Conditioning- Yoga-warmup; Message of the day - Gratitude Deserve it</b></p>
<p><b>4:30-5:00 Forward group; approach &amp; hurdle; entry skills &amp; drills- safety slides</b></p>	<p><b>4:30-5:00 Backward group; takeoff technique back entry &amp; safety slides</b></p>	<p><b>4:30-5:00 Reverse group; drills; safety spots; skills &amp; drills</b></p>	<p><b>4:30-5:00 Inward group; inward drills &amp; skills; safety spot</b></p>	<p><b>4:30-5:00 Twisting takeoffs &amp; mechanics safety slides</b></p>
<p><b>5:00-6:00 forward &amp; Inward group dives; twisting; agility fun; shammy toss</b></p>	<p><b>5:00-6:00 Back dive group; back twisting; agility skills; shammy toss</b></p>	<p><b>5:00-6:00 Reverse dives; reverse safety spots; fun agility tests; shammy contest</b></p>	<p><b>5:00-6:00 Inward dives; forward group; forward twisting &amp; more twisting</b></p>	<p><b>5:00-6:00 All diving groups; fun contest</b></p>
<p></p>	<p><b><a href="http://ospreyzapdiving.com">ospreyzapdiving.com</a></b></p>	<p><b>USA Diving Safety Certified Coaching</b></p>	<p><b>Jim Kelly 781-264-3212</b></p>	<p></p>

Please go to our website for fees and registration form; or contact Coach Jim to register  
781-264-3212 [www.ospreyzapdiving.com](http://www.ospreyzapdiving.com)