



Osprey ZAP Diving Jan - Feb Newsletter

JANUARY-FEBRUARY 2019

January 2019

After the holidays, it took until mid-month before we started showing progress on new approaches & dives to perform in our next meet.

BUT IMPROVE WE DID:

As SCHEDULED, we did lots of welcome-back training - involving dive list repetition - hoping to start soon on the more competitive dives.

LILLIAN & ELIZA began their new dip-hip approach & hurdle & they were ready to perform it by the Wellington Invitational.

LUKE improved his twisters and doubles and began to show he's ready for the higher DD dives, while BROOKE continued to show improvement in her basics and practice efficiency.

TRISTAN balanced diving with his track and kept his dives steady. And finally, GRACE continued to amaze ;)

jimusadiver@gmail.com

Feb 2, 2019

WELLINGTON MEET RESULTS & STORY



We got our 1st well-deserved newspaper article! With only three divers, competing in six events, **OZD** took home **4 gold medals, 1 silver & 1 bronze medal.** There were a total of 39 events - JO age group & Novice - 9 teams - 76 divers - click above link for details



ospreyzapdiving.com

781-264-3212

February 2019

OZD is now a USAD & AAU Team

Besides the outstanding job we did at the Wellington Meet, the other important news in February was.., that your coach passed all his Safety & Safe Sport requirements and we renewed our USA Diving team membership.

Osprey ZAP Diving is a proud member of both diving organizations and very proud to announce that as a team member you now have the opportunity to dive for both AAU & USAD.

All TEAM DIVERS must register with both organizations-Please register asap:

OZD AAU Club
Membership # is **WY6C95**

OZD USA Diving Club
Membership # is: **6956**

Make sure your USAD profile is exactly as your AAU & divemeets.com profiles.

www.ospreyzapdiving.com

AAU - Amateur Athletic Union	USAD - USA Diving
Diving - one of many sports	Parent DIVING organization/ governing body - road to Olympics
\$18 a year; 6-7 meets a year/ season Sep-July	\$20 per year; 6-7 meets a year/season Sep- July
Easier to qualify for Nationals- dive only against divers your age at Nats	Harder to qualify for Nationals; dive in age group at Nats e.g. 14-15
Qualify for Nats by score & two qualifying Red White & Blue meets	Qualify at Regional meet for Zones & then re-qualify at Zones for Nationals
Great exposure to college coaches	Great exposure to college coaches
Chance of scholarship money	More chance of scholarship money
Similar levels of competition at meets	Similar levels of competition at meets elevated at Zone & National level

EXPOSURE - RECOGNITION - OPPORTUNITY - COLLEGE SCOUTING

Whatever your diving goals, we try to give you **maximum exposure and opportunity**...and when we travel to other regions you are getting just that. Benefits of diving outside our comfort zone are immense. These road trips are invaluable on many levels. **Older divers use these trips for scouting** area colleges etc: younger divers see what's out there and decide whether they want to make the sacrifices to get to East Nationals or beyond; everyone learns, everyone socializes and everyone has fun! **You will remember traveling trips far into your diving career and life.**

UPCOMING MEETS/EVENTS

March 16 - Youth Sports Summit 10:00-2:00 Vero Beach, Fl

Mar 27-29 AAU Blue South Qualifier - Tallahassee, Fl

Stay tuned for Summer Clinics

TEAM PACKET.

PARENTS SURVIVAL GUIDE

