

HOW TO GET A NEW DIVE

Physical - Mental & Emotional Tips to Get You That New Dive

Physical

Go thru motions on deck

Practice motions from mat/dry bed

Do lead ups until coach tells & shows you that you are ready for the next step.

Mental

Practice POT - Positive Outcome Thinking. Positive thoughts=better finish!

Visualize-See it in your brain!

Positive self-talk: Believe it!
Repeat the positive corrections/action that coach gives you.

WTD: Guide Me In Word, Thought & Deed helps.

This process helps you fight thru any fear or doubt you have! The longer you delay on the board, the worse it gets for you. Negative thoughts creep in. If you are take longer than 7-10 seconds step back & recoup to give another diver a chance.



It's normal to have anxiety or fear attempting a new dive. If you practice the following, you can lessen your fears! Divers are unique in that, they basically conquer fears each practice!

Achieving that next level and adding new, more difficult dives, takes drive, discipline & guts! Desire can overcome fears!

Emotional

Emotions play a major role in learning & progressing. And we practice controlling them. If you are visibly shaking or crying, it's simple, you don't attempt the new dive. Physiological changes occur during stress and slow breathing & WTD calming thoughts help!

Your coach (that would be me;) knows when you are ready whether you think so or not! Your ability to use your POT, your lead up skills, and the support of your teammates, should make you a believer- in yourself!. Take these tips, put them into your practice regimen and I guarantee success. I've seen it!





Good Practice Habits

Spend no more than 10 seconds on board when it's your turn

Look at coach before & after each dive

Depending on type of practice, you may get coached immediately after your dive or you will be called over.

Do your dive and swim directly & swiftly under your board to wall

Don't chatter on the board

Towel off quickly

Please don't interrupt coach when talking to another diver

COURTESY- COOPERATION - CONSIDERATION

Every September we renew commitment, set new goals, review team rules & practice procedures! Older divers are reminded of these rules & procedures as we indoctrinate newer divers.

This is the month we set the tone for productive & fun practices! We ask everyone to come together and make it a great experience for everyone. Gentle Reminders: Fun is a byproduct of hard work! Please follow the rules and support

Good Practice Habits - Gentle Reminders

4:00-4:15

- 1) Once you arrive at pool, after your sun block application - immediately as a group.. start, stretching, plyometrics, bunny hops, planks, & Sun Exercises
- 2) Quick positive word-of-the-day and team messages/ announcements - 4:15
- 3) Mat set up and begin rounds/ rotating warmup for most
- 4) 4:20-6:00 Diving
 - Gentle Reminders:
 - No lounging your way into practice
 - Be at practice when you're at practice
 - Listen to learn & learn to listen
 - No shouting/demanding or interrupting your coach
 - No scowling or negative words or body language
 - No coaching or helping other divers, unless your coach asks
 - No bossing or hurrying divers on. There's only one boss on the deck for these two hours ;)
 - Be kind - be polite to your teammates - especially siblings!
 - Support teammates - Don't coach them!
 - Say something positive to a teammate each day!
 - Enjoy the Journey - Strive to be Happy!