

TEAM STRUCTURE - PROGRAMS - FEES - POLICIES

2022-2023 THREE PROGRAMS GOLD TEAM - SILVER TEAM - LESSONS

GOLD TEAM - \$240 per month - unlimited practice per month

ALL ages - JO only, - no novices!

J.O. = Jr Olympic and compete both boards, dives only - no skills allowed (lineups)

9 & under - 5 dives (eg 101c 201c 401c 102c 401c)

11& Under - 6 dives

12-13 - 7 dives

14-15 - 8-9 dives

16-18 - 9-10 dives

How do I earn Gold Team Status?

After a non-specific time of diving with us, you may advance to GOLD. You will learn enough dives to graduate from novice diving and earn enough dives to compete Jr Olympic. If You show consistent, good practice habits, put in the effort & display good behavior; you will advance & move on up. **YOU will be REQUIRED to attend all meets & team functions** you are invited to; and you must **demonstrate a willingness to comply with all team rules & policies** (sign team fees & policies page). It really is put to you, but gentle reminder: it is still coaches' discretion....and may be revoked at any time.

Can the younger age groups dive more than the recommended # of days?

Talk to Coach Jim

SILVER TEAM - \$255 per month - Tues - Thurs & Sat for 11 & Unders

All Ages - Jr Olympic & Novice

How many diving-days are recommended a week to be competitive in my age group?

14-18 - 4-5 days a week;

SATURDAY DOUBLE SESSIONS MANDATORY for high school age divers!

12-13 - 3-4 days a week

11 & Under - 2-3 days

9 & Under - 2 days

Silver Team status is earned after a brief period in lessons where you will be introduced to basic skills and drills and maybe a few dives, Once you have mastered a few skills, depending on your age group, you will be asked to dive in a novice meet.

FUTURE CHAMPIONS/DEVELOPMENTAL TEAM/LESSONS - ALL AGES & LEVELS

Tues & Thur 4:00-6:00 and SOME Saturdays 10:00-12:00 may be arranged

\$40 - one two-hour lesson

\$150 - 5 two hour lessons (in a month)

\$210 - 6-8 two hour lessons (in a month)

\$255 - 9-12 two hour lessons (in a month - Silver Team possible)

