

# Redbird Diving Club

## Redbird Hosts First Ever Home Meet

On April 6th, our club will host the AAU Central Association Meet. Teams from Wisconsin and other parts of Illinois are already planning on traveling to Normal, IL to join us here at Horton pool. This is an exciting event for our team and



it will be a great experience for our divers to try competing in their own familiar pool. We hope you will all be able to join us for this meet. We will soon be asking for your help in making this event possible!

## Redbird Diving Camp 2013

Redbird Diving Club hosts a series of camps each summer. The camps, which aim to improve diving skill in experienced diver as well as teach basics to brand new divers, are intended for ages 7 to 18. The camps run from 8am to 12pm on the dates listed below. Both members and non-members are welcome. Mark the 2013 dates down on your calendar:

All Ages Camp: June 24-26

High School Camp: July 22-25

Visit [www.redbirddiving.com](http://www.redbirddiving.com) to download the 2013 Brochure

## Diving on TV (coming soon)

A new TV Series *Splash* is coming to ABC this spring. Celebrities will train and compete in regulation platform and springboard diving. Leading up to the competition, the world's most decorated and medaled diving legend, Greg Louganis, will give each celebrity weeks of training. Each dive will be critiqued by the judges, London Olympic U.S. Gold medalist David Boudia and Australian Olympic athlete and USA Dive Team director Steve Foley. The final two celebrities joining the cast will be announced closer to premiere. *Splash* premieres TUESDAY, MARCH 19 (8:00-9:00 p.m., ET) on The ABC Television Network.

### **PAYMENT INFO:**

Monthly fees are due at the beginning of the month. Please have checks in no later than the 10th of each month. Make checks payable to:

#### **Redbird Diving**

You may bring checks to club or mail checks to:

**Phil Hoffmann**  
**504 Grant St.**  
**Normal, IL 61761**

### **How Much Do I Owe?**

Diving 1x a week: \$90/mo  
 Diving 2x a week: \$150/mo  
 Diving 3x a week: \$200/mo  
 Learn to Dive: \$50/mo  
 Advanced LTD: \$70/mo  
 Single sessions are \$25/session  
 Need prorated amount?  
 Email Kristy at  
[redbirddiving@gmail.com](mailto:redbirddiving@gmail.com)  
 Want a monthly invoice? Let us know!

### **Good Luck at GA Winter Invite!**

Many Redbird Diving members will be traveling to Northbrook, IL. this weekend for our first club meet of the year. Included in this group are many new members who will be trying their first meet ever. Good luck to everyone participating!

# Redbird Diving Club

## Dive Meets 101

The following suggestions are geared to help you through your first few diving meets. These are general rules. You should always check with your coach to find out specifically what he expects of divers and their parents.

### Before the Meet Starts...

- Make sure your child gets a good night's sleep and a healthy meal prior to the competition.
- Be sure that you know what time the coach expects you at the pool. Give yourself plenty of traveling time so that your child will arrive at the pool before the scheduled warm-up begins. It's better to be safe than sorry.
- Check with the coach before leaving for the meet to get information on what to do when you arrive at the pool. Often times there is a registration table that the diver needs to check in at when they first arrive at the pool.
- Parents are asked to stay off the pool deck unless asked to come on deck by a coach or host teams staff. United States Diving insurance regulations do not allow parents on deck unless they are serving in an official capacity (i.e., working the scoring table).
- Let your coach know you have arrived. Follow their instructions on what to do next. It is important to remember that coaches are generally very busy at meets, but will spend time with each child when it counts the most, during their warm-up and during their event.

### The Competition

- It is important for every diver to know when their event begins, and at what time the coach expects them to be ready to compete. Please make sure to ask your diver to confirm with Phil or Ben the warm-up times and when you should arrive at the pool.

- Once the event has begun, the diver should know their order in the event, and always be prepared to dive when their name is called. Usually, the announcer will call the current diver and the "on-deck" diver (the next diver in the order).
- It is very important for the diver and the coaches "coaching" bond to develop, meets are a great place for that bond to grow. Your diver will be nervous, do what parents do best and help your child calm his/her nerves the way only you know how. Let your coach handle the diving side of the equation.
- All questions concerning a judge's call, the conduct of a meet, or the meet results should be directed to the coach. The coach will pursue the matter through the proper channels.
- If you are looking for something to do, check with the parents' organization running the meet. You may be able to help in some way, such as working at the scoring table, or you may want to bring a good book or some work from home

### After the Event

- Make sure the child is available for any award ceremonies if applicable.
- Tell your child what a great job they did and how proud of them you are.
- Help them to relax if they are preparing to dive in a second event.
- Make sure they are eating and/or drinking the proper foods.
- Once the diver has finished competing, check with the coach before leaving (to find out about the next practice or warm-up times for any upcoming events).

### What to bring to a Meet:

Suit  
Multiple Towels  
Shammy  
Team Apparel  
Warm Clothes (to stay warmed up on pool deck)  
Water Bottle / Gatorade  
Snacks

### Redbird Diving Team Schedule:

Sunday 5:00-7:00pm  
Monday 4:30-6:30pm  
Wednesday 4:30-6:30pm

Learn to Dive Class  
Sunday 6:00-7:00pm

Advanced LTD Class:  
Sunday 5:00-6:00pm

### Redbird Diving Website:

Be sure to stay connected and follow us on our website. If there is any question in regards to practice being cancelled we will post info under announcements. We will send out emails and texts if there is a cancellation.

[www.redbirddiving.com](http://www.redbirddiving.com)