

# Redbird Diving Club



## Parent Meeting/Pizza Night

With many divers new to our club and many older divers now driving themselves to practice, we decided it would be beneficial to meet as a group with parents, coaches and divers. So we would like to invite you all to a **Pizza Night on Sunday**

**November 18!** We will have

practice starting at 5pm like usual, then a **Parent's Meeting at 6pm** (meanwhile the divers will continue to have a "fun" practice coached by current club and ISU divers), **Pizza** will follow at **6:30**. Hope to see you all there!



## Club Meet Tentative Schedule

We have had a blast traveling together to different meets in the past. This year we hope to have more divers at each meet and go to more meets than the past! We have put

together a tentative schedule for 2012-13. Mark the dates on your calendar and start preparing your dive lists!

January 19-20: Schroeder Winter Invite (Brown Deer, WI)  
 February 8-10: GA Winter Invite (Northbrook, IL)  
 April 6: AAU Central Association Meet (Normal, IL)  
 May 10-11: Schroeder Spring Invite (Brown Deer, WI)  
 June 14-16: USA Diving Regionals (Iowa City, IA)  
 July 11-14: USA Diving Zones (Columbia, MO)  
 August 2013 AAU Nationals (TBA)



### 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!

### Girls Update:

Congratulations to Rachel Williams for breaking the NCWHS pool record last Saturday at the Big 12 Conference Meet .

Good luck to our HS girl divers as they prepare for the upcoming sectionals meet at NCHS. The meet is Saturday Nov. 10 at

# Redbird Diving Club

## What is all that diving lingo?

USA Diving is the National Governing body of our sport.



USA Diving has 3 levels of participation. These levels include: the Future Champions Program, Junior Program, and Senior Program. The senior program is what chooses our Olympic Team every four years!

Redbird Diving participates in both the Future Champions and Junior Program at this time. They are in many ways connected! The Future Champions program is the foundation for a great diving experience! See the section Future Champions Requirements Explained for more information.

The Junior Program is very rule specific when it comes to dives performed for each age group, regardless of ability level, whereas the Future Champions programs is intended as an entry level competition environment for any age, and based upon skill level not age. See the requirements for each age group below. At our parent meeting on the 17<sup>th</sup> we will talk in more detail about this!

When our coaches are deciding what events we are wanting you too participate in at a given meet we will look to see if you have the required amount of dives for your age group in the Junior Program. If you do not have the required dives for the Junior events, we may suggest that you participate in the Future Champions event if it is offered. For example, can you participate in an 11 and Under 1 Meter Junior event and a Future Champions 3 Meter event at the same meet? YES!!! We hope to use this option this season to get the divers more meet experience.

AAU Diving is VERY similar to USA Diving when it comes to the age specific competition requirements. However, AAU does NOT have any future champions program. You will see the competition requirements for AAU Diving below.



As a general rule the AAU meets are run and at the same level of competition as any of the USA Diving events. One of the main differences is how you earn the opportunity to participate in the National Championship Meet. With USA Diving you have to go through and Regional Qualifier and Zone Qualifier to earn a spot at Nationals. With AAU you simple achieve a certain score. This score can be achieved at any AAU, USA Diving, OR EVEN High School meet throughout the calendar year. In Addition, your placing at the AAU Central Association Championships! So this will be a GREAT way for our team to get kids to AAU Nationals in August!!! We will talk in detail about AAU & USA Diving at our November Parents meeting!!

As mentioned in the last newsletter we will be hosting the AAU Central Association Championships in April. ALL DIVERS are encouraged to participate in the meet. The coaching staff will work diligently to get your divers prepared for this competition. It will be the FIRST junior diving competition Redbird Diving has ever hosted and the first in Central IL for many years.

### USA Diving Springboard Competition Rules:

- 9 & Under Boys and Girls (five dives)
- 3 Voluntary (Different Groups), 2 Optional (Different Groups)
- 11 & Under Boys and Girls (six dives)
- 3 Voluntary (Different Groups), 3 Optional (Different Groups)
- 12/13 (FINA Group C) Girls (seven dives)
- 5 Voluntary (Different Groups), 2 Optional (Different Groups)
- 12/13 (FINA Group C) Boys (eight (8) dives)
- 5 Voluntary (Different Groups), 3 Optional (Different Groups)
- 14/15 (FINA Group B) Boys (nine dives)
- 5 Voluntary (Different Groups), 4 Optional (Different Groups)
- 16-18 (FINA Group A) Girls (ten (10) dives)
- 5 Voluntary (Different Groups), 5 Optional (Different Groups)
- 16-18 (FINA Group A) Boys (eleven (11) dives)
- 5 Voluntary (Different Groups), 6 Optional (5 Different Groups)

### AAU Springboard Competition Rules:

- Group E, 9 & U (4 Dives)
- Boys and Girls 3 Vols, 1 opt Vols Max DD 1m 5.4, 3m 5.4
- Group D, 10-11 (5 Dives)
- Boys and Girls 3 Vols, 2 opts. Vols Max DD 1m 5.4, 3m 5.4
- Group C, 12-13 (Girls 7 Dives, Boys 8 Dives)
- Girls 5 vols, 2 opts Boys 5 Vols, 3 opts. Vols Max DD 1m 9.0, 3m 9.5
- Group B, 14-15 (Girls 8 Dives, Boys 9 Dives)
- Girls 5 vols, 3 opts Boys 5 Vols, 4 opts. Vols Max DD 1m 9.0, 3m 9.5
- Group A, 16-18 (Girls 9 Dives, Boys 10 Dives)
- Girls 5 vols, 4 opts Boys 5 Vols, 5 opts. Vols Max DD 1m 9.0, 3m 9.5

# Redbird Diving Club

## What is all that diving lingo (cont.)?

USA Diving's Future Champions program is designed to encourage young divers to learn the core competencies of diving. The purpose of competition in these skills is both to introduce the new diver to the fun of competitive diving as well as to give them a tangible reason to work on and improve these core skills. These core skills learned at a young age will serve

them well in terms of safety, learning new dives and scoring well in future competitions.

Below is a table that outlines the different skill levels that can be competed in the Future Champions portion of a meet. Divers may compete at any level in which they can meet the dive requirements.

### Future Champions Requirements

Tier	Level	# of Dives	Consisting of:	Additional Notes
1	1	6 Dives	6 Skills / 0 Dives	The same Skill may be reused in a different position.
1	2	6 Dives	5 Skills / 1 Dive	The same Skill may be reused in a different position. Dives may be 101, 201, 301, 401, any position with true DD. Any other dive may be used with a DD of 1.0.
1	3	6 Dives	4 Skills / 2 Dives	All Skills and Dives must be from different groups. Dives may be 101, 201, 301, 401, any position with true DD. Any other dive may be used with a DD of 1.0.
1	4	6 Dives	3 Skills / 3 Dives	All Skills and Dives must be from different groups. Dives may be 101, 201, 301, 401, any position with true DD. Any other dive may be used with a DD of 1.0.
2	5	7 Dives	3 Skills / 2 voluntary dives / 2 optional dives	Skills must be from different groups. Dives may be 101, 201, 301, 401, any position with true DD. Any other dive may be used with a DD of 1.0.
2	6	7 Dives	2 Skills / 3 voluntary dives / 2 optional dives	All Skills and Dives must be from different groups. Voluntary Dives may be 101, 201, 301, 401, any position with true DD. Optional Dives - any standard Junior level dives
2	7	7 Dives	1 Skills / 3 voluntary dives / 3 optional dives	All Skills and Dives must be from different groups. Voluntary Dives may be 101, 201, 301, 401, any position with true DD. Optional Dives - any standard Junior level dives
2	8	7 Dives	0 Skills / 4 voluntary dives / 3 optional dives	All Skills and Dives must be from different groups. Voluntary Dives may be 101, 201, 301, 401, any position with true DD. Optional Dives - any standard Junior level dives

The Skills Bank is the list of skills that can be used to meet the requirements above. In Levels 1 and 2 the same skill can be reused if it is performed in a different position. For example: A diver could do a 100 (forward jump) in the straight position for one skill and then do the same skill again but in the tuck position and it would fulfill two of the skill requirements in a meet.

### Skills Bank

Skill	Description	Positions
100	Forward Jump	Straight, Pike, Tuck
200	Back Jump	Straight, Pike, Tuck
5301	Reverse Jump 1/2 Twist	Straight, Pike, Tuck
5102	Forward Jump 1 Twist	Straight, Pike, Tuck
5303	Reverse Jump 1 1/2 Twist	Straight, Pike, Tuck
5104	Forward Jump 2 Twists	Straight, Pike, Tuck
5201	Back Jump 1/2 Twist	Straight, Pike, Tuck
5203	Back Jump 1 1/2 Twist	Straight, Pike, Tuck
5205	Back Jump 2 1/2 Twist	Straight, Pike, Tuck
001	Forward Lineup	Straight, Pike, Tuck
002	Back Lineup	Straight, Pike, Tuck