

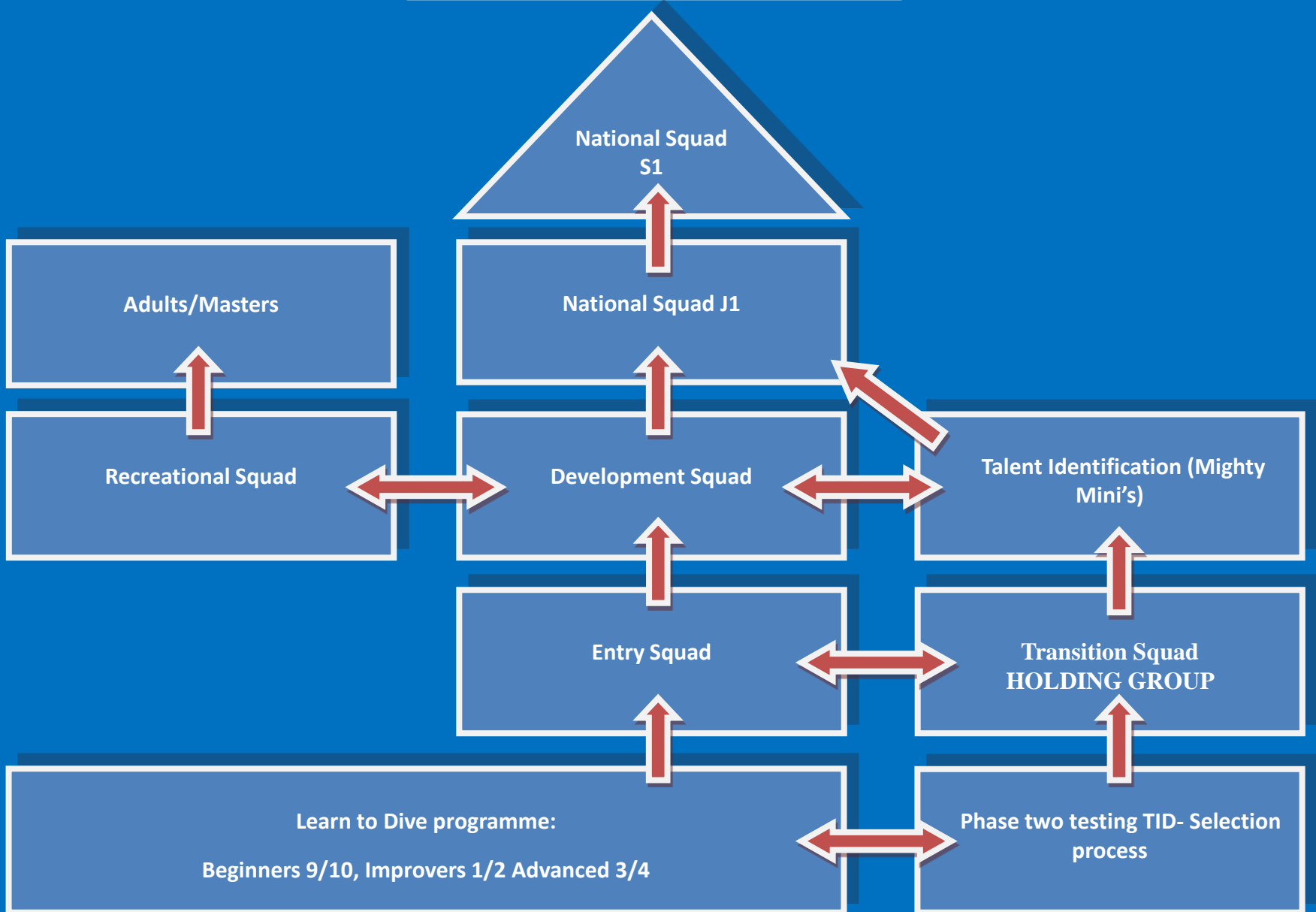
Cambridge Dive Team

September 2009

New Scheme Structure

Marc Holdsworth Head Diving Coach

- 18 years in Diving
- 9 years competing at a national and international level
- 8 years coaching-5 years at a national level and developing talent identification in Leeds
- Coming in to coach at ALL levels and supporting other coaches
- Main focus to establish and create a schools link in order to head up Talent Identification



Entry Squad

- Entry Squad step up from Learn to Dive. Training once a week for 1 hour- Entry 1
- In order to move to two sessions a week divers must complete the following two entries a back tuck roll and a back fall from the 3m, it is then up to the coaches discretion in order to move to Entry 2.
- We have highlighted these two specific skills as they are fundamental movements for long term development as well as being basic requirements for MOST novice competitions.
- The Squad will be coached by our Junior coaches and overseen by both Marc and Sam.
- Matthew Roberts- Mondays
- Edward Hird- Tuesdays
- Vivien Cliff- Wednesdays
- Laura Shipsey- Thursdays

Development Squad

- Divers within development squad are expected to be finishing top 10 in novice competitions whilst working towards Age group competitions
- Divers must attend x2 out of 3 available pool sessions and x1 session dryland
- This group will be coached by Sam and Aaron Paul.

Talent Identification

- To identify School Talent whilst creating an awareness of Cambridge Dive Team
- Divers are selected based on a battery of tests and identified as raw talent
- In one year divers will hold the necessary skills to compete at a national novice level.
- For the time being a small squad of learn to dive, e1 and gymnasts have been selected to train in this squad.
- Divers are expected x2 out of 3 available pool sessions and both dry land sessions
- This squad will be taken by Marc

Recreational Squad

- This squad will train in a more relaxed atmosphere
- Divers can aim and achieve as much as they wish to.
- Divers who are older must have some input in to THEIR diving as well as a quality coach to help them achieve their goal.
- This squad is coached by Nathaniel Doza

National J1 and S1

- Two squads which will train together and have same number of sessions.
- J1- has a specific goal of competing at a National age group level whilst working towards Junior elites
- S1- Are competing at Junior Elite level whilst working towards competing at Senior Nationals
- These groups will be coached by Marc and Sam

Adult Diving

- Adult diving will continue to train on Mondays and Thursdays from 8.30pm till 9.30pm
- The normal ticket payment system will carry on as normal. £45.00 for 10 training sessions
- This is open to 16+ learning to dive or already masters diver
- We want to encourage adult competitions this year.

Parents

- In order for this to work and divers to progress we have some guidance and rules.
- **Try not to interfere during a training session**
- **Attend the sessions required**
- **Please please please inform the lead coach if you are going to be absent.**

Contact Details

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Thanks for listening

Any Questions?

