

The Mysteries of Club Diving and Competitions Unravelled

Club Structure

Competitions - why you?

Types of competitions and trips

How do you get to know about competitions

How do you enter competitions

Mysteries of dive sheets explained

What to do at competitions

Parent's role

Diver's role

Club Structure

Learn to Dive (LTD)
1 session / week



Entry Level (E squad)
1 - 3 sessions / week



Development Level (D Squad)
3 - 6 sessions / week



National Level (N Squad)
4+ sessions / week



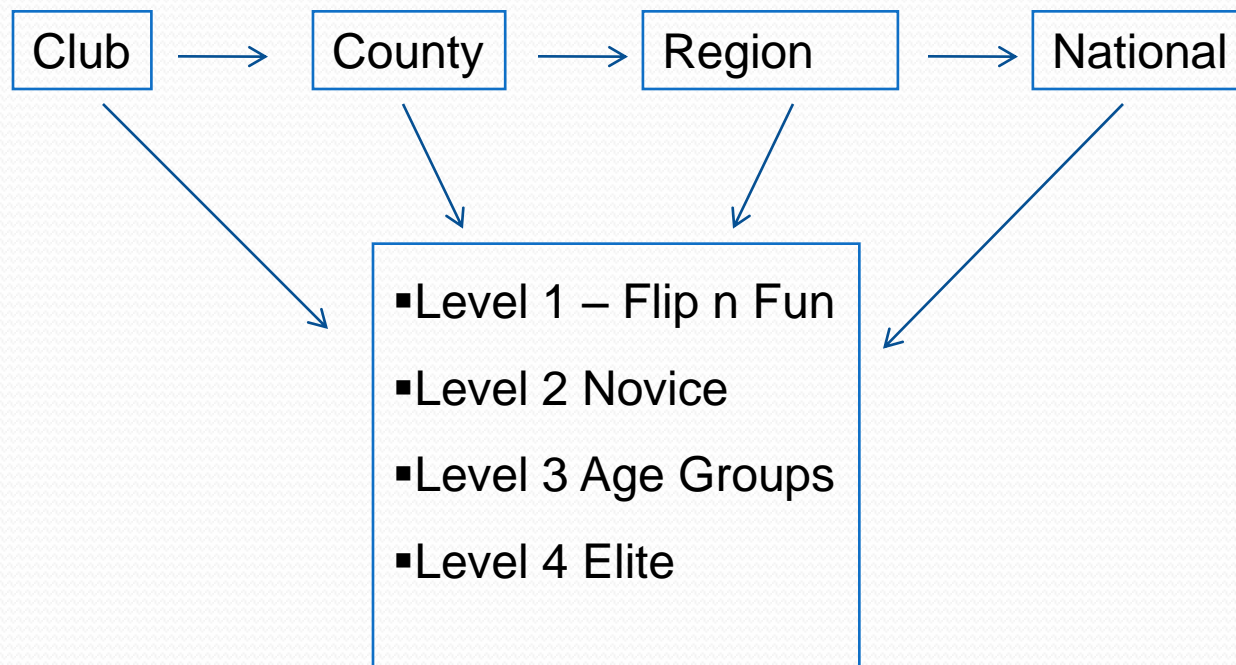
Adult Learn to Dive (ALTD)
1 session / week



Masters M Squad
2 or 3 sessions / week

Competitions - why you?

- There are competitions for all divers of all abilities
- Competitions are structured so that divers compete at THEIR level



Types of competitions and trips

- ❖ Local events – club and county
 - ❖ Regional events – usually in region
 - ❖ National events – anywhere in UK
 - ❖ Invitation meets – anywhere in UK
 - ❖ International camps and meets - anywhere
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- Diver can enter themselves
 - Club prefers to handle the entries as a composite entry
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- Divers travel as individuals
 - Travel as a team – chaperoned trip.

How do you get to know about competitions?

- Our website – calendar & competition sections
 - Our email circulars (are you signed up)
 - Our notice boards
 - Club coaches
 - East Region website
 - British Diving website
 - Other club websites
- ❑ Competitions arranged chronologically for each level
with club early in year and ending with national event

How do you enter competitions

- Description of procedure on our website under 'documents'
- Entry forms for most competitions are on our website under 'competitions'
- Download forms, fill in, and post with monies into competition entry box on poolside
- Note details of
 - competition date
 - time to be there, warm up time, start time
 - closing date for entries
 - entry fee
 - dive sheet submission date

What to do at competitions

- Arrive at the correct time
- Report to coach
- Stay with the team
- Support your team-mates
- Tell coach when you are leaving
- Take sensible food and drink
- Eat when advised by coach

Other points

- Take Club kit
- Take warm clothing and pool shoes
- Ensure you have transport to event

Mysteries of dive sheets explained

- L1 & L2 competitions have required dives and some optional
- L3 & L4 competitions have a specified number of dives under a dd plus dives without dd.

Dives will have to cover a specified number of groups

Competition may ask for ' 3 dives from 3 groups with dd limit of 5.4 + 3 dives from 3 groups.

❖ Dive sheets ask for

dive number

position of dive

height of board

tariff (dd) – found in tariff tables

description of dive – found in tariff tables

Rest of dive sheet is for judges score and calculations

Mysteries of dive sheets explained - 2

Dive number and groups of dives

group 1 forward movements includes dives and s/s

group 2 back movements includes dives and s/s

group 3 reverse movements includes dives and s/s

group 4 inward movements includes dives and s/s

group 5 twist movements – any dive or s/s with a twist

group 6 armstands – platform only

Dive positions

a straight position (no bending of the body)

b pike position (body bent at the hips, legs straight)

c tuck position (body curled into a tight ball)

d free position

Board height

1m and 3m springboards

5m, 7.5m and 10m platforms

Mysteries of dive sheets explained - 3

Tariff or dd

Every dive has its own number and own degree of difficulty
Details on tariff tables

Online submission of dive sheets

Dive Recorder <http://www.diverecorder.co.uk/index.html>

Divers submit their own details and dives

Put in dive number, dive position and board height – rest automatic

Signing Dive Sheets

Note dive sheet signing time

Carefully study dive sheet to ensure all the dives entered are correct

Sign the dive sheet. After this you cannot change a dive

Parent's role

- Support coach by encouraging your child to enter all relevant competitions
- Ask coach if you are unsure about the competition
- Regularly consult website and notice boards for competition announcements
- Act on the club circular emails
- Ensure the deadlines are met
- Ensure your child has correct kit
- Check competition details (times, date, venue, deadlines)

Diver's role

- ❖ To enter all relevant competitions
- ❖ Post entries into competition box
- ❖ Be at competition on time
- ❖ Report to coach
- ❖ Be ready and do warm up
- ❖ When marshals call for competitors – go to assembly point
- ❖ Wear club kit for parade and presentation
- ❖ Be ready for your name to be called for you to dive
- ❖ Listen carefully to do the announced dive
- ❖ Leave the water immediately you have done the dive
- ❖ Be ready to attend presentation
- ❖ Support your team-mates
- ❖ ENJOY YOURSELF