



The Blue Diving Program is dedicated to providing a program where students will be working at their own level to develop a strong base, correct technique, and a fundamental understanding of dynamic movement. We want to create an environment of opportunity for beginners to advanced divers to improve their condition, confidence, knowledge and self-esteem. We will create successful fundamental skill progressions for balance, spatial awareness, lift and water entry, as well as learning the requirements for diving safety. We will teach different dives from the one meter diving boards. Divers will work from a skill progression model that prepares them for advanced dives. Athletes will not perform dives they are not physically ready to perform. It is our goal to develop a coach/athlete bond of trust so the athlete knows that what we are teaching them is in their best interests. Your athlete's safety is our number one priority. Athletes will partake in trampoline training depending on their level of skill. We have plans to grow the diving program from diving lessons to competitive diving in the future, but we want to develop a solid base for all participants first, and then build to the next level. Having fun, while working hard to enjoy the new journey for the sport of diving, is our main goal.

**Ages:** 1<sup>st</sup> grade through 12<sup>th</sup> grade (Fall 2016).

**Requirement:** All participants must be able to swim 25 yards without touching the bottom of the pool.

**Fee:** \$65.00.

**Swimsuits:** Swimmers need to wear one piece suits during practice.

**Refunds:** **No cash refunds will be given.**

**Practice:** Begins April 7th. Practice days are **Tuesday and Thursday evenings** at the LSR-7 Aquatic Center. If you are unable to make practice, please contact Shelly Pollock.

**Venue:** All practices will be held at The Blue Aquatic Center which is located at 2401 NW Ashton Drive, Blue Springs, Missouri **816.228.0188**

## **Schedule**

- Session 1: March 21-April 13 (Tuesday and Thursday)
  - 7:00-8:00 pm
- Session 2: April 18-May 11 (Tuesday and Thursday)
  - 7:00-8:00 pm

**Assistant Aquatic Manager and coach:** Shelly Pollock, Phone: 816.228.0188,  
Email: [spollock@bssd.net](mailto:spollock@bssd.net)

