

2011 Wood Valley Dive Team

Welcome to another season of summer diving!!!

Wood Valley is a member of the Tarheel Diving Association (TDA), which is composed of 6 summer league teams. TDA member teams are Duke Aquatics,, Northbrook Country Club, North Hills County Club, Prestonwood Country Club, Scottish Hills Country Club, and Wood Valley Swim & Racquet Club.

Dive practices will begin soon after the opening of the pool. While Wake County Schools remain in session practices will be held in the afternoon. After school ends, dive team practices will be in the morning, with evening and Saturday practices for year-round students or makeups. (See the Dive Team Schedule

Dive Meets:

Warm-ups start at 4:30pm for the home team, with the meet starting at 6pm. The dive meet is held in age group order: 8-under, 9/10, 11/12, 13/14, 15-18. The 8-unders will do 3 dives (one required dive - front dive with 2 optional dives, one from another group– back, inward, reverse, twist), all other age groups will do 4 dives (required dive – front dive any position, 3 optional dives with at least one dive from another group). Meets may be held in the rain, but not in thunder and lightning. The rain date is on or before the weekend following the cancelled meet.

The home team is required to supply table workers and at least 3 judges. Parents of divers are strongly encouraged to attend a judging clinic in order to learn more about the dives and to be qualified to judge at dive meets!

The year-end TDA Championship meet will be held at Duke Taishoff Aquatic Center on Saturday, July 16th. We will send the top 3 divers in each age group (boys, girls) to the TDA Championship meet. A diver must have participated in at least 2 dive meets in order to qualify for the TDAs. Medals and team points will be awards to the top 10 finishers in each age group by gender. Team trophies will also be awarded, along with the Most Points Award to the divers (boy, girl) in each age group with the highest cumulative score (top 3 meets).

Our coach is committed to making practices as fun and safe as possible. Divers are expected to attend practice sessions in order to make progress on their dives throughout the season. Much of the enjoyment of the program comes from participating on a team, the camaraderie with fellow team members, and reaching one's own personal goals. Feel free to talk to the coach before or after practices about your child and any concerns you may have. During a meet please allow the coaches to focus their attention on the meet. **If any issues arise during a meet, please contact the TDA representative, not the coaches.**

Your ideas and suggestions are always welcome. In addition, **the program REQUIRES your active support and participation.** **Volunteer opportunities:** dive meet judges (must attend a judging clinic), table workers, announcer (home meets), donuts on Fridays after dive meets, taking photos/video for the YS Dive video. The Dive Team will staff the concession stand for one Home Swim meet – 2 shifts (5-7pm, 7-9pm), 3 workers per shift (no food shopping!) A signup sheet for all the volunteer positions will be available at the Parent Meeting, and on the bulletin board after the meeting.

SWIM SUITS

This year is a new year for our team suit. It is a Dolfin royal blue solid suit with the WV logo embroidered on it. We will be ordering through Kast-a-Away (781-3775). A representative from Kast-a-Away will be available on Youth Sports signup day for swimsuit fitting and sales from 10am-noon. If you cannot order on YS signup day, please mention the Wood Valley team when calling Kast-a-Way directly.

Dolfin Lycra team solids Royal 475

Female HP Back 7202L

Female V-2 Back 9942L

Male Jammer 7000L