

# **Dunn Loring Dive Team Handbook**

**Summer 2009**

## **DIVE TEAM HANDBOOK - SUMMER 2009**

### **WELCOME:**

Welcome to the 2009 diving season with the Dunn Loring Dolphins. We will be in Division 1 of NVSL this season!

Our team representatives for 2009 are:

Valerie Taylor - 703-573-8494 (Home)

[JTandV@aol.com](mailto:JTandV@aol.com)

Peggy Driver - 703-281-2201 (Home)

[thedrivers@cox.net](mailto:thedrivers@cox.net)

Our head coach is:

Cassie Self – (703) (Cell)

The pay telephone at the Swim Club front desk is 703-560-9873.

### **INTRODUCTION:**

The Dunn Loring Dive Team is a member of the Northern Virginia Dive League, the largest and one of the oldest age-group dive leagues in the country. NVDL was formed, along with the Northern Virginia Swim League (NVSL), to develop “a love for the sport, advanced aquatic skills, teamwork, and principles of good sportsmanship”. NVDL has over 40 teams divided into 8 divisions. Our other Division 1 teams for 2009 are Sideburn Run, Vienna Woods, Cardinal Hill, Pinecrest, and Truro.

### **DUNN LORING DIVE TEAM GOALS:**

Improve divers’ skills while maintaining a safe environment

Develop good sportsmanship

Encourage and develop teamwork

Enable divers to develop confidence when competing

**Have fun while developing a love for diving**

The swimmers and divers at the Dunn Loring Swim Club are all part of one Swim and Dive Team. You are invited to attend all meets, parties, and activities for both swimming and diving. We have swim meets on Saturday mornings and Monday evenings along with our dive meets on Tuesday evenings. In addition, there are special dive events on specified Sundays, and special swim events on specified Wednesdays. By uniting as one powerful team, we build **DOLPHIN POWER!**

**PREREQUISITE:** To be on the swim/dive team, a child's family must be a paid member of the Dunn Loring Swim Club. **In addition, the child must pass the patch test and the registration must be fully completed and paid before he/she can begin practice.** It is the parents' responsibility to have their child tested by a lifeguard at the swim club for the patch. Dive Team practice begins Monday afternoon June 1st.

THE DUNN LORING SWIM CLUB RULES STATE THAT AN ADULT MUST ACCOMPANY CHILDREN UNDER THE AGE OF 10 WHILE AT THE POOL. THIS RULE ALSO APPLIES TO SWIM/DIVE TEAM PRACTICES. THE COACHES MUST DEVOTE THEIR TIME AND ATTENTION TO THE SAFETY OF THE SWIMMERS AND DIVERS IN THE WATER AND CANNOT BE RESPONSIBLE FOR CHILDREN ON DECK OR IN THE RESTROOMS. IT IS ALSO IMPORTANT THAT WE ARE ABLE TO IMMEDIATELY FIND THE RESPONSIBLE ADULT FOR DIVERS OF ANY AGE IN CASE OF AN EMERGENCY. THANK YOU.

**COMPETITOR ELIGIBILITY:**

The eligibility of a competitor to compete in a particular age group shall be determined by his or her age on June 1, 2009. The diver remains in that age group throughout the summer season.

**TEAM SUITS:**

Team suits are available from Sport Fair in Arlington. Girls wear racing suits and boys have an option of either jammers or racing suits again this season. The dive team will use the same suit as the swim team so an additional suit is not required if you are both a swimmer and a diver. A representative from Sport Fair will be available at the registration session in May to help with sizing. In addition, you may go directly to Sport Fair in Arlington to select your suit. They are located at 5121 Lee Highway in Arlington near the intersection with George Mason Drive. Their telephone is 703-524-9500. Identify yourself as a Dunn Loring Team member.

**STAY INFORMED!** - Get the latest league notices, event schedules, meet results, and directions to other pools online at the league web site:

<http://nvsl Dive.nvblu.com/plasma/core/site/nvsl Dive>

Also, please make sure the team reps have a current e-mail address for you family to receive dive team notices and updates.

## **2009 PRACTICE TIMES (MONDAY THRU FRIDAY)**

### **PRE-SUMMER:**

Afternoon practices beginning June 1<sup>st</sup>:

13 and over - 5:00 - 5:45

8 and under - 5:30 - 6:15

9 to 12 years - 6:15 - 7:00

SUMMER: Morning practices beginning June 19th:

Advanced divers - 9:00 - 10:00

Intermediate/competitive divers - 10:10 - 11:00

Beginning Divers - 11:10 – 12:00

**These groupings will be determined by the coaches and are subject to change. Please attend the appropriate practice unless something has been prearranged with the coach/team rep.**

Additional SUMMER:

Afternoon practice for divers who can't attend morning practices.

4:00 – 5:00 Monday, 6:00 – 7:00 Wednesday, Thursday

*Please note that the dive team follows the rules established by the Dunn Loring Swim Club for pool closure related to weather so if you are not certain about the pool being open, please call the front desk.*

### **DURING PRACTICE:**

We want to make the best use of our board time since we only have two boards for training. We want to be able to start each practice on time, and also provide as much instruction and practice as possible. **Please attend the appropriate practice as designated by the coaches and team reps.**

**Divers and parents should be respectful of this time and not interrupt the coaches with questions during practice time.** Team Representatives are happy to meet with parents during practice to answer questions.

Meet sheets for Tuesday meets will be prepared so that divers should know at Monday practice whether they are diving in the next day's meet so they can be prepared and can arrange to get to the dive meet.

### **MEET TIMES:**

**All DUAL MEETS START PROMPTLY AT 6:00 PM.** NVDL rules require a prompt start or the team risks a forfeit. See Bulletin Board and check web site for departure times. For home meets, be at our pool at 4:30 pm for warm-ups since the visiting team will warm up immediately after our team. Meets may run until dark but for the safety of our divers, we try to complete the meet while it is still light. For away meets, plan to arrive at the host pool by 5:00 pm for warm ups. Please allow enough travel time to

arrive since you will be traveling during rush hour for meets and we cannot always arrange a caravan because of the traffic.

While at meets, divers and families MAY NOT go to the table to ask about scores or results. That information will be posted and announced as soon as it is available.

At home meets, we want to make our visitors feel welcome and show them the Dunn Loring Dolphin Spirit that has made us famous so please help our guests feel at home!

At away meets, please remember that we are there as guests to participate in or observe the dive meet. Please do not expect to use the host pool for your family to swim during the meet.

Should inclement weather occur during a dive meet, it is the responsibility of the meet referee, home dive team representative and the pool manager to cancel a meet. If a meet is cancelled, we will use our email/phone list to contact divers about the rescheduled time.

### **PRIVATE LESSONS:**

Private dive lessons may be available from the coach and assistant coach. Contact the individual for cost and times.

### **DIVE MEETS:**

#### **How is the meet organized?**

There are four age groups in diving; each group completes a different number of dives.

Freshmen (ages 10 and under) do three dives.

Juniors (ages 11 and 12) do four dives.

Intermediates (ages 13 and 14) do five dives.

Seniors (age 15 and up) do six dives.

Freshmen girls complete all of their dives first, then the freshmen boys. Next the junior girls etc. This is done so that the freshman divers may be finished first and if they wish, may leave the meet (although we encourage our Dolphin divers to stay if possible and cheer on their teammates).

Girls and boys may be combined in events when there are smaller numbers of divers. Each dive is numbered based on a standard system, describing the type of dive. There is a panel of five judges. Each judge scores from 0 to 10 on the execution of the dive but both the top score and the low score are discarded, leaving three middle scores. These three scores are added together and that sum is multiplied by the difficulty factor (D.D. or degree of difficulty) assigned to the dive. The difficulty factors are standardized throughout the league and are printed in the NVDL handbook.

As an example, the five scores for a dive might be 5.5, 4.5, 5.0, 4.5 and 4.0.

The top and bottom scores of 5.5 and 4.0 would be dropped leaving the three middle scores to be added. This totals 14. If the difficulty factor for that particular dive was 1.5, then the diver's score would be 21 (14 times 1.5).

After totaling of points for each dive, the divers are ranked. The first place diver earns five team points; second place earns three team points, and third place earns one point. No team can take more than two of the top three ribbons in any one division. At the end of the evening, the team with the most points wins.

A diver can “dive up”, i.e. dive in an older group (a 12-year-old may compete in a 13-14 event) but he or she must complete the same number of dives as the older competitors.

### **What do judges look for?**

Judges are evaluating:

- 1) the approach
- 2) the hurdle
- 3) the flight in the air
- 4) the entry

A dive may earn as many as 10 points. Points are subtracted for deficiencies in any of the above area. A satisfactory score is 4.5 to 5.0. Examples of when points are deducted:

if a diver balks (stops and has to start again), if the dive is done in a position different than the one announced), if the diver over-twists, if the arms swing incorrectly, if the diver does a crow hop, if the diver enters the water too close or too far from the board, if the diver does not enter the water vertically, if the toes are not pointed, or if the dive was performed in an unsafe manner.

### **OBJECTIVE:**

***Have fun, WIN TEAM POINTS and improve individual diving execution while demonstrating good sportsmanship!***

Good sportsmanship means learning from your mistakes and being gracious winners and losers. Meets are great builders of self-esteem and moral. We encourage all of our divers who are eligible to participate. We would like to see many of our swimmers attend to cheer on our divers and we hope our divers will attend and cheer at swim meets.

### **HOW CAN ADULTS HELP?**

Our Dunn Loring team also includes the support of parents, family members and other adults. Through your participation, you make the team operate effectively. It is extremely important to have parent participation, otherwise we cannot operate as a team. Please consider helping. If everyone participates once or twice in the season it will make everything much easier on the team reps, coaches and officials.

We will have sign-up posters on the dive team bulletin board before each meet. Please help by signing up for a duty before the meets.

- Meet Officials - We need trained judges, table workers and announcers
- At the Meet - We need help cleaning up at home meets
- At the Meet - We need help working the grill at home meets
- At the Meet - We need help with digital photography

After the Meet - We need help contacting the media with results  
Tuesday Mornings - We need help picking up donuts  
Social events - We need help organizing and conducting social events

## **2009 DIVE SCHEDULE**

<b>Mon. June 1</b>	<b>Afternoon dive practice begins</b>
<b>Fri. June 19</b>	<b>Morning dive practice begins</b>
<b>Tues. June 23</b>	<b>Dive Meet <u>at Truro</u> at 6 PM</b>
<b>Tues. July 30</b>	<b>Dive Meet <u>Dunn Loring</u> at Pinecrest at 6 PM</b>
<b>Tues. July 7</b>	<b>Dive Meet <u>at Dunn Loring (hosting Vienna Woods)</u> at 6 PM</b>
<b>Thurs. July 9</b>	<b>B Meet at Cardinal Hill – (tentative)</b>
<b>Sun. July 12</b>	<b>3 Meter Dive Meet <u>at Oakmarr</u> at 8 AM (select divers only)</b>
<b>Tues. July 14</b>	<b>Dive Meet <u>Dunn Loring</u> at Cardinal Hill at 6 PM</b>
<b>Sun. July 19</b>	<b>Crackerjack (Developmental) Dive Meet <u>at Truro</u> at 9 AM</b>
<b>Tues. July 21</b>	<b>Dive Meet <u>at Dunn Loring (hosting Sideburn Run)</u> at 6 PM</b>
<b>Sun. July 26</b>	<b>Divisional Dive Meet <u>at Sideburn Run</u> (8:00 AM)</b>
<b>Tues. July 28</b>	<b>Awards Evening @ Dunn Loring (time TBA)</b>
<b>Sun. August 2</b>	<b>All-Star Dive Meet <u>at Dunn Loring</u> (8 AM)</b>

## **Judges Clinics:**

<b>Sun. June 7</b>	<b>9:30am</b>	<b>Judging Clinic @Woodley</b>
<b>Tues. June 9</b>	<b>6:30pm</b>	<b>Referee Clinic @ Mantua</b>
<b>Tues. June 16</b>	<b>6:30pm</b>	<b>Judging Clinic @ Fairfax</b>
<b>Thurs. June 18</b>	<b>6:30pm</b>	<b>Referee Clinic @ Mansions House</b>
<b>Wed. June 24</b>	<b>6:30pm</b>	<b>Judges Clinic @ Old Keene Mill</b>

*CHECK THE SOCIAL CALENDAR FOR SWIM AND DIVE EVENTS*

*DON'T MISS ALL THE DOLPHIN EXCITEMENT AND FUN*