

# **Minnesota Diving Academy**

*Club Information*

*2020-2021*

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## Minnesota Diving Academy: Overview



Minnesota Diving Academy is a highly-respected springboard and platform diving club servicing the Minneapolis and St. Paul metro area, led by two-time U.S. Olympic Diving Coach Wenbo Chen. Divers are instructed at the University of Minnesota Aquatic Center, one of the best collegiate diving facilities in the country. The aquatic center is equipped with:

- an 18-foot deep diving well
- two 1-meter & 3-meter springboards
- 1-meter, 5-meter, 7.5-meter & 10-meter platforms
- 3 trampoline beds
- 2 dry board and port-a-pit
- tumbling mats and mirrors
- hot showers
- classroom with video equipment

*Mission:* The coaching staff at Minnesota Diving Academy strives to provide unparalleled, expert coaching at a world-class facility for all its divers wanting to learn and improve their skills.

## Minnesota Diving Academy: Core Staff



### ***Club Owner***

Wenbo Chen is the Head Coach of the University of Minnesota diving team, and "one of the most respected and accomplished diving coaches in the world." Following four years as USA Diving's head coach, he joined Minnesota's staff on April 16, 2009. Chen has been named the Big Ten Women's Diving Coach of the Year six times, and was also named the Men's Diving Coach of the Year in 2016. He has coached three national champions, multiple Big Ten Divers of the Year and Olympic medalists.



### ***Director & Head High Performance Coach***

Eleanor (Ellie) Smart grew up diving and qualified for both Junior and Senior Nationals. She dove collegiately at the University of California, Berkeley, where she qualified for NCAA's and won a National Championship in 2015. Smart currently dives professionally, representing Team USA and is a permanent diver on the Red Bull Cliff Diving World Series. Smart won a Bronze Medal for Team USA at the 2018 World Cup. In addition, Smart is the Assistant Coach of the University of Minnesota's Diving team. She is also Director and Head Coach of the High Performance Squad.



### ***Co-Director & Head Junior Olympic Coach***

Owen Weymouth is originally from Plymouth, England. He began diving at the age of 6 at Plymouth Diving Academy which is a world renowned club that has produced multiple Olympians such as Tom Daley and Tonia Couch. Owen is currently a professional high diver and part of the British National Team. He has competed in various international competitions and is a Wildcard on the Red Bull Cliff Diving World Series. Owen is the Co-Director and Head Coach of the Junior Olympic and Mighty Minis Program.

### ***Head Elite Coach***

Harry Baden dove at the University of Hawaii for one year and then transferred to the University of Minnesota where he finished his collegiate diving career. After retiring from diving, he began coaching high school, club, and college diving. Harry is the head coach of the Elite Program.

### ***Additional Coaches:***

We have various recreational coaches who are former or current collegiate divers. They are very experienced in the sport of diving.

*Programs Offered:*

***Recreational Program***

*Recreational Team:* Minnesota Diving Academy offers a recreational program for people who want to learn to dive or improve their skills. The recreational program is for those who do not want to compete in club diving competitions. We offer three training squads:

A. Lessons Squad: (Ages 5-12)

- Overview: Our Lessons Program is broken down into four levels that teach the fundamental skills which lay the foundation for more complex skills. Practices last 1 hour and include both dryland training (conditioning, stretching, dry board, trampoline) and pool training (1 and 3 meter springboard). Divers may attend 1-3 practices per week. Upon completion of all four levels, divers will be eligible to move up to the Mighty Minis or Junior Olympic squad.

B. Mighty Minis Squad: (Ages 6-9) *\*Offered Starting Summer 2020*

- Overview: The Mighty Minis squad is for divers who have successfully completed our lessons program but are not quite ready for the commitment of the Junior Olympic program. Practices last 1.5 hours and include both dryland training (conditioning, stretching, dry board, trampoline) and pool training (1 and 3 meter springboard). We encourage divers to attend a *minimum* of 2x per week.

B. High School Squad: (Ages 12-18)

- The high school group is intended for divers aged 12-18 who are involved or plan to be involved with high school teams. Practices last 2 hours and include both dryland training (conditioning, stretching, dry board, trampoline) and pool training (1 and 3 meter springboard + platform introduction). The aim of this group is to improve their 11 dive 1 meter list and help them prepare for high school meets. We will also introduce 3 meter diving and platform diving for those athletes with aspirations to dive in college. Divers in this group are also encouraged to compete in USA Diving meets under Minnesota Diving Academy.

*\*See more detailed information on the Recreational Squads on pages 12-14.*

## ***Competitive Program***

*Competitive Team:* Minnesota Diving Academy offers a competitive program for divers who want to compete at the State, Regional, Zone, National, and International Level.

### A. Junior Olympic Squad: (Age 8-13)

- *Overview:* The Junior Olympic squad is for divers who have successfully completed our lessons program or have previous experience diving. There are five levels within the Junior Olympic program. Practices last 2 hours and include both dryland training (conditioning, stretching, dry board, trampoline) and pool training (1 and 3 meter springboard + platform introduction). We encourage athletes to attend: Level 1: 2x per week, Level 2: 3x per week, Level 3: 3-4x per week, Level 4: 4x per week.

### B. Elite Squad: Bronze, Silver, Gold

- *Overview:* The Elite Squad is for divers who have successfully completed our Junior Olympic Program or are transitioning directly from competitive gymnastics. Divers must have aspirations to compete in USA Diving competitions. There are three levels within Elite; Bronze, Silver, and Gold. Each diver must pass the specific criteria to move up. Practices last 3 hours and include both dryland training (conditioning, stretching, dry board, trampoline) and pool training (1 and 3 meter springboard + platform introduction). Divers should attend: Bronze 2x+ per week, Silver 3x+ per week, Gold 4x+ per week.

### C. High Performance Squad

- The High Performance Squad is the highest level within the club and divers must be invited into the squad by the club directors. There are two pathways to the high performance group: 1) An athlete demonstrates a high level of talent, dedication, and potential within the sport, 2) An athlete has successfully completed Elite Gold and shown dedication to the sport. High Performance divers are expected to attend all practice sessions.

*\*See more detailed information on the Competitive Squads on pages 15-20.*

## ***Pricing Breakdown***

### **Recreational Program:**

➤ Lessons (1 hour practices)

Practice Per Week	Monthly Breakdown	Full Session Fee
1x	\$80	\$240
2x	\$120	\$360
3x	\$140	\$420

➤ Mighty Minis (1.5 hour practices)

Practice Per Week	Monthly Breakdown	Full Session Fee
1x	\$100	\$300
2x	\$150	\$450
3x	\$200	\$600

➤ High School (2 hour practices)

Practice Per Week	Monthly Breakdown	Full Session Fee
1x	\$120	\$360
2x	\$208	\$624
3x	\$264	\$792

## ***Pricing Breakdown***

### **Competitive Program:**

➤ Junior Olympic (2 hour practices)

Practice Per Week	Monthly Breakdown	Full Session Fee
2x	\$208	\$624
3x	\$264	\$792
4x	\$288	\$864

➤ Elite (3 hour practices)

Practice Per Week	Monthly Breakdown	Full Session Fee
2x	\$240	\$720
3x	\$290	\$870
4x	\$310	\$930
5+	\$350	\$1,050

➤ High Performance (3 hour afternoon practices / 2 hour morning practices)

- High performance athletes will register under “Elite 5+.”
- This fee will cover 5 afternoon practices and 2 morning practice per week.
- This fee will cover additional resources (books, training journals, etc.)

## Misc. Pricing

### Drop-In Classes:

Drop-In classes allow athletes to practice with MDA without committing to a full session. This is ideal for divers in their high school season who need extra practice time or divers who are visiting from out of town. *\*All divers must have valid USA Diving Memberships.*

<i>Drop-In Class (Members)</i>	<i>\$40</i>
<i>Drop-In Class (Non-Member)</i>	<i>\$50</i>

### Private Lessons:

Private lessons are available to all divers (club and non-club) who are interested in 1 on 1 practice time. This is ideal for divers who need extra pool time, want to learn or perfect a skill, or simply want to try diving. *\*All divers must have valid USA Diving Memberships.*

#### **Club Members: (1 Hour Private)**

Number of Athletes	Total Price
1	\$90
2	\$120
3	\$150

#### **Non Members: (1 Hour Private)**

Number of Athletes	Total Price
1	\$110
2	\$150
3	\$200

## General Rules & Regulations

### A. Practices

- Athletes are expected to arrive on time to practice. If an athlete or parent knows ahead of time they will be late please notify their coach.
- Athletes are expected to practice on the days they are registered for. If an athlete misses a practice due to an outside conflict makeup practices can be arranged. Please contact your coach directly to plan a makeup session.
- Athletes are expected to work hard during practice and encourage their teammates. We will *NOT* tolerate bullying. Please notify a coach or the club director immediately if any issues arise.
- It's important to MDA to create an environment that promotes positive youth development. Diving helps teach athletes to face their fears and push their boundaries. These lessons can be applied through various aspects of their life as they grow up. With that said, it's important to understand that diving can become very "scary," "difficult," or "frustrating," when learning specific dives. This is completely normal and part of the process.

### B. Competitions

- Registered athletes must compete under Minnesota Diving Academy at *ALL* club competitions. Including but not limited to USA Diving, AAU, and YMCA competitions. If a diver intends on competing for another team they are only eligible to take part in our "Recreational Program."
- Divers in the competitive program are expected to attend diving competitions throughout the year and participate in the USA Diving Junior Regional Championships each year.
- Divers are expected to wear "Minnesota Diving Academy" gear during competitions. This includes but is not limited to warm ups, t-shirts, and swimsuits.
- Minnesota Diving Academy will be partnering with Arena USA for the 2020-2021 Competition Season.

### C. Annual Club Membership Fee

- This fee covers administrative costs, parties, meetings, and the purchase of new dryland equipment, including belts, mats, diving boards etc. This fee is not prorated.
- The following fees are paid annually by club members (Ex. September 1, 2019 – August 31, 2020)
  - Recreational Athletes (Lessons, Mighty Minis, High School): \$75
  - Competitive Athletes (Junior Olympic, Elite and High Performance): \$100

### D. USA Diving Membership

- All athletes are required to have a USA Diving membership. You can sign up here: <https://www.teamusa.org/usa-diving/membership>
  - Recreational Athletes can register for the “Athlete” membership: \$20
  - Athletes in our Competitive Program should register for the “Competitive Athlete” membership: \$75
  - Memberships must be renewed each year.
  - If your diver moves up, they can upgrade to “Competition Athlete” mid-season.

### E. Registration

- All athletes must register online through Sport Engine to participate in our program. The registration link can be found on our website: [www.minnesotadivingacademy.com](http://www.minnesotadivingacademy.com)
- Athletes must select which days they will attend.
- Athletes will be allowed one “try out” practice to make sure MDA is a good fit for them before registering.

### F. Other

- Communication is *VERY* important to MDA. If any questions, concerns, or issues arise please contact MDA immediately.

## Payment Policies

- **Payment Due Date:** Payment of Program Fees must be made prior to an athlete beginning practice for the session.
  - If fees are not paid prior to their start date, an athlete will get one warning. After the warning, they will be suspended from practice until payment is completed.
- **Payment Information:** Payments for the program and annual fees can be paid by check or online through Sport Engine when registering for each session.
  - Club registration, USA Diving Memberships and payment *MUST* be made prior to a diver participating in practices.
  - If a diver's fees are not paid in accordance with any payment agreements in full by the last day of the session, the diver(s) will not be allowed to register or participate in the following season with MDA.
  - Fees can be paid at one time or can be split into up to three equal installments, billed automatically to your credit card or checking account on the first day of each appropriate month through Sport Engine.
- **Payment Plans:** If special payment plans are desired, please talk to Eleanor Smart. We will be happy to work with you to create solutions that best fit your financial desires.
- **Prorated Fees:** If a diver joins after the current session begins MDA can prorate their fees accordingly.
  - MDA will not prorate fees for divers who take extended vacations during a season, or for those who quit during a season for any reason other than illness or injury.
  - If a diver is injured or ill for more than 2 weeks of a season, MDA will credit the diver for the amount of time missed from practice.
  - The final decision to prorate fees rests with MDA alone.
  - The Annual MDA Membership fee and USA Diving Membership fee cannot be prorated.

## Detailed Program Overview

### Recreational Programs:

*Squads: Lessons, Mighty Might, High School*

#### **A. Lessons Program: (Ages 5-12)**

*Overview:* Our Lessons Program teaches 41 fundamental skills which lay the foundation for more complex skills in the future. The skills are divided into 4 levels based on difficulty. Practices last 1 hour and include both dryland training (conditioning, stretching, dryboard, trampoline) and pool training (1 and 3 meter springboard). Divers may attend 1-3 practices per week. Divers who complete level one will be eligible to compete in Future Champion competitions throughout the year. Upon completion of all four levels, divers will be eligible to move up to the Mighty Minis or Junior Olympic squad. The skills include:

##### Level 1:

1. Forward jump straight from poolside
2. Back jump straight from poolside
3. Forward jump tuck from poolside
4. Forward tuck roll from poolside
5. Forward pike fall from poolside
6. Forward jump straight from 1 meter
7. Back push and glide into back circle from poolside
8. Back jump tuck from poolside
9. Forward dive crouched from poolside
10. Back tuck roll from poolside

##### Level 2:

1. Forward pike fall from 1 meter
2. Forward jump tuck from 1 meter

3. Back pike roll from poolside
4. Forward jump straight from 3 meters
5. Back jump straight from 1 meter
6. Forward dive straight from poolside
7. Back dive crouched from poolside
8. Back fall straight from 1 meter
9. Forward pike wedge from poolside
10. Back pike sit from poolside

Level 3:

1. Forward jump pike from 1 meter
2. Arm Swing forward jump straight from 1 meter
3. Forward dive tuck from poolside
4. Back dive straight from poolside
5. Forward pike fall from 3 meter
6. Arm Swing back jump tuck from poolside
7. Arm Swing back pike sit from poolside
8. Back tuck roll from 1 meter
9. Inward pike wedge from poolside
10. Arm Swing forward dive tuck from 1 meter

Level 4:

1. Arm Swing back jump tuck from 3 meter
2. Sitting forward tuck roll from 3 meters
3. Board timing – bouncing forward jump straight from 1 meter
4. Arm Swing back jump pike from 1 meter
5. Arm Swing reverse pike sit from poolside
6. Inward dive tuck from 1 meter
7. Bouncing forward dive tuck from 1 meter
8. Arm Swing back dive tuck from 1 meter
9. Forward straight fall from 3 meters
10. Forward somersault tuck from poolside
11. Back fall straight from 3 meters

## **B. Mighty Minis: (Ages 6-9)**

*\*The Mighty Minis program will start during the Summer Session 2020*

*Overview:* The Mighty Minis squad is for divers who have successfully completed our lessons program but are not quite ready for the commitment of the Junior Olympic program. Practices last 1.5 hours and include both dryland training (conditioning, stretching, dryboard, trampoline) and pool training (1 and 3 meter springboard). We encourage divers to attend a *minimum of 2x per week*.

*Goals:* Mighty Minis will work towards performing dives in all directions on 1 meter and 3 meter springboard. They will also begin to learn 1.5 somersaults and twisting dives. We encourage Mighty Mini's to participate in all Future Champions Competitions the club attends. Divers will also be considered for the 11 & Under Junior events at the USA Diving Regional Championships.

The skills Mighty Minis will focus on include:

1. Forward Dive Tuck
2. Inward Dive Tuck
3. Back Dive Tuck
4. Reverse Dive Tuck
5. Forward 1 Somersault Tuck
6. Forward 1.5 Somersault Tuck
7. Back Dive .5 Twist

## **C. High School Program: (Ages 12-18)**

The high school group is intended for divers aged 12-18 who are already involved with high school teams. Practices will last 2 hours and include both dryland training (conditioning, stretching, dryboard, trampoline) and pool training (1 and 3 meter springboard + platform introduction). The aim of this group is to improve their 11 dive 1 meter list and help them prepare for high school meets. We will also introduce 3 meter diving and platform diving for those athletes with aspirations to dive in college. Divers in this group are also encouraged to compete in USA Diving meets under Minnesota Diving Academy.

## **Competitive Program:**

*Squads: Junior Olympic, Elite, High Performance*

### **Junior Olympic: (Age 8-13)**

*Overview:* The Junior Olympic squad is for divers who have successfully completed our lessons program or have previous experience diving. There are five levels within the Junior Olympic program. An athlete must successfully complete each level before moving up. Practices will last 2 hours and include both dryland training (conditioning, stretching, dryboard, trampoline) and pool training (1 and 3 meter springboard + platform introduction). We encourage athletes to attend:

- Level 1: 2x per week
- Level 2: 3x per week
- Level 3: 3-4x per week
- Level 4: 4x per week

*Goals:* Divers will learn dives, single somersaults, and 1.5 somersaults in every direction on 1 meter and 3 meter springboard. They will begin learning twisting dives and forward 2.5 somersaults and be introduced to platform diving. The overall goal of the Junior Olympic Program is to develop a strong diving foundation to build on in our Elite Program. Once a diver has successfully completed level 5, they will be eligible to move up to our Elite Program.

*Competitions:* Divers are encouraged to compete in Invitational competitions throughout the year. In addition, divers in level 3-5 are expected to compete in the Junior USA Diving Regional Championships under Minnesota Diving Academy.

Junior Olympic skills will include the following:

Level 1:

- 1 Meter
  1. Forward Dive Tuck (101C)
  2. Back Dive Tuck (201C)
  3. Inward Dive Tuck (401C)

4. Forward 1 Somersault Tuck (102C)
  5. Reverse Teardrop Poolside
- 3 Meter
1. Hurdle Front Jump (100A)
  2. Back Jump (200A)
  3. Front Lineup Tuck (001C)
  4. Back Lineup Tuck (002C)
  5. Forward Dive Tuck (101C)

Level 2:

- 1 Meter
1. Forward 1.5 Somersault Tuck (103C)
  2. Back 1 Somersault Tuck (202C)
  3. Inward 1 Somersault Tuck (402C)
  4. Back Dive .5 Twist (5211D)
  5. Forward Dive Pike (101B)
  6. Forward 1 Somersault Pike (102B)
  7. Reverse Dive Tuck\*
- 3 Meter
1. Forward 1.5 Somersault Tuck (103C)
  2. Back Dive Tuck (201C)
  3. Inward Dive Tuck (401C)

Level 3:

- 1 Meter
1. Forward 1.5 Somersault Pike (103B)
  2. Back 1.5 Somersault Tuck (203C)
  3. Reverse Dive Tuck (301C)
  4. Back 1 Somersault Straight (202A)
- 3 Meter
1. Forward 1.5 Somersault Pike (103B)
  2. Inward 1.5 Somersault Tuck (403C)
  3. Back 1.5 Somersault Tuck (203C)

## Level 4

### ➤ 1 Meter

1. Forward 2 Somersault Tuck (104C)
2. Reverse 1 Somersault Tuck (302C)
3. Inward 1.5 Somersault Tuck (403C)
4. Back 1 Somersault with .5 Twist Straight (5221D)
5. Forward 1 Somersault with 1 Twist (5122D)\*

### ➤ 3 Meter

1. Forward 2.5 Somersault Tuck (105C)
2. Inward 1.5 Somersault Pike (403B)
3. Reverse 1.5 Somersault Tuck (303C)

## Level 5

### ➤ 1 Meter

1. Forward 2.5 Somersault Tuck (105C)\*
2. Reverse 1.5 Somersault Tuck (303C)
3. Back 1 Somersault with 1.5 Twist Straight (5221D)
4. Forward 1 Somersault with 1 Twist (5122D)

### ➤ 3 Meter

1. Forward 1.5 Somersault with 1 Twist (5132D)
2. Back 1.5 Somersault with .5 Twist (5231D)

## **Elite Program:**

### Elite: Bronze Group

*Overview:* The Bronze group will include divers in the Transition Squad and Pre-Elite Squad. This group is for divers with aspirations to compete in USA Diving competitions and collegiately. Practices will last 3 hours and include both dryland training (conditioning, stretching, dryboard, trampoline) and pool training (1 and 3 meter springboard + platform introduction).

*Goals:* Divers will learn / perfect dives and 1.5 somersaults in every direction on 1 meter and 3 meter springboard. They will also be introduced to platform diving.

*Competitions:* Divers are expected to compete in the Junior USA Diving Regional Championships and other competitions throughout the year under Minnesota Diving Academy. \*Exceptions will be made for divers who just started and do not have a full competition prepared.

- Transition Squad: The transition squad is intended for experienced gymnasts who are looking to switch sports and focus on competitive diving. Gymnasts have many skills which are advantageous for diving e.g. body form, strength, flexibility, and air awareness. However, when switching over from gymnastics there is still a lot to learn and many common mistakes which we try to cut out at this point. To be considered for this group we would like the following skillset:
  1. Good flexibility
  2. Great sense of balance
  3. Able to do unassisted somersaults (forward, backwards)
  4. Participated in competitive gymnastics
  5. Great work ethic
  
- Pre-Elite: Divers in Pre-Elite are expected to be committed to the sport and train with the club a minimum of 2x per week. Divers MUST be able to perform dives in all directions on 1 meter and 3 meter and must be working towards 1.5's in all directions on 1 meter and 3 meter.

Divers in Elite Bronze will learn / perfect the following skill set:

- 1 & 3 Meter
  1. Forward 1.5 Somersault Tuck (103C)
  2. Back 1.5 Somersault Tuck (203C)
  3. Reverse 1.5 Somersault Tuck (303C)
  4. Inward 1.5 Somersault Tuck (403C)

*\*Once a diver can successfully complete the skill set listed above they will become eligible to join the Elite Silver Group.*

## Elite: Silver Group

*Overview:* Divers in the Elite Silver group are expected to be committed to the sport and train with the club a minimum of 3x per week. Divers *MUST* be able to perform dives and 1.5s in all directions on 1 meter and 3 meter. Practices will last 3 hours and include both dryland training (conditioning, stretching, dryboard, trampoline) and pool training (1 and 3 meter springboard + platform introduction).

*Goals:* Divers will learn front 2.5 somersaults and twisting dives on 1 meter and 3 meter springboard. They will also continue learning platform diving.

*Competitions:* Divers are expected to compete in the Junior USA Diving Regional Championships and other competitions throughout the year under Minnesota Diving Academy. Divers should be aiming to qualify from the Regional Championships onto the Zones Championship.

Elite Silver will aim to learn the following dives:

➤ 1 Meter

1. Forward 2.5 Somersault Tuck (105C)
2. Forward 1.5 Somersault with 1 Twist (5132D)
3. Back 1.5 Somersault with 0.5 Twist (5231D)

➤ 3 Meter

1. Forward 2.5 Somersault Pike (105B)
2. Forward 1.5 Somersault with 1 Twist (5132D)
3. Back 1.5 Somersault with 0.5 Twist (5231D)

*\*Once a diver can successfully complete the skill set listed above they will become eligible for the Elite Gold Group.*

## Elite: Gold Group

*Overview:* Elite Gold divers are expected to be committed to the sport and train with the club a minimum of 4x per week. Divers *MUST* be able to perform dives and 1.5s in all directions, front 2.5 on 1 and 3 meter and a forward + backward twisting dive. Practices will last 3 hours and include both dryland training (conditioning, stretching, dryboard,

trampoline) and pool training (1 and 3 meter springboard + platform introduction). Divers in Elite A will aim to perfect / learn the following dives:

*Goals:* Divers will learn front 2.5 somersaults and twisting dives on 1 meter and 3 meter springboard. They will also continue learning platform diving.

*Competitions:* Divers are expected to compete in the Junior USA Diving Regional Championships and other competitions throughout the year under Minnesota Diving Academy. Divers in Elite Gold should be aiming to qualify from the Regional Championships onto the Zones and National Championship. They are also encouraged to begin competing in Senior USA Diving Competitions.

➤ 1 Meter

1. Forward 2.5 Somersault Pike (105B)
2. Back 1.5 Somersault Pike (203B)
3. Reverse 1.5 Somersault Pike (303B)
4. Inward 1.5 Somersault Pike (403B)
5. Dives with 1.5+ Twists

➤ 3 Meter

1. Forward 3.5 Somersault Tuck (107C)
2. Back 2.5 Somersault Tuck (205C)
3. Reverse 2.5 Somersault Tuck (305C)
4. Inward 2.5 Somersault Tuck (405C)
5. Dives with 1.5+ Twists

High Performance:

The High Performance Squad is the highest level you can reach within the club. Divers must be invited into the squad by the club directors. There are two pathways to the high performance group: 1) An athlete demonstrates a high level of talent, dedication, and potential within the sport, 2) An athlete has successfully completed Elite Gold and shown dedication to the sport. Overall, the High Performance Squad is for divers who are extremely driven, talented and have consistently shown a high level of dedication to the sport. Divers in High Performance are expected to attend ALL practice sessions and compete at Junior and Senior USA Diving meets under Minnesota Diving Academy.

## Contact Information

### General Inquiries & Administration

- Eleanor Smart
  - Phone: (913)-787-3220
  - Email: [smart098@umn.edu](mailto:smart098@umn.edu)

### Coaches Contacts:

Contact	Group	Phone Number	Email
Ellie Smart	High Performance / Lessons / High School	913-787-3220	<a href="mailto:smart098@umn.edu">smart098@umn.edu</a>
Owen Weymouth	Junior Olympic / Mighty Minis	715-716-0352	<a href="mailto:cowdiver@gmail.com">cowdiver@gmail.com</a>
Harry Baden	Elite (Bronze, Silver, Gold)	651-7345190	<a href="mailto:harry.baden@gmail.com">harry.baden@gmail.com</a>

Please do not hesitate to reach out to us if you have any questions, comments or concerns!

