

POTOMAC WOODS 2010 DIVE TEAM INFORMATION

Montgomery County Dive League (MCDL) Division III

1) At what age can you join dive team?

We have kids who have joined at age 5 or 6, as long as they can swim safely across the diving well and feel comfortable walking out onto the board.

2) Do you have to know anything about diving when you join?

No! Our coaches will teach you how to dive. You will start by jumping off the side of the diving well. At your own pace, you will move to jumping off the board. In fact, a "jump" is a type of dive that is done in competition. Next will be head first diving, and so on.

3) When is practice, and when does it begin?

Practice begins on Tuesday, June 1, 2010.

Practice times are divided by age group:

4:30-5:00 pm for 8 & under

5:00-6:00 pm for 9-12 years

6:00-7:00pm for 13-18 years

Practice is offered on weekdays but shortened on Wednesdays whenever PW hosts a swim meet. We sometimes have a short practice before meets on Sunday afternoons.

4) When are meets?

2010 Regular Dual Meets:

Sunday, June 20th (away)

Sunday, June 27th (home)

Monday, July 5th (away)

Sunday, July 11th (away)

Sunday, July 18th (home)

All swim meets begin at 5:00 pm and typically last 2 – 2 ½ hours, though you can leave when your age group is done. Divers come earlier to warm up.

Divisionals are Sunday, July 25th, time TBA. All-Stars are Wednesday and Thursday, July 28th and 29th at 3 pm.

5) Can you tryout out dive team before you actually join?

Partially. Any diver that gets onto the board to practice must be registered and insured with MCDL **the day before they begin practice**. We are now charging a \$10 non-refundable fee (our cost for insurance) to “try” dive team. If you decide to join, this fee will be applied to your registration fee.

6) Do you have to go to meets to be on the team?

No, it is OK to only practice and learn with us. To be eligible for Divisionals or All-Stars you must dive in 2 of the 5 meets.

7) Are parents required to volunteer at the meets (like swim team)?

Yes, parents must volunteer at some of the meets. Each week we will send out an email to ask for help. We will train you how to work at a meet. Parents are usually able to take a break to watch their own child dive. Parents are also encouraged to learn how to be judges and referees (the league gives free classes, times and dates TBA

Check out the MCDL website for more info: www.mcdiving.org