

2009 TEAM ORLANDO DIVING **GROUP DESCRIPTION &** **PRACTICE SCHEDULE**

PRE-TEAM

BEGINNING DIVERS AGES 5-12 TRYING THE SPORT FOR THE FIRST TIME. THEY MEET TWO OR THREE TIMES PER WEEK FROM 6:00PM-7:00PM. COACHES RYAN SCHAFFER AND SHELBY LEREW WORK ON BEGINNING DIVES AND TECHNIQUE ON THE POOL DECK, FROM THE SIDE OF THE POOL, ON MATS AND SLIDES AND FROM THE 1METER AND 3METER SPRINGBOARDS. THIS GROUP LEARNS TO DIVE SAFELY WHILE HAVING FUN! AT THE END OF EACH MONTH HEAD COACH JAY LEREW CONDUCTS A "FUN" EVALUATION WHERE THE DIVERS DO ALL THE SKILLS THEY HAVE LEARNED AND JAY SCORES THEM. THE DIVERS TAKE HOME THEIR SCORE SHEETS AND THERE ARE PRIZES FOR EVERYONE. THIS TAKES PLACE ON THE LAST WEDNESDAY OF EVERY MONTH.

HOT SHOTS

DIVERS AGES 6-10 CHOSEN FROM THE PRE-TEAM LESSONS TO TRAIN WITH JAY AND WENDY LEREW FOUR TIMES PER WEEK FROM 3:30PM - 5:00PM. DIVERS LEARN ADVANCED FUNDAMENTAL DIVING SKILLS WITH FOCUS ON BECOMING READY FOR COMPETITION ON THE US DIVING AND AAU MEET CIRCUIT. THESE DIVERS ARE CHOSEN FOR THIS GROUP BECAUSE THEY HAVE SHOWN EXCEPTIONAL ACROBATIC TALENT, PHYSICAL ATTRIBUTES SPECIFIC TO DIVING, ENTHUSIASM, AND ABILITY TO TAKE INSTRUCTION. THEY SHOW PROMISE TO BE FUTURE TEAM ORLANDO DIVING CHAMPIONS.

JUNIOR TEAM

JUNIOR DIVERS AGES 12-16 WHO HAVE HAD DIVING EXPERIENCE EITHER OUTSIDE TEAM ORLANDO OR WITHIN THE PRE-TEAM OR NATIONAL TEAM PRACTICE GROUPS. THE JUNIOR TEAM TRAINS THREE OR FOUR TIMES PER WEEK FROM 6:30PM-8:00PM AND COMPETES IN LOCAL AAU DIVING COMPETITIONS. MANY DIVERS IN THIS GROUP TRAIN SPECIFICALLY FOR HIGH SCHOOL COMPETITION. THE LOCAL HIGH SCHOOL SWIMMING AND DIVING SEASON IS AUGUST-NOVEMBER. TEAM ORLANDO DIVING HOSTS MOST LOCAL DUAL MEETS AND THE CONFERENCE, REGIONAL, ZONE, DISTRICT AND STATE HIGH SCHOOL COMPETITIONS. MANY DIVERS CHOSE TO PRACTICE WITH TEAM ORLANDO YEAR ROUND, NOT JUST DURING THE HS SEASON.

NATIONAL TEAM

JUNIOR AND SENIOR DIVERS WITH COMPETITIVE EXPERIENCE AGES 11 AND OLDER. THIS GROUP IS DEDICATED TO EXCELLENCE AND HAVE DECIDEDLY CHOSEN DIVING AS THEIR PRIMARY SPORT. THEY TRAIN FIVE DAYS PER WEEK; 6:00AM-7:00AM AND 3:30PM-7:00PM. A PORTION OF THE NATIONAL TEAM GROUP PRACTICES 5:30PM-7:00PM DAILY. THE MONTHS OF SEPT. - JAN. ARE INTENSE TRAINING MONTHS WHERE COACHES FOCUS ON CONDITIONING, INTENSE FUNDAMENTAL REPETITION, DRY BOARD SPOTTING AND REFINING OF COMPLETE DIVE LISTS. FROM FEB. - AUG. DIVERS COMPETE IN MEETS ON THE US DIVING CIRCUIT ALL OVER THE COUNTRY. MOST TEAM ORLANDO DIVERS IN THE NATIONAL GROUP ATTAIN COLLEGIATE ATHLETIC SCHOLARSHIPS TO UNIVERSITIES OF THEIR CHOICE.

MANY TOD DIVERS ARE US NATIONAL FINALISTS AND SOME ARE ON THE US NATIONAL TEAM. TOD HAS ATHLETES COMPETING AT THE SENIOR NATIONAL LEVEL IN SUCH EVENTS AS THE WORLD AND OLYMPIC TRIALS.