

**Team Structure:** We have 4 groups or levels within the program; Pre-Team, Hot Shots, Junior Team and National Team.

### **Pre-Team**

Beginning divers ages 5-12. Divers are taught the basic fundamentals of diving from the side of the pool, stacked mats, side of pool trampette, 1M springboard and sometimes 3M springboard. Safety and fun are of utmost importance. On the last day of each monthly session Head Coach Jay holds a skills evaluation session. Awards are given and each participant receives an evaluation/score sheet to take home. Parents are able to watch each practice and the end of the month evaluation sheet helps everyone to get idea of what progress is being made. Again, this Pre-Team group is geared toward fun and safety. This group meets Monday, Tuesday, Wednesday 6:00-7:00pm.

### **Hot Shots:**

When divers in the Pre-Team have mastered certain skills, Jay may invite them to join the Hot Shots group. This group gets more specific to technique and more difficult dives are learned. Usually divers in this group are age 8-12. They start competing in local invitational competitions. They train Monday-Thursday 3:30-5:00pm.

### **Junior Team:**

Divers are chosen from the Pre-Team to advance to the Junior Team. This group varies in age and ability but all show similar enthusiasm, dedication and physical potential to become competitive divers. They practice 1M and 3M springboard with the goal of obtaining a full list of dives appropriate to their age group. Divers in this group practice to compete in High School competition, younger ones strive to make the National Team group. The Juniors practice 6:30-8:00pm Monday-Thursday.

### **National Team:**

This group is for divers who have progressed to the US Diving Junior Olympic competitions. Athletes in the National team group have chosen diving as their primary sport/activity and train five days per week, 3-5 hours per day, all year round. They have shown the dedication, aspiration and have the physical ability to be excellent at diving. TOD divers in this group compete at the High School State Championships, the US Junior and Senior Nationals and Pan Am and World Championships. Most earn NCAA athletic scholarships to the Universities of their choice. Coaches Jay and Wendy are well connected and are helpful placing divers in potential scholarship situations. Many collegiate coaches look at Team Orlando to recruit athletes. The National Team trains 6:00-7:15am Tuesday, Wednesday, Thursday, and 3:30-6:30pm Monday-Friday.