

TUCKAHOE 2018 WINTER AND SPRING DIVE CLINICS With coach Tally Brown

DIVE CLINICS will take place on **SATURDAY** evenings. This is the perfect time to start getting ready for Summer Dive. Tuckahoe is in Division 2 again this year. The **WINTER** session begins on JANUARY 13th and continues through MARCH 3rd, with 8 practices. The **SPRING** session begins MARCH 10th and ends May 12th, with 8 practices (No practice Spring Break March 24th, March 31st). **Space is limited. To register, please fill in this form along with your check in an envelope and leave it at the Tuckahoe Front desk. One form for Winter, and another form for Spring.** Registrations recorded in the order received. Please send us an email to let us know that you are signing up and that you will be dropping or have dropped your registration at Tuckahoe.

FIRST SESSION (Beginner for B meet Divers)

\$140 - TRC members and \$190 - non-TRC members.

This session is limited to 8 divers.

4:45 pm - 6 pm

SECOND SESSION (Intermediate and advanced A meet divers)

\$200 - TRC members and \$275 - non-TRC members.

This session is limited to 10 divers.

5:45 pm – 7:30 pm

***NON TUCKAHOE MEMBERS' REGISTRATIONS WILL BE ACCEPTED ON JANUARY 6th.**

Tuckahoe. Checks should be made payable to Tuckahoe Recreation Club.

Winter session (JANUARY 13th and continues through MARCH 3rd)

FIRST SESSION (Beginner for B meet Divers)

\$140 - TRC members and \$190 - non-TRC members.

This session is limited to 8 divers.

_____ 4:45 pm - 6 pm

SECOND SESSION (Intermediate and advanced A meet divers)

\$200 - TRC members and \$275 - non-TRC members.

This session is limited to 10 divers.

_____ 5:45 pm – 7:30 pm

Diver Name _____

Age _____

Parent Name _____

Parent Phone and Email _____

Tuckahoe Member Number _____

Please print and complete this form and return with payment to
Tuckahoe. Checks should be made payable to Tuckahoe Recreation Club.

Spring session (MARCH 10th and ends May 12th)

FIRST SESSION (Beginner for B meet Divers)

\$140 - TRC members and \$190 - non-TRC members.

This session is limited to 8 divers.

_____ 4:45 pm - 6 pm

SECOND SESSION (Intermediate and advanced A meet divers)

\$200 - TRC members and \$275 - non-TRC members.

This session is limited to 10 divers.

_____ 5:45 pm – 7:30 pm

Diver Name _____

Age _____

Parent Name _____

Parent Phone and Email _____

Tuckahoe Member Number _____

Please print and complete this form and return with payment to Tuckahoe. Checks should be made
payable to Tuckahoe Recreation Club.

Questions or concerns?

Contact Araceli Anciola (571-216-8547 or tuckahoediveteam@gmail.com) or Jenny Murray (703-533-2811 or carsonjenny@verizon.net).

Beginner B meet diver – (15 minute dryland warm up, 1 hour in the water) New to diving. Only does jumps. In the process of learning front dive, back dive, front flip and inward dives. This practice is geared towards kids that do not have their dives yet to compete in A meets.

Intermediate and Advanced A meet diver – (15 minute dryland warm up, 1 ½ hours in water) Has a front dive, a back dive, and their age appropriate optional dives (such as front flip, inward, back flip, front 1 ½ flips, etc...). This practice is fast paced and kids are expected to perform their dives when prompted to do so.

NVSL Age groups:

Freshmen 10 and under – Front dive, back dive, Optional dive

Junior 11-12 – Front dive, back dive, two optional dives

Intermediate 13-14 – Front dive, back dive, three optional dives

Senior 15 and up – Front dive, back dive, inward dive, and three optional dives

What are **Optional dives:**

Fronts

Forward Somersault

Forward 1½ Somersaults

Forward 2 Somersaults

Forward 2½ Somersaults

Backs

Back Somersault

Back 1½ Somersaults

Reverses

Reverse Dive

Reverse Somersault

Reverse 1½ Somersaults

Inwards

Inward Dive

Inward Somersault

Inward 1½ Somersaults

Twisters

Forward Dive ½ Twist

Forward Dive 1 Twist

Forward Somersault ½ Twist

Forward Somersault 1 Twist

Back Dive ½ Twist

Back Dive 1 Twist

Back Somersault ½ Twist

Back Somersault 1 Twist

Back Somersault 1½ Twists

Tuckahoe is excited to announce that Coach Tally will be heading the winter and Spring 2018 dive clinics

Coach Tally is part of the Dominion Dive Club National Team as well as part of their coaching staff. At Dominion Dive Club, she coaches both dryland and water. Both her mom and dad were divers in college. Her dad is a retired College Dive coach. Tally has been exposed to dive since she was very young. She also has a background in Gymnastics. She will be attending and diving for a college in Missouri.