



2018 Grand Valley State University Diving One Day Clinics

All sessions are Saturdays from 8am to 11am. You may select which date(s) work best with your schedule.

April 14, April 21, May 12, May 19

Who May Enroll

Participants must be at least twelve years old or have had previous competitive diving experience to enroll.

Our diving clinics are aimed at correcting or developing the mechanics for proper diving.

All sessions are limited in enrollment (8 divers).

We strive to maintain a clinic size that allows us to be effective teachers and for each diver to get as much individual attention as possible.

What to Bring

Swim Suits · Towels/Sammie · Shorts · T-shirt
Tennis Shoes · Lock · A desire to learn and to get better!

Clinic Schedule

Discussion of Mechanics of Diving
Dryland / Dryboard Drills
Trampoline Drills
Diving Board Drills
Entry Drills

New Equipment to help your progressions

New Bubbler · Dryboard with Pulling Rig · New Elite
Trampoline with Pulling Rigs · Added TiVo systems

Clinic Leadership

Steve Burciaga: Head Diving Coach at Grand Valley State University. He was twice named the NCAA Division II Diving Coach of the Year, Michigan Boys Division 3 Diving Coach of the Year in 2010, 2011. He has coached and developed Conference Champions, Regional Champions, State Meet Champions, AAU National Champion, NCAA National Champions, NCAA National Qualifiers, USA Diving National Qualifiers and High School and NCAA All Americans.



Assistant coaches will be current divers from our Grand Valley diving program.

Our clinic is a teaching clinic.

Using **videos, lectures** and **discussion** we show the proper mechanics on learning the different phases of diving.

Divers will learn how to apply these same keys to their diving under the direction of their group coach through their work on the dryboard, trampoline or diving boards

We will review a couple categories each clinic. This will help focus on the proper mechanics to make the divers perform their dives at a higher level.

Four Basic Keys to Doing Excellent Dives

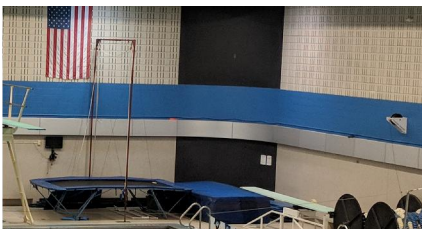
Body Alignment · Board work and takeoffs · Initiating and Stopping Rotation · Entries and Lineups

Clinic Dates and Focus

April 14th	Fronts and Reverses
April 21st	Backs and Inwards
May 12th	Twisters and Entries
May 19th	Fronts and Backs

Each of these clinics will focus on the mechanics, body position, spotting to make each dive successful.

Divers are encourage to ask questions so we may help them understand what is required to become a better diver.



2018 Diving Clinic Registration Form

(Only one diver per form please. Please print neatly)

Name _____	Diver Information
Address _____	Boy _____ Girl _____
City _____ Zip _____	Age _____ Grade _____
Phone # _____ Email _____	School _____

Clinic enrollment is limited (8 Divers).

Completed applications are accepted in the order received until a camp is filled. If a camp is filled, your deposit will be returned promptly.

Cancellations and Refunds

Due to the limited number of spaces available, there will be no refunds once clinic has started.

A Few diver Questions

Do you dive for any Diving club? No _____ Yes _____
if Yes, Club name _____

Do you have any 3 meter experience? No _____ Yes _____

How many years have you been diving: _____

Are there any specific dives you are looking to fix? No: _____
Yes: _____

Session Signup

_____ April 14th	\$40
_____ April 21st	\$40
_____ May 12th	\$40
_____ May 19th	\$40
_____ # of Dates x \$40 = Total	_____

Optional Cost:

_____ Clinic Shammy (\$20)
_____ GV Logo Image similar to shammy

_____ Total Cost



Required Waiver

Parents, please take time to discuss this with your son/daughter.
Both parent and diver must sign before we will accept this application.

I understand that diving is a potentially hazardous activity. I understand that the risk of injury can range from minor bruises to more permanent injuries such as paralysis. I assume all risks associated with participation in this camp including but not limited to, falls, contact with other participants, improper entries into the water and hitting the diving board. I agree to follow the direction of the camp and university staff in regards to my actions while participating in instruction, skill work, camp activities and using university facilities.

I agree to give my best in each session. I will take pride in my performance and look for ways to improve in each session of camp. I will work to help make this camp fun for myself and all the other divers around me. I will respect my fellow divers and work to develop a great Team Spirit all week.

Diver Signature: _____

I have read the above statement and discussed it with my son/daughter. I understand that Grand Valley and it's staff/coaches will take all reasonable precautions for the safety of all participants and I release Grand Valley State University, it staff/coaches and everyone connected with the facilities from all claims of liability in conjunction of my son/daughter's participation in this camp.

Parent's signature: _____

Mail this application with 50% due or full amount.
Make checks payable to GVSU Swimming and Diving.

GVSU Diving Clinic
c/o Steve Burciaga
Grand Valley State University
Allendale, MI 49401

Any remaining clinic fee is due the first day of clinic.