

Washington State High School Diving Coaches' Clinic

Date: Saturday August 28, 2010

Time: 9am - 5pm

Where: Hazen High School Pool
1101 Hoquiam Ave. NE.
Renton, WA 98059



Cost: Early registration, by August 14th., is \$50.00. After August 14th or at the door it is \$60.00 Make checks payable to: Dive Coaches' Association.

Lunch: Lunch is included in the price of the clinic. When you arrive Saturday, you will check in and place your order for lunch.

Presenter: This year Van Austin, diving coach for Tualatin Hills Dive Club in Oregon, will be presenting. Van is a 4-time coach of the year for UCLA , has coached dozens of collegiate All-Americans, has judged at Division I as well as Olympic Trials meets.

<u>Schedule:</u>	9:00 — 9:45	Introduction to Diving
	9:45 — 10:45	Front Approach
	10:45 — 11:30	Back Approach
	11:30 — 11:45	Newton's Third law of Motion
	11:45 — 12:00	Directional Push
	12:00 — 1:00	Lunch
	1:00 — 1:15	Forward Group
	1:15 — 1:30	Inward group
	1:30 — 1:45	Back group
	1:45 — 2:00	Reverse Group
	2:00 — 3:00	Twisting group
	3:00 — 3:20	Visual Spotting, Calling Divers out
	3:20 — 3:30	Teaching Methodology
	3:30 — 3:50	Judging
	3:50 — 5:00	Video of two National HS Champs

Clock Hours: Will be available at registration for an additional cost. Remember! Clock hours are paid SEPERATLEY! Sign up, and pay for clock hours at the registration table, day of clinic only.

Registration: The registration form will be available to download at www.wisca.org or www.wiaa.com Email or mail registration's to:

wollenweber@hsd401.org

Todd Wollenweber
22855 Peter Grubb Rd.
Renton, WA 98058

Safety Training class: Jeff Dalman will also be offering a "Safety Training For Dive Coaches" class on Sunday August 29th at the same facility. For information and registration, please call Jeff at



