

Crown Valley Diving: Meet Guidelines

1. Show up for morning practice on time, in your team suit, and ready to dive.
The later you are and the longer you wait to get in, the more crowded it will become and the longer the wait will be between dives. Unless otherwise specified, morning practice begins at 7:30am.
2. Meet together with the rest of the Crown Valley Team for warm ups and instruction from the coaches.
If you are the first person at the meet, choose a location that is conducive to stretching and is a good location for the duration of the meet.
3. Always have one of the coaches check your Diving Sheets before you turn them in.
A good idea is to also make a copy of the dives and in the order that you will be performing them in the meet so that you can properly prepare with your coach before your turn is announced.
4. Always talk to your coach before and after each dive while in a contest.
This allows your coach to give you some pointers of things to remember as you go to do your dive and afterwards helps you to learn what you did right and what you could improve upon to increase your scores in the future. Everything is a learning experience.
5. Be ready for your turn before the announcer calls your name.
Don't be caught in the hot tub or daydreaming about your latest Sammy dive. You are there to be in a contest and to do the best that you can on that given day. Be prepared and don't let outside circumstances distract you.
6. If you don't understand what the announcer has said that you are to do, **STOP** and ask them to please clarify or repeat what it is you are to do.
Don't guess and don't assume that you must not have heard the announcer correctly. Announcers are human, they sometimes make mistakes, (except of course my father), so make sure that the proper dive was announced and that it is the dive that you have written down and are prepared and ready to do.
7. Always stay to hear the results of your contest.
Again, everything is a learning experience. Collect your sheets and compare your final score to previous contests that you have dived in. If there are certain dives that you are consistently scoring low on, you need to focus on improving or replacing those dives before the next contest.
8. Always wear your Team Suit, Team Shirt or Team Jacket when collecting your Dive sheets and awards at the end of the contest.
It looks better and shows that you have a sense of pride in yourself and in your team.
9. Show an interest and cheer on your team mates.
You get back what you give out. It's fun to have people pulling for you to do well and driving you to exceed your own expectations.
10. Never leave a Diving Meet without saying good-bye to me or one of your coaches at the meet.
First of all I want to see you before you go. It is a good time to answer any questions you might have, and secondly there will be information that I need to pass on to you regarding future dates, workouts ...
My intention is to help all of you be the best divers you can possibly be and to have a great time in the process.

Best wishes for a great season,

Curt Wilson
Head Coach, Crown Valley Divers