

Welcome to the 2008 NSJ Dive Team

The CMDL Board of Directors have been working diligently over the winter months to improve the clarity of the handbook, coordinate the efforts of the coaches, officials, and representatives, develop a coaches' safety clinic, and fine tune some of the diving definitions and requirements. As you read the handbook, you'll see that all of these efforts have been made with our mission statement in mind, with an emphasis on teaching our children sound diving skills as well as good sportsmanship and integrity.

I encourage you to review the booklet thoroughly to get an understanding of what is expected of the divers this year. The information is updated yearly depending upon any CMDL or North St. Johns changes. Information throughout the season will be provided in a variety of ways and will be posted on the Dive Team bulletin board just outside the clubhouse, on our website, and in a file box just below the bulletin board that includes a folder for each family. Please look at our website and in this folder regularly throughout the dive season.

Don't forget to check out the CMDL (Central Maryland Dive league) website for league updates and team scores at www.CMDLdiving.org

Our coaches are looking forward to a great summer. They are committed to the following principles:

- maintenance of an affirming, positive, learning environment
- support of divers as they do their best
- maintenance of communication with divers and their parents
- motivating divers to reach their goals
- encouraging and instructing divers safely, as they strive to perfect their dives, and try new dives
- provide divers with the understanding of CMDL rules

CMDL Mission Statement

The Mission of the Central Maryland Diving League is to provide instruction for and competition in springboard diving to children of all ages in a safe, fun environment and to teach and demonstrate good sportsmanship and integrity.

We hope to have many new divers, combined with a strong group of coaches and returning divers; and look forward to another fun and successful season!!

*Co-Director of Diving,
LIZ LUCCHESI*

*Co-Director of Diving,
CLAIR WISE*



WHAT TO EXPECT AT DUAL MEETS

The NSJ Dive Team will compete in six dual meets this season. Divers are organized into age groups for competition as follows:

6 and under Girls; 6 and under Boys
7-8 Girls; 7-8 Boys
9-10 Girls; 9-10 Boys
11-12 Girls; 11-12 Boys
13-14 Girls; 13-14 Boys
15-18 Girls; 15-18 Boys

Meets generally begin at 5:30pm (5:15p.m. for 60+ divers/5:00 p.m. for 90+divers), beginning with the 6 and under girls, and progressing in the above order until the meet is over. Meets are usually over between 8 & 8:30 pm.

REQUIRED DIVES

Divers in each age group are required to complete dives in various categories. In addition, each meet is designated as either a “front dive” or “back dive” meet.

6 & Under: Must complete 2 entries, dives or jumps/No meet required dives
8 & Under: Must complete 3 dives, or 2 dives & 1 jump in 2 categories.
9-10: Must complete 3 dives, or 2 dives & 1 jump in 2 categories
11-12: Must complete 4 dives, or 3 dives & 1 jump in 3 categories.
13-14: Must complete 5 dives in 3 categories
15-18: Must complete 6 dives in 4 categories

(For age groups 13/14 and 15/18, required dives include the meet required dive (MRD) and x01, in which x =1, 2, 3 or 4.)

Current FINA degree of difficulties shall be used for all meets with the exception of the following dives for age groups 12 & under:

001 (front line up) with a DD of 1.2
002 (back line-up) with a DD of 1.4
Assisted back line-up with DD of 1.4/ Max 2
Forward Dive 101 (all positions) with a DD of 1.4
Back Dive 201 (all positions) with a D.D. of 1.7

Categories (Groups) of Dives:

Line-ups (001 & 002)
Forward Dive (100)
Back Dive (200)
Reverse Dive (300)
Inward Dive (400)
Twisting Dive (500)

The name of the group identifies which way the diver will approach and execute the dive. **Line-ups**, previously referred to as a “Fall-in”, is a dive where there is no obvious attempt to perform an approach, a hurdle, a press, or other preliminary dive entry technique. Divers who perform a “Line Up” have no lift (spring) from the board. **Forward** is pretty obvious, the diver walks from the back of the board towards the end and executes the dive. **Back** means that the diver will stand on the end of the board with his/her back to the water and execute a backward rotating dive to the water. **Reverse** indicates that the diver will make a forward approach and do a dive, which will rotate back in the direction of the tip of the board. **Inward** means that the diver will stand as in a back dive but will execute a dive, which will rotate towards the board. The **twisting** group is dives that are executed with a twisting motion.

Positions of Dives:

Straight (layout): the body is straight with very little noticeable bend anywhere.

Tuck: bent at the waist and at the knees. The tuck should be as compact as possible.

Pike: bent at the waist with the legs straight with the chest squeezed up against the legs as tightly as possible.

Free: a combination of positions are executed throughout the dive, most often the pike is kicked into a straight position, which facilitates the twisting action.

Calculation of Scores:

Each dive is scored by five judges. One of the judges is supplied by CMDL, and is the assigned referee. Each competing club supplies two judges, who have been trained at the Clinic (see volunteer list). The highest and lowest scores are thrown out. The remaining three scores are multiplied by a number that factors in the degree of difficulty (DD) of the dive. For example, a “jump” has a DD of 1.0; a back dive in a straight position has a DD of 1.7. The scores of the divers in each age/gender category are compared and the divers are placed in order of their scores. The first place diver earns 5 points for the club, the second place diver earns 3 points for the club and the third place diver earns 1 point for the club. Ribbons are generally given for places one through six. Divers in the lowest age groups who do not place in the top six are given achievement ribbons. The divers who compete in the 6 and under category or exhibition divers do not earn points toward the team total.

Qualifying for Individual Championships:

Divers who achieve two or more “qualifying scores” during the regular season are eligible to compete at Individual Championships at the end of the season. Six and under divers do not compete at this meet.

Qualifying scores are:

(Note: Changes for 2008)

8 and under girls:	56
8 and under boys:	56
9-10 girls:	68
9-10 boys:	68
11-12 girls:	96
11-12 boys:	92
13-14 girls:	127
13-14 boys:	125
15-18 girls:	165
15-18 boys:	170

Getting to a Meet:

Home Meets: On the day of a home meet, the team warm-ups will begin at 3:30pm (ages 6-10) and 4:00pm (ages 11 & up). Please be prompt, as we have to hand over the diving well to the visiting team at 4:30pm. If we have 60+divers, warm-ups will begin at 3:15 p.m.

Away Meets: Directions to the other dive clubs are on the website. Away warm-ups begin at 4:30pm. Please have divers there by 4:15 p.m.

Make-up meets: Any meets re-scheduled due to inclement weather will be made up during the scheduled makeup week unless re-scheduled earlier by Dive Reps of both clubs and the CMDL Official.

Dive Sheets: All practices are important. The practice immediately prior to a meet is particularly important because the coaches prepare dive sheets for each diver, indicating which dives he/she will perform for the meet. If your child has not signed the dive sheet, then it is not “official”. If for some reason your child will not be present at practice the day of a meet, it is very important that you make arrangements with one of the coaches to sign the dive sheet in advance.

Those who join the dive team are not required to compete in order to participate on the team. However, in order to receive an end of the year award, divers have to compete in **at least** two meets.

Table 1 - Meet Required Dives and Groups

(*Duplicate of Table 1 in Section M-11)

Age Group	Number of dives	Number of groups	Required dive(s)
6 & Under	2 entries, dives or jumps	N/A	N/A**
8 & U / 9 – 10	3 dives, or 2 dives & 1 jump	2	001/101 or 002/201
11 – 12	4 dives, or 3 dives & 1 jump	3	001/101 or 002/201
13 – 14	5 dives	3	MRD and x01
15 – 18	6 dives	4	MRD and x01

** 6 & Under is an unofficial competition, and thus do not have to perform a “Meet Required” dive.

For age groups 13/14 and 15/18, required dives include the meet required dive (MRD) and x01, in which x =1, 2, 3 or 4.

FINA TABLE OF DEGREE OF DIFFICULTY

EFFECTIVE JANUARY 1, 2000 for CMDL Competition

SPRINGBOARD		1 Meter			
		Strt	Pike	Tuck	Free
	FORWARD GROUP	A	B	C	D
100	Forward Jump	1.0	1.0	1.0	
101	Forward Dive	1.4	1.3	1.2	
102	Forward Somersault	1.6	1.5	1.4	
103	Forward 1-1/2 Somersault		1.7	1.6	
104	Forward Double Somersault		2.3	2.2	
105	Forward 2-1/2 Somersault		2.6	2.4	
106	Forward Triple Somersault			2.9	
107	Forward 3-1/2 Somersault			3.0	

BACK GROUP		Strt	Pike	Tuck	Free
200	Back Jump	1.0	1.0	1.0	
201	Back Dive	1.7	1.6	1.5	
202	Back Somersault	1.7	1.6	1.5	
203	Back 1-1/2 Somersault	2.5	2.3	2.0	
204	Back Double Somersault		2.5	2.2	
205	Back 2-1/2 Somersault		3.2	3.0	

REVERSE GROUP		Strt	Pike	Tuck	Free
301	Reverse Dive	1.8	1.7	1.6	
302	Reverse Somersault	1.8	1.7	1.6	
303	Reverse 1-1/2 Somersault	2.7	2.4	2.1	
304	Reverse Double Somersault		2.6	2.3	
305	Reverse 2-1/2 Somersault		3.2	3.0	

INWARD GROUP		Strt	Pike	Tuck	Free
401	Inward Dive	1.8	1.5	1.4	
402	Inward Somersault		1.7	1.6	
403	Inward 1-1/2 Somersault		2.4	2.2	
404	Inward Double Somersault			2.8	
405	Inward 2-1/2 Somersault		3.4	3.1	

SPRINGBOARD		1 Meter			
		Strt	Pike	Tuck	Free
	TWISTING GROUP	A	B	C	D
5111	Forward Dive 1/2 Twist	1.8	1.7		
5112	Forward Dive 1 Twist	2.0	1.9		
5121	Forward Som. 1/2 Twist	1.9	1.8		1.7
5122	Forward Som. 1 Twist				1.9
5124	Forward Som. 2 Twists				2.3
5126	Forward Som. 3 Twists				2.7
5131	Forward 1-1/2 Som. 1/2 Twist		2.1	2.0	
5132	Forward 1-1/2 Som. 1 Twist				2.2
5134	Forward 1-1/2 Som. 2 Twists				2.6
5152	Forward 2-1/2 Som. 1 Twist				3.0
5211	Back Dive 1/2 Twist	1.8			
5212	Back Dive 1 Twist	2.0			
5221	Back Somersault 1/2 Twist				1.7
5222	Back Somersault 1 Twist				1.9
5223	Back Somersault 1-1/2 Twist				2.3
5225	Back Somersault 2-1/2 Twists				2.7
5231	Back 1-1/2 Som. 1/2 Twist				2.1
5233	Back 1-1/2 Som. 1-1/2 Twists				2.5
5311	Reverse Dive 1/2 Twist	1.9			
5312	Reverse Dive 1 Twist	2.1			
5321	Reverse Somersault 1/2 Twist				1.8
5322	Reverse Somersault 1 Twist				2.0
5323	Reverse Som. 1-1/2 Twist				2.4
5325	Reverse Som. 2-1/2 Twists				2.8
5331	Reverse 1-1/2 Som. 1/2 Twist				2.2
5333	Reverse 1-1/2 Som. 1-1/2 Twists				2.6
5411	Inward Dive 1/2 Twist	2.0	1.7		
5412	Inward Dive 1 Twist	2.2	1.9		
5421	Inward Somersault 1/2 Twist		1.8	1.7	
5422	Inward Somersault 1 Twist				2.1
5432	Inward 1-1/2 Som 1 Twist				2.7

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