
Summer 2008

Welcome

Granite Divers

Welcome to Granite's 2008 Summer dive season! We are pleased to welcome back our **Head Coach, Kelly Repko** and **Assistant Coach, Sarah Lisk**. Kelly has ten years of diving experience under Coach Gloria Thompson, 13 years as a gymnast, and nine years of coaching divers. We look forward to another exciting season.

Dive Reps: Mary Kay Carstensen (231-3145)
Wendy Shannon (358-0259)

Coaches: Kelly Repko • Sarah Lisk

Code of Conduct

Granite Marlins are expected to be models of good behavior and sportsmanship, both at our pool and at away meets. You need to be quiet and have respect for the visiting team as well as your own. Parents are responsible for their children. Horseplay is not tolerated. Loud noises are distracting and dangerous to the divers. No interference or distractions is allowed in or near the dive well where competition is taking place. *A 15-point penalty* is charged against the team whose members are causing a disturbance or delay of the meet.

Important Dates and Information

Suits can be purchased through Disco Sports (www.discosports.com) located at 1400 Starling Drive, Richmond, VA 23229. The suits are in stock and can be fitted at any time. Generally, the suits will have to be left at the store to be embroidered and picked up later. Suits have not changed since last year.

Picture Day

The date for dive pictures is undetermined, but it will be scheduled. On the chosen date, a team picture and individual photos will be available. Picture forms will be provided and payment must be made that afternoon.

Swim Under the Stars (A Swim and Dive Team Event Only!)

Saturday, June 28, between 8:30- 10:30 p.m. Drinks and snacks are provided. Bring your floats. Cost per swimmer is \$1.00.

Dive Awards Ceremony, Swim & Dive Banquet

Saturday, July 26. Dive awards begin *promptly* at 5:00 PM and dinner at 5:30. Swim awards will follow dinner. The banquet will be held rain or shine in the Recreation Building. Everyone brings a dish to share. Families whose names begin with the letters A - P, please bring a covered dish or salad; those whose last names begin with the letters Q - Z, please bring a dessert. Drinks and paper products will be provided. Trophies will be awarded and there will be a swim party following. A diver *must compete in three meets* to receive a trophy.

Dive Meet Schedule

Thur. June 19	Smoketree at Granite (home)
Thur. June 26	Granite at Bon Air (away)
Thur. July 3	Granite at Stonehenge (away)
Thur. July 10	Woodlake at Granite (home)
Mon. July 14	Salisbury at Granite (home)
Champs:	Thursday July 17 at Bon Air; and Saturday July 19 at Smoketree
All-Stars:	Wednesday July 23 at Kanawa

Swim Meet Schedule

Tue. June 17	Evergreen at Granite (home)
Tue. June 24	Granite at Surreywood (away)
Tue. July 1	Midlothian at Granite (home)
Tue. July 8	Granite at Bon Air (away)
Tue. July 15	Granite at ACAC (away)
Mon. July 21	Woodlake at Granite (home)
Champs:	Mon. July 28 (Mites & Midgets) Tue. July 29 (Juniors & above)

Dive Meet Information

Meets start at 5:00 PM. All divers *must* be at the pool by 3:00 PM for warm-up at home meets. The visiting team has the last warm-up and if you are not on time, you will miss your chance. All divers *must* be at the pool by 4:00 PM for away meets.

Time limit for diver on board during meet: If a diver takes more than one minute from the time he/she steps onto the diving board to execute his/her dive, the referee may call a "Failed Dive." The referee should give the diver a warning after 30 seconds.

Volunteers Needed at Every Meet!

A lot of help is needed to run a meet. If every parent volunteers for an area, it's a lot more fun and the *same* people won't have to work every meet. It's not hard. If you arrive late, then volunteer for the 2nd half! If you don't volunteer, we will assign you a job. So volunteer early and pick the job you want to do. You're doing this for your diver. Help make it enjoyable for all.

Home Meets:

One Referee (Usually, the coach)
One Announcer
Three Judges
One Scorer
One Computer
One Scorekeeper
One Extra Scorer
One Ribbon Writer
One Drinks Server

Away Meets:

Two Judges
One Scorer
One Computer
One Scorekeeper

In the event of rain the make-up meets are to be held as soon as possible at a date and time mutually accepted by

both teams before the next meet. Usually, it will be scheduled the following day.

Often, after a meet, the team will go to a local restaurant for a light dinner. If you are interested in attending ask Mary Kay for details.

Judges' Scoring

Points from 1 to 10 will be awarded for each dive according to the opinion of the judges and the following table:

Judgement	Points
Superior/Perfect	8-1/2 to 10
Very Good	6-1/2 to 8
Good	5 to 6
Fair	2-1/2 to 4-1/2
Deficient	1/2 to 2
Failed	0

Age Divisions

Age criteria is based on diver's actual age as of May 31.

Mini-Mites	5 to 7 years old
Mites	8 and 9 years old
Midgets	10 and 11 years old
Juniors	12 and 13 years old
Intermediates	14 and 15 years old
Seniors	16 to 18 years old

Dive Practice Schedule

Dive practice begins Wednesday, May 28. *There will be a mandatory parent/diver meeting at 4:00 PM before anyone goes off the board.*

May 28 – June 13

Mondays, Tuesdays, Wednesdays, and Thursdays

4:00-4:45 Midgets, Juniors, and Advanced Mites
 4:45-5:30 Mini-Mites and Mites
 5:30-6:15 Intermediates and Seniors

June 16 – July 14

Mondays, Tuesdays, Wednesdays, and Thursdays (AM)

8:30-9:15 Midgets and Advanced Mites
 9:15-9:45 Mini-Mites and Mites
 9:45-10:45 Juniors, Intermediates, and Seniors

June 16 – July 11

Mondays and Wednesdays (PM)

4:00-4:45 Midgets, Juniors, Advanced Mites
 4:45-5:30 Mini-Mites and Mites
 5:30-6:15 Intermediates and Seniors

- All mites are to practice during their regularly scheduled time unless advised by Coach Kelly to join the Advanced Mite practice.
- Dive team does not practice on Fridays, Saturdays, or Sundays.
- Last practice for any diver not participating in the meets on 7/10 and 7/14 will be 7/9.
- Last practice for those not participating in Champs will be 7/14.

- The schedule for 7/15-7/19 will be given out one week prior to that week.
- Optional clinics will be offered on 6/14, 6/28, and 7/12. The cost is \$20 per diver.

Weather

In case of inclement weather, call the pool to verify if practice is being held. Kelly will notify the lifeguards of any cancellations. Dive may be cancelled even when swim is not. In a steady rain, the board becomes too slippery to remain safe. Likewise, in temperatures below 75 degrees, the divers are usually too cold to function due to the time spent out of the water. If in doubt because of any of these conditions, call the pool. Kelly lives 30 minutes away from Granite so if she is not coming, the pool should know for sure at least 30 minutes before the first scheduled practice time for that day.

Schedule of Dives

Required Dives:

Mini-Mites and Mites will use the regular degree of difficulty (DD) from the FINA Chart, but they may use any of the five dive groups to include forward, back, inward, reverse, or twisting.

Midgets, Juniors, Intermediates, and Seniors will use the regular DD from the FINA Chart and choose from any of the five dive groups listed above.

The dive position must be tuck or pike, with straight position allowed for the intermediate and senior divers.

Mini-Mites may use front and back jumps (DD of 1.0) for meets 1, 2, 3, and 4.

Mites may use front and back jumps (DD1.0) for meets 1 and 2.

Optional Dives:

Unused required dives or any dive from the FINA Chart. Straight position (A) may not be used as an optional dive.

Dive Criteria for All League Meets and Champs:

Mini-Mites:	2 required/1 optional	3 total dives
Mites:	2 required/2 optional	4 total dives
Midgets:	2 required/2 optional <i>(Meets 1, 2, and 3 only)</i>	4 total dives
Midgets:	3 required/2 optional <i>(Meets 4, 5, and Champs)</i>	5 total dives
Juniors:	3 required/3 optional	6 total dives
Intermediate:	4 required/3 optional	7 total dives
Seniors:	4 required/4 optional	8 total dives

Order of Divers at League Meets:

Seniors, Mini-Mites, Mites, Midgets, Juniors, Intermediates

Clinics and Private Lessons

Tentative dates for clinics are June 14, June 28, and July 12. Clinics are an opportunity for divers of all ages to have an extended time period to focus on a particular dive.

Both Kelly and Sarah will be available for private lessons during the season. A fee will be charged. Arrangements can be made before or after practice. Kelly's fee is \$25.00 per 30 minutes, and \$40.00 per hour. Sarah's fee is \$15.00 per 30 minutes.

Clinics and private lessons are optional. Any questions should be directed to Kelly.

Directions to Away Meets

Bon Air - Take Forest Hill Avenue to Buford Road. Turn left onto Buford. Turn right onto Rockaway Road. Old Bon Air Hotel will be on your right. The pool entrance is straight ahead. *However, traffic on Forest Hill Avenue is congested at that hour.* An alternate route would be to get on the Chippenham Parkway. Take the Jahnke Road exit and go south. Continue until it ends at Buford. Take a right onto Buford Road, and then a left onto Rockaway Road.

Smoketree - Take Courthouse Road to Smoketree entrance. Turn right onto Smoketree Drive and pool is on the right past the Catholic Church.

Stonehenge - Take Huguenot Road to Midlothian Turnpike. Turn right at the stoplight next to Chesterfield Mall onto Midlothian Turnpike. After you turn right onto Midlothian, go through two stoplights. After the second stoplight (which is at Walmart), take your next left onto Farnham Drive into Stonehenge. Stay to the right and the pool will be on your left at the top of the hill.

Coaches Gift

Every year, we present our coaches with a team gift at the Banquet as our thanks for their dedication and hard work. Please consider making a contribution toward these gifts. If you wish to contribute, please try to get your donation to Susan Hayes by *July 25*. Please mark on your check whether you are a swim/dive family or dive only family. Thank you.

For additional information not covered in this book, call:

Mary Kay Carstensen
231-3145

Granite Poolside Phone: 272-6989