

# The American School for Diving Fall Diving League

The American School for Diving fall diving league is designed to introduce the sport of diving to children of all ages in a fun and safe environment.

Our league is 3 months long (September – November), and has at least 8 practices and 2 competitions. Divers will spend their time each month learning the core skills that promote safe diving while at the same time **learning new flips, twists and tricks.**

At the end of the league there will be a championship meet in Durham with the three participating teams of Duke Aquatics, NC State and UNCW Seahawks.



## Practices

All gym practices will be held in the Duke University Dry Land Training Facility, located at:  
804 W. Trinity Ave, Durham, NC

Water Practices will be held at either:

**Duke Aquatics:**  
Wilson Rec. Center Duke University

**NC State Diving:**  
Carmichael Gym North Carolina State University

**UNCW Seahawks Diving**  
Trask Coliseum Aquatics Facility

## Meets

The meets are a chance for the divers to demonstrate their skill and show off some of the tricks they learn in practice. We have two options with each meet;

**1.) Competitive** – Divers choose a skill level in which they will compete against other divers of similar skill.

**2.) Non Competitive** – Divers who do not wish to be measured against others can still demonstrate their skills and receive score cards to monitor progress over time.

## Awards

Ribbons will be given to all participants of every meet. Medals will be awarded to places 1 –3 in each of the competitive events.

## Fall Diving Championships

The Fall Diving Championship meet will be held at the newly renovated Duke University Aquatic Center. This is a chance for the divers show off what they have learned over the last 3-months.

We will have a team party at the end of the meet and present awards to athletes for distinguished achievements.

## Schedule and Facilities

Practices will be held Tuesdays, Thursdays and Saturdays. Tuesdays and Thursdays will be in the pool while Saturdays will be in the gym. Every other Thursday will be our competition day. (Detailed Schedule on back)

## Registration

**Register online between August 15th and September 1st and receive up to a 20% discount**

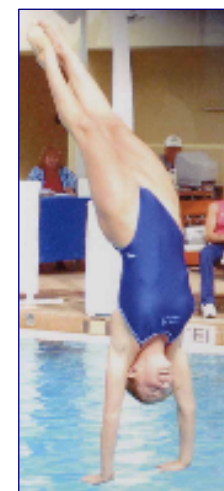
[www.divingwithdrew.com](http://www.divingwithdrew.com)

## Cost

**One price covers everything:  
Pre-Register from August 15<sup>th</sup> to Sept 1<sup>st</sup> and receive a discount**

One practice a week: \$55/month  
Two practices a week/110/month  
Three practices a week/ \$125/month

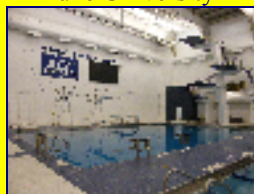
**Registration after Sept 1<sup>st</sup>**  
One practice a week: \$65/month  
Two practices a week/125/month  
Three practices a week/ \$150/month



**All League members must be members of the AAU. (\$14 per year), registrations online at AAUsports.org**

The American School for Diving Facilities:

Duke University



NC State University



Dry land Training Facility

