



***Squier Ball
Springboard Diving
Camp***

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What we do best:

1) The latest techniques:

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I still can't believe that there are any nationally ranked divers who have not had extensive training on trampoline and/or dry land board with belts and overhead rig. Beginning to Intermediate divers should spend at least 50% of their time learning techniques on trampoline and dry land facilities, until they are thoroughly familiar with what they need to do. Spotting targets while somersaulting or twisting is essential.

High school divers generally do not have the opportunity and don't know what they're missing. Advanced divers, who know how it helps, crave any chance they can get to practice techniques on the same equipment with a competent rope holder.

Anyone with U.S. Diving membership can contact me for lessons before or after the camp season (July - August). I usually have enough U.S. Diving applications, so that I can meet requests for them with a little lead time for the mail to get there.

2) We have safety procedures and equipment that most coaches and divers only dream of.

3) Individual attention such as you can't get in a camp "factory." (Diver to coach ratio 5 or 6 to 1). I have only myself and maybe one other coach for a camp session. We limit our numbers to 12 divers, or the ratio of 4 to 1 maximum. But this summer the limit will be 6, and maybe only 4, depending on whether I can get at least a lifeguard to be on duty while I am in the gym.

And we try to do better:

A TIVO system in my gym produces anywhere from 30 to 50% immediate improvement, because the diver can have instant feedback and compare the image with what the coach is telling him or her.

Tax exempt status has cut \$300 off our expenses for the summer camp. Our weekly camp price has to be \$600. That includes room and board, plus a dinner at my house, which I usually hold on Wednesdays.

Do you have your U.S. Diving membership card, valid for 2006, in hand? If not, contact me or your local U.S. Diving chairman immediately. You must have a valid membership to attend a U.S. Diving insured camp. You get an application for the US Diving web site

Yours in diving,