

Senior Development Squad

Squad Information

COACHING STAFF

All coaches are here to ensure diver safety and development. If there are more than 10 divers in a squad then divers will be assigned to coaches. The lead coach for the Senior Development squad is Ellie Price.

WE PLACE EMPHASIS ON

Learning more complex diving moves in preparation for our local and domestic skills and age group events. Dive development, physical preparation, behaviour and adherence to values are all important parts of being involved with this squad. Sessions are broken down to 1 hour of 'dryland' and 1.5 hours of pool time. In the dry gym we work on form, body awareness, physical strength and flexibility. In the pool we work on their skills across poolside, 1m, 3m and the platforms.

Divers in this squad progress towards learning their nationally recognised Skills Levels 1, 2, 3, and 4, and onwards from that the development of a robust list of Age Group skills.

Please, note that all divers will learn, develop and mature at different rates. We are not concerned about which level they are performing, but rather their skills quality and adherence to squad values. We want the divers to progress when they are ready and would rather see them improve their scores by performing at the same level multiple times.

VALUES



As a club, we work to a set of values. We use these values to promote a healthy working environment for all our athletes. If athlete or parent behaviour becomes an issue then a disciplinary procedure will be implemented (see below).

EVENTS

Divers will have the opportunity to perform in skills level/age group events throughout the year. Attendance is expected

for events held in Auckland and at the annual National Event (which is held either in Auckland, Wellington, Hamilton or Dunedin). Age Group Nationals is the main target event for the year. Other optional domestic opportunities and invitational international opportunities are also available. These events are a great opportunity for divers to practice what they are learning in a competition environment in front of a set of judges.

TRAINING TIMES

For the Senior Development squad, divers are expected to attend at least 2-3 sessions per week. We strongly encourage 4 sessions to enable appropriate development. Please book your sessions through Friendly Manager. Session times at Westwave are:

- [Monday afternoon](#)
- [Tuesday afternoon](#)
- [Thursday or Friday afternoon](#)
- [Saturday midday](#)
- [Potential for Tuesday/Wednesday mornings](#)

HOLIDAY CAMPS

Holiday camps are run over school term and Christmas holidays. We encourage you to attend these sessions as much as you can to ensure continued development.

MISSED TRAINING

Please text your coach or communicate via the whatsapp group chat if you are not able to make one of your training sessions. Missed sessions due to illness or injury can be made up on other days of that term or the next holidays. Make-ups are not carried over to the following term or credited. Please contact Admin to notify of absence and book a makeup to ensure there is sufficient room in a class beforehand.

TRAINING CANCELLATIONS

We may have to cancel training/s for reasons beyond our control. We will communicate this in advance and will encourage divers to attend makeup sessions where possible.

REPORTING

It is the responsibility of the assigned coach to report on each of the athletes they look after. Divers and parents will receive a quarterly report stating what progress is being made. Coaches will also be in contact with relevant information throughout the season. If you have any questions at any time then please contact your assigned coach directly. Alternatively please contact the CEO - Steve Gladding.

PAYMENTS

Termly invoices are sent. The cost will be dependent on the number of sessions you book into for the term. Days booked roll over each term unless you advise us otherwise. Payment can be made in regular installments but must be paid in full prior to

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that term's end date (please advise admin if you wish to do this).
Holiday classes are paid separately.

Expectations

EXPECTED FROM ADCT

- To behave in accordance with our above values
- Provide facilities, professional coaching and support to you/your child reaching their full potential.
- To communicate up and coming events and changes to the schedule.
- Plan for the divers
- To organise competitions at home and away
- Feedback on you/your child's progress
- To ensure the diver is in the correct environment for their development.

EXPECTED FROM DIVERS AND PARENTS

- To behave in accordance with our values.
- Best endeavours to attend the minimum training commitment.
- Communicate with the coach as soon as possible if you can't make a normal training session.
- Communicate any injuries or illness that may prevent the diver from training or competing. This may include supplying written advice from Health Professionals. If your child has been signed off training by a health practitioner, for illness or injury, and cannot dive for more than 2 weeks, we can review your payment, please contact us.
- You consent to photographs or video footage taken by ADCT or Diving New Zealand of you/your child to be used within our marketing and promotional material. This may be for advertising, on our website or on our social media sites.
- Pay by bank transfer when invoiced in a timely manner.

DISCIPLINARY PROCEDURE

If values are not adhered to or inappropriate behaviour displayed then a verbal warning will be given in the first instance with parental advice, if the behaviour continues it will be followed by a written warning with parental meeting, a third occurrence will result in dismissal from the squad.

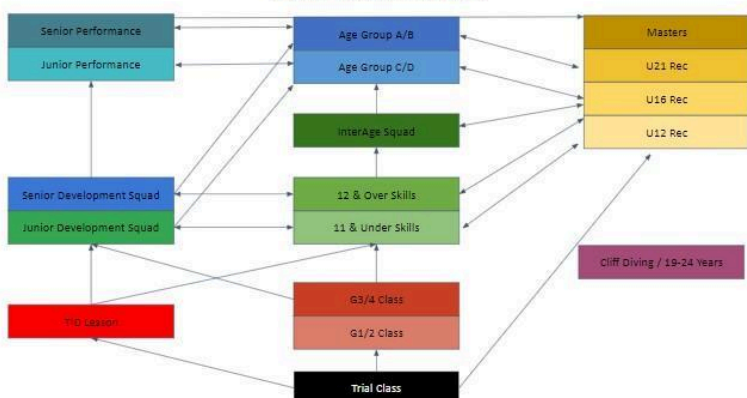
Please check all the information within this document and reply to the email if you are satisfied with its content, your return email or booking serves as an electronic acceptance. If you have any queries about the content of this document please contact administration or coaches.

Key Contacts

Ellie Price: ellie@auklanddiving.co.nz
Steve Gladding, CEO steve@auklanddiving.co.nz
Dianne Norris, Admin info@auklanddiving.co.nz

Movements Out of the Squad

ADCT Club Structure



a) Senior Development into A&B Age Group Squad: Some divers will aspire to dive at an age group level or above. Divers will be invited into the Age Group Squad once the lead coach deems this will be the best environment for them to be diving in. Once the diver moves into the squad, they will progress towards learning the remainder their Age Group lists or they may continue to do so in the Senior Development squad. A diver is still able to compete in a skills event on the boards which they have not yet got an Age Group list. The letters before the age squads identify the ages of the divers. A&B are divers aged 14-18 (again turning 18 before 31st December). C&D are divers aged up to 13 (turning 13 before 31st December. Please note that the minimum training requirement for the Age Group Squads is 2x per week - so please take this commitment into consideration if you are aiming for this movement. This movement can be done at the start of the next term/month.

b) Senior Development into 12&O Skills/InterAge: A diver from the Senior Development may be moved to the 12 & Over Skills Group or InterAge Group if the coach deems this to be the best environment for the diver and they are 12 years old.

c) Senior Development into Junior Performance: If the diver is tracking towards a performance level, the coach may decide the best environment for them is the Junior Performance squad. The Junior Performance squad is for athletes competing at a Junior Elite level who are tracking towards Junior level World Class events such as Junior World Championships.

Senior Development Squad

Chair of ADCT, chair@aucklanddiving.co.nz

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Lead Coach Bio

Ellie Price

Senior Development Lead Coach

As well as being our Programme Manager, Ellie is the lead coach of the Senior Performance Squad. She has coached at many domestic competitions including Skills and Age Group Nationals, North Island Champs and Auckland Champs along with multiple International Competitions including Australian Age Group Champs, Australian Elite Champs, CAMO Invitational, Singapore Nationals, Bergen Open Meet, British Junior Elite Nationals, Dresden Youth Meet, and World Junior Championships. Ellie is also a qualified trampolining junior coach and she started out coaching trampolining from 2014-2017. Being a diver herself, she fell in love with the sport and began dive coaching in 2017 and believes it is one of the most rewarding and exciting jobs. After graduating from the University of Auckland with a Bachelor of Science majoring in Physiology in 2020, she is now completing a Masters degree at UoA majoring in Conservation Biology.



Additional Information for Skills/Age Group Levels

Level 1, Poolside	Level 1, 1m	Level 1, 3m
Push dive three bubble entry	100 a part arm swing	100 a part arm swing
Crouching back dive	100 b part arm swing	100 b part arm swing
Forward wedge	100 c part arm swing	100 c part arm swing
Extended back pike fall	200 a part arm swing	200 c part arm swing
Back jump ½ twist	020 a hands grabbed	010 b standing hands grabbed
Level 2, Poolside	Level 2, 1m	Level 2, 3m
Push dive, hands apart	100a 1 step hurdle no armswing	100b double bounce
Inward pike wedge	101c standing no armswing	100c quad bounce
Back pike sit	100b with double bounce	200c from T with rocks
Reverse pike sit	100a with quad bounce	010b hands apart
Back dive with armswing	200c from T with rocks	010b arms in T
Level 3, 1m	Level 3, 3m	Level 3, 5m
100 a with hurdle	010 a	100 a, b, c (from T, lift and swing)
100b with quad bounce	010 b (sitting wrapped)	200 a, c (from T, lift and swing)
200 a from T with 3 rocks	010 c	
200 b from T with 3 rocks	020 a (arms down)	
101 c with double bounce no armswing	020c	
Level 4, 1m	Level 4, 3m	Level 4, 5m
101 b standing with armswing	101b standing with armswing	010 a, b (standing from T), c
101 c standing with armswing	101c standing with armswing	020 a (arms down)
201 c with armswing	401 c	020c
401 c	020 b closed	
102 c standing with armswing	020 a with jump, arms down	
NZ Age Group, 1m	NZ Age Group, 3m	NZ Age Group, Platform
Group D - 3+2	Group D - 3+2	Group D - 2+2
Group C - 3+3	Group C - 3+3	Group C - 3+2
Group B - 4+3	Group B - 4+3	Group B - 3+3 (5m, 7m)
Group A - 4+4	Group A - 4+4	Group A - 4+3 (5m, 7m, 10m)

For more information about Auckland Diving and how the clubs work please click the link to our home page and scroll to the bottom <https://www.aucklanddiving.co.nz/>



Additional Information about Age Group Levels

AGE GROUP CATEGORIES:

Group	Age
Group A	16 – 18 years
Group B	14 – 15 years
Group C	12 – 13 years
Group D	11 years & under

*years on December 31st of the year of the competition.

**years on December 31st of the year of the competition*

HOW LISTS WORK:



AGE GROUP LISTS:

1m	3m	Platform
Group D - 3+2	Group D - 3+2	Group D - 2+2
Group C - 3+3	Group C - 3+3	Group C – 3+2
Group B – 4+3	Group B – 4+3	Group B – 3+3 (5m, 7m)
Group A – 4+4	Group A – 4+4	Group A – 4+3 (5m, 7m, 10m)