

# NEW DIVE WEEK

## THIS IS GOING TO BE A GREAT WEEK!

1. Go into the day/ week with a positive mindset
2. Encourage and support your teammates at all times!
3. Remember that we will never ask you to do something you are not ready to do and if we ask you to do it we expect you to do it
4. You will do build ups for the dive until you are ready to do it.
5. On new dives you get ONE free balk and then the normal balk rule applies
  - a. Jump in the water and do 10 pike ups
  - b. You are wasting your time and everyone else's when you balk
6. If you balk with bubbles you will loose bubble privileges for that dive
7. You will get to pick the order of the dives you are learning.
  - a. You can go in any order you want.
  - b. You will work on one dive at a time and once you learn it you will go to the next dive
8. Once you get through all of your new dives you will get a specific practice for you.
9. A new dive counts once you do the dive THREE times
10. Have fun with this and use your teammates to motivate you.
11. The coaching staff will not force you to go up on something you are not ready for but will expect you to do it when you are.
12. Do not waste time in the hot tub or avoid diving that will only hurt your ability to become a better diver
13. I have a present for the person who the coaching staff is most impressed with after the week is over
14. YOU GOT THIS!!!