

# 11 & Under Skills 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 11 & Under Skills squad is Monika Sumner.

### WE PLACE EMPHASIS ON

Learning more complex diving moves in preparation for our local and domestic Skills testing 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 hour 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 5m boards.

Divers in this squad progress towards learning their nationally recognised Skills Level 1, 2 and 3.. Once the diver has competed a board at an Age Group, they can move into the age-appropriate Age Group Squad. Information on requirements can be found below and on our website.

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.

### WHAT ARE THE SKILLS LEVELS?

**Level 1:** Divers will perform 5 different movements on each of poolside, 1m and 3m. The poolside skills are designed as a fundamental lead into more complicated dives in the future. The 1m and 3m movements mainly focus on building the skill of the divers 'takeoffs', in other words, their jump off the board.

**Level 2:** Divers will perform 5 different movements on each 1m, 3m and 5m. Focus shifts to learning how to enter the water head first both forwards and backwards. On 5m they will learn the same set of jumps as they will have done on lower boards.

**Level 3:** Divers will perform 5 different movements on each 1m, 3m and 5m. They will begin learning more complicated, actual dives in multiple directions. On 5m they will learn how to enter headfirst both forwards and backwards as they would have already done on lower boards.

### 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 events throughout the year. Attendance is expected for skills testing events held in Auckland and encouraged at the annual National Skills Testing Event (which is held either in Auckland, Wellington, Hamilton or Dunedin). Skills Nationals is the main target event for the year. Other optional domestic opportunities are also available. Divers can participate in different levels for different boards in all events *excluding* Skills Nationals, where the same level must be performed on all 3 boards. These events are a great opportunity for divers to practice what they are learning in a fun environment in front of a set of judges to practice for future competition environments.

### TRAINING TIMES

For 11 & Under skills, divers are expected to attend 1-3 sessions per week. We strongly encourage 2 or more sessions to enable appropriate development. Please book your sessions through Friendly Manager. Session times are:

- Wednesday 4 - 6pm (Glenfield)
- Thursday 4.30 - 6.30pm (West Wave)
- Friday 4 - 6pm (Glenfield)
- Friday 5 - 7pm pool 1st (West Wave)
- Saturday 10.30am - 12.30pm (West Wave)

### 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 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.

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## 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.

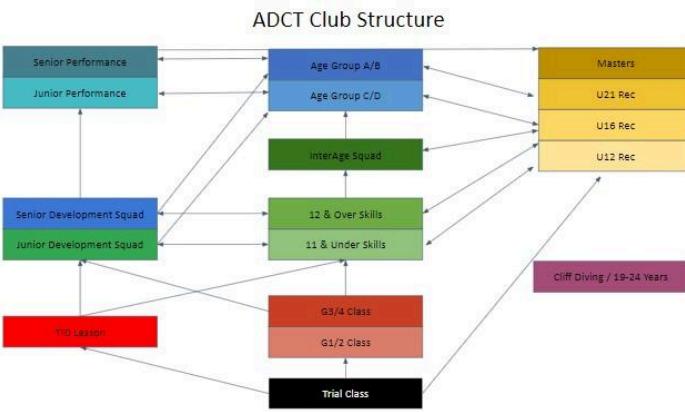
## REPORTING

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 head coach - 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 instalments but must be paid in full prior to that term's end date (please advise admin if you wish to do this). Holiday classes are paid separately.

## Movements Out of the Squad



**a) 11 & Under Skills into C&D 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 they have competed an Age Group list. It is the objective of the Skills coaching team to prepare divers for this if they are capable and want to. Once the diver moves into the squad, they will progress towards learning the remainder their Age Group lists. 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. C&D are divers aged up to 13 (turning 13 before 31st December. A&B are divers aged 14-18 (again turning 18 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) 11 & Under Skills into 12 & Over Skills:** A diver from the 11 & Under Skills will be moved to the 12 & Over Skills Group at the beginning of the year that they turn 12.

**c) 11 & Under Skills into U16 Rec:** On the year that the diver turns 12, instead of moving into 12 & Over Skills, divers may

choose to move into a recreational class. This could be because the diver wants to move away from competitive diving but still likes to dive to keep fit and healthy and moving into recreational diving allows for this. There is always the potential for divers to still compete if they wish. This movement can be done at the start of the next term.

## 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.**

# 11 & Under Skills Squad

## Key Contacts

Monika Sumner: [skills11@aucklanddiving.co.nz](mailto:skills11@aucklanddiving.co.nz) +642108617064  
Steve Gladding, CEO [steve@aucklanddiving.co.nz](mailto:steve@aucklanddiving.co.nz)  
Dianne Norris, Admin [info@aucklanddiving.co.nz](mailto:info@aucklanddiving.co.nz)  
Chair of ADCT, [chair@aucklanddiving.co.nz](mailto:chair@aucklanddiving.co.nz)  
**Follow ADCT on our [website](#), [facebook](#) and [instagram](#)!**

## Lead Coach Bio

### Monika Sumner 11 & Under Skills Squad Lead Coach

Monika was a competitive diver from 2019-2022. She attended multiple domestic events including: North Islands, DNZ Nationals and Auckland Champs. Monika began her coaching journey in 2021 as a coach on our beginner program. After stepping up as an assistant coach on the 11 & Skills squad in 2022, she is now the co-lead coach on the squad. Outside of diving Monika has attended club ski race competitions and this year she is starting her final year of High School before beginning University in 2024.



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 for Skills Levels

Level 1, Poolside	Level 1, 1m	Level 1, 3m
Push dive three bubble entry	Front Jump Straight	Front Jump Straight
Crouching back dive	Front Jump Tuck	Front Jump Tuck
Forward wedge	Front Jump Pike	Front Jump Pike
Extended back pike fall	Back Jump Straight	Back Jump Tuck
Back jump ½ twist	Back lineup straight	Front lineup pike
Level 2, 1m	Level 2, 3m	Level 2, 5m - Platform Takeoff
Hurdle front jump straight	Front Lineup Straight	Front Jump Straight
Quad bounce front jump pike	Front lineup pike (sitting)	Front Jump Tuck
3 rocks back jump straight	Front lineup tuck	Front Jump Pike
3 rocks back jump pike	Back lineup straight	Back Jump Straight
Double bounce front dive tuck	Back lineup tuck	Back Jump Tuck
Level 3, 1m	Level 3, 3m	Level 3, 5m
Quad bounce front dive pike	Double bounce front dive tuck	Front Lineup Straight
Hurdle front dive tuck	Double bounce front dive pike	Front lineup pike (standing)
Back dive tuck	Inward dive tuck	Front lineup tuck
Inward dive tuck	Back lineup pike	Back lineup straight
Double bounce front somersault	Jumping back lineup straight	Back lineup tuck

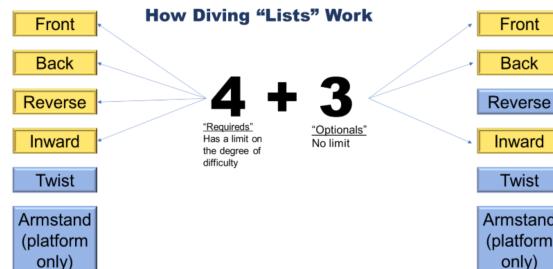
## Additional Information for Age Group Diving

### AGE CATEGORIES.

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

### 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)