

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 coaches for the Skills squad are Lucas Palmer & Elizabeth Dearden.

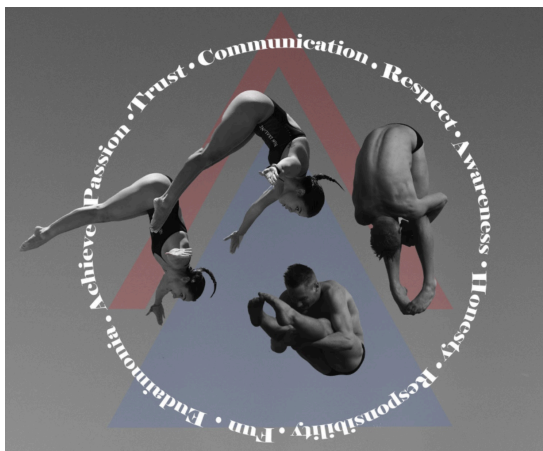
WE PLACE EMPHASIS ON

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 1.5 hours long in either the pool or the gym. 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, 3 and 4. 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.

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 Dunedin 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 the Skills squad, divers are expected to attend 1 session per week. We strongly encourage 2 or more sessions to enable appropriate development. Please book your sessions through Friendly Manager. Session times are:

- Monday 3:30-5:00pm (Pool)
- Wednesday 3:30 - 5pm (Pool)

- Friday 6 - 7:30pm (Dryland)
- Saturday 10:30am- 12:00pm (Pool)

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.

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 - Connie Deighton.

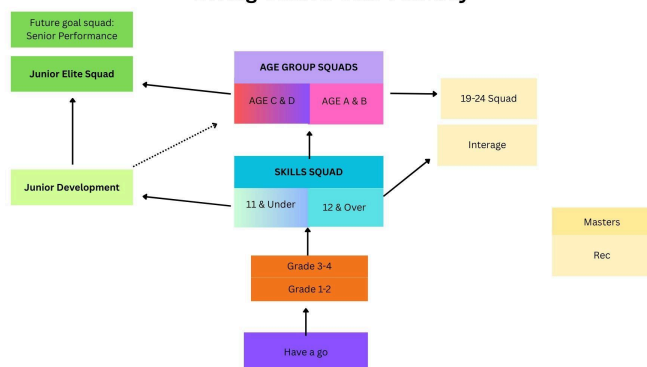
PAYMENTS

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

11 & Under Skills Squad

Diving Ōtakou Club Pathway



a) 11 & Under Skills into C&D Age Group or 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 they have completed 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 Junior Development: A diver will be selected into this squad by the head coach. Divers will display performance potential and be performing age group dives.

c) 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.

d) Skills squad into Rec class: Divers may choose to move into a recreational class at any point or the coach may advise that this is the best class for them moving forward. 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.

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 Diving Ōtakou 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

Connie Deighton, Head Coach: coach@divingotakou.co.nz
Dianne Norris, Admin: info@divingotakou.co.nz
Follow us on our [website](#), [facebook](#) and [instagram](#)!

Lead Coach Bio

11 & Under Skills Squad Lead Coaches

Lucas Palmer (Lead Coach)

Expectations

EXPECTED FROM DIVING OTAKOU

- 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.

11 & Under Skills Squad



Lucas was an age group level divers in the USA and in New Zealand. He has been coaching at diving ōtākou since January 2024 and has been leading our skills squad. Lucas has an eye for technique and looks forward to developing the young talent in this club.

Elizabeth Dearden

Elizabeth is an international diver for diving New Zealand age group squad and has claimed multiple national titles in recent years. She has great patience and joy working with our 11 & Under divers.

For more information about Diving Otakou and how the clubs work please click the link to our home page

<https://divingotakou.org.nz/>

Level 1, Poolside	Level 1, 1m	Level 1, 3m
Push dive three bubble entry Crouching back dive Forward wedge Extended back pike fall Back jump ½ twist	Front jump straight part arm swing Front jump pike part arm swing Front jump tuck part arm swing Back jump straight part arm swing Back lineup hands grabbed	Front jump straight part arm swing Front jump pike part arm swing Front jump tuck part arm swing Back jump tuck part arm swing Front lineup pike standing hands grabbed
Level 2, Poolside	Level 2, 1m	Level 2, 3m
Push dive, hands apart Inward pike wedge Back pike sit Reverse pike sit Back dive with arm swing	Front jump straight 1-step hurdle no arm swing Front dive tuck standing no arm swing Front jump pike with double bounce Front jump straight with quad bounce Back jump tuck from T with rocks	Front jump pike with double bounce Front jump tuck with quad bounce Back jump tuck from T with rocks Front lineup pike hands apart Front lineup pike arms in T
Level 3, 1m	Level 3, 3m	Level 3, 5m
Front jump straight with hurdle Front jump pike with quad bounce Back jump straight from T with 3 rocks Back jump pike from T with 3 rocks Front dive tuck with double bounce, no arm swing	Front lineup straight Front lineup pike (sitting wrapped) Front lineup tuck Back lineup straight (arms down) Back lineup tuck	Front jump straight (from T, lift and swing) Front jump pike (from T, lift and swing) Front jump tuck (from T, lift and swing) Back jump straight (from T, lift and swing) Back jump tuck (from T, lift and swing)
Level 4, 1m	Level 4, 3m	Level 4, 5m
Front dive pike standing with arm swing Front dive tuck standing with arm swing Back dive tuck with arm swing Inwards dive tuck Front somersault standing with arm swing	Front dive pike standing with arm swing Front dive tuck standing with arm swing Inwards dive tuck Back lineup pike closed Jumping back lineup, arms down	Front lineup straight Front lineup pike (standing from T) Front lineup tuck Back lineup straight (arms down) 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



Additional Information for Skills Levels

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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)