

WAUBONSIE VALLEY SUMMER DIVING 2006

At Oswego East H.S.

Waubonsie will be offering a summer diving clinic for ages 8 years through 18. The summer diving workshop will be instructed by **Bob Provost**, the Waubonsie Valley High School diving coach, **Katie Williams** former Waubonsie state diver, and **Kyla Bachtell** Waubonsie state diver. Classes will begin on June 12 and will run Mon., Tues., Wed., & Thur. through the months of June and July.

There will be one 1 1/2 hour morning session and one 45 minute morning session. Each session will be taught Monday through Thursday. The morning class will begin at 10:30 a.m. and end at 12:00 p.m. and will be taught by both Bob Provost and Katie Williams. **This class is for high school students and students with some diving experience.** The later class will begin at 12:15 and end at 1:00 p.m. This class will also be taught by Bob, Katie, and Kyla. **This class is for inexperienced students and those just learning the sport.** Cost of the Waubonsie Summer diving clinic morning session is \$175.00 per student. This six week clinic will be taught in the Oswego East High School pool diving well.

The first morning class, **high school age students** (experienced or inexperienced) **and divers with some training**, will cover each of the required dives and an optional from each of the diving categories. We will also spend time fine tuning some of the student's more challenging dives.

The second morning class, **inexperienced divers and those just learning**, will cover diving basics i.e. safety, a proper forward approach, a proper back take-off, how to use the fulcrum, how to enter the water on head first dives and feet first dives, line-ups, etc. We will also learn a forward dive, a forward somersault, and a back dive. Any additional time will be spent learning reverse dives, twisting dives, inward dives, and some of the optional dives from each of the diving categories.

In addition to learning dives, students will be able to participate in local diving competition throughout the six week period. Experienced and inexperienced divers are encouraged to participate in these meets.

Waubonsie Valley summer diving will be held during the following calendar days:

***Week one** - June 12 (first morning class), 13, 14, 15

***Week two** - June 19, 20, 21, 22

***Week three** - June 26, 27, 28, June 29

***Week four** - July 3, 4, 5, 6

***Week five** - July 10, 11, 12, 13

***Week six** - July 17, 18, 19, 20

For any additional information contact Tom Musch at 375-3564 or e-mail Bob Provost at bob_provost@ippsd.org.

Participant Name: _____

Class: 7:00-8:30(Experienced)_____

OR

Age: _____

8:15-9:00(beginner)_____

Address: _____
 Street **Town** **Zip**

Home Phone No. _____ Work Phone No. _____

Parent Signature: _____

E-Mail Address: _____

Return to Waubonsie Valley Pool on or by June 12 (or bring to Oswego East H.S. on June 12) with check payable to Bob Provost.

Summer Diving Meet Schedule 2006

Some of the following meet dates and locations may be changed due to pool availability and scheduling conflicts with other pools. The dates will become finalized June 14, 2005. We provide these dates to you for your information and preparation.

Tuesday, June 20:

Meadows at Waubonsie (This meet will probably be at Meadows and the date could possibly change due to a swimming conflict).- (Warm ups begin at 5PM. Meet starts at 6PM.)

Tuesday, June 27:

Salt Creek, Waubonsie, at Oak Brook- (Warm ups begin at 5PM. Meet starts at 6PM.)

Saturday, July 08:

Waubonsie at Five Seasons - (Warm ups begin at 8AM. Meet starts at 9AM.)

Tuesday, July 11:

Lagrange at Waubonsie (This meet will probably be at LaGrange and the date could possibly change due to a swimming conflict).- (Warm ups begin at 5PM. Meet starts at 6PM.)

Monday, July 17:

Waubonsie at Downers Grove - (Warm ups begin at 5PM. Meet starts at 6PM.)

Saturday, July 24:

Conference meet (at Five Seasons). Meet starts at 8AM.