

Colorado AAU
Diving
Gear Up for School Dive Camp
July 22 - 26, 2024
Hosted by Mountain Hart Dive Club
Mountain Hart Dive Club LLC, Loveland, CO

AGE GROUPS: 9 & Under, 10 - 11 yrs old, 12 - 13 yrs old, 14 - 15 yrs old, 16 - 18 yrs old

ENTRY FEE: \$300.00

ENTRY FEE PAYABLE TO: Mountain Hart Dive Club

ENTRY DEADLINE: July 10, 2024

SIGN UP AT: <https://www.mountainhartdive.com/book-online>

AWARDS: None

ADDITIONAL INFO: Do you want to get some practice in before season starts to help dust off the summer cobwebs? Then let's hit the pool!!

We will be covering all of the 5 dive positions you will need for your upcoming seasons and have a Meet on the final day.

Participants will be required to have their own swimsuit, towel, and dry change of clothes. Previous dive experience is encouraged but not required, but this will be a fast paced program.

What to expect:

Day One: Front & Back Dives

Day Two: Inward Dives

Day Three: Reverse Dives

Day Four: Twister Dives

Day Five: Full list practices & Dive Card Creation

Day Six: Six Dive Meet - This year the meet will be an Invite and allow for divers from other teams to help you test the skills you just brushed up on!

FOR MORE INFORMATION:

Travis Alan Hartman

dive@mountainhartdive.com

This event is licensed by the Amateur Athletic Union of the U.S., Inc.

All participants must have a current AAU membership.

AAU membership may not be included as part of the entry fee to the event.

AAU membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.

BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for memberships to be processed.

Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.