

**Colorado AAU**  
**Diving**  
**Learn to Dive Camp**  
**June 3 - 8, 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:** May 23, 2024  
**SIGN UP AT:** <https://www.mountainhartdive.com/book-online>  
**AWARDS:** None  
**ADDITIONAL INFO:** Ages 8 - 18 Welcome!

**Mountain Hart Dive Club presents our First Annual "Learn To Dive" Camp!! We are excited to share our love of Springboard Diving with our Community!!**

**Camp will include 5 days of instruction and a final Mock Meet where we will show off the skills divers have learned throughout the week with our families. Each participant will receive a swag bag and a pizza party at the end.**

**Participants will be required to provide their own swimsuit, dry clothes, and towels each day.**

**Participants must also be required to pass a swim test and must be comfortable swimming in the deep end of the pool.**

**Schedule:**

**Day 1 - Rules, Dive Definitions, And Safety**  
**Day 2 - Hurdles & Take Offs**  
**Day 3 - Front & Back Dives**  
**Day 4 - Inwards & Twisters**  
**Day 5 - Meet Practice**  
**Day 6 - Meet & Party**

**FOR MORE INFORMATION:**

Travis Alan Hartman  
[dive@mountainhartdive.com](mailto: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](http://www.aausports.org) to obtain their membership.