



***Squier Ball
Springboard Diving
Camp***

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What we do best:

1) The latest techniques:

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I still can't believe that there are any nationally ranked divers who have not had extensive training on trampoline and/or dry land board with belts and overhead rig. Beginning to Intermediate divers should spend at least 50% of their time learning techniques on trampoline and dry land facilities, until they are thoroughly familiar with what they need to do. Spotting targets while somersaulting or twisting is essential.

High school divers generally do not have the opportunity and don't know what they're missing. Advanced divers, who know how it helps, crave any chance they can get to practice techniques on the same equipment with a competent rope holder.

Anyone with U.S. Diving membership can contact me for lessons before or after the camp season (July 15-August 17). I usually have enough U.S. Diving applications, so that I can meet requests for them.

2) We have safety procedures and equipment that most coaches and divers only dream of.

3) Individual attention such as you can't get in a camp "factory." (Diver to coach ratio 3 or 4 to 1). I have only myself and maybe two coaches for a camp session. We limit our numbers to 12 divers, or the ratio of 4 to 1 maximum

And we try to do better:

A new noiseless kerosene heater has replaced the noisy, smelly heater blower (for winter months). That's for lessons throughout the year in my gym next to my house. A TIVO system in my gym produces anywhere from 30 to 50% immediate improvement, because the diver can have instant feedback and compare the image with what the coach is telling him or her.

Tax exempt status has cut \$300 off our expenses for the summer camp. Our weekly camp price is down to \$430. Our price goal is to finish even, so any breaks we get are passed on. .

Do you have your U.S. Diving membership card, valid for 2002, in hand? If not, contact me or your local U.S. Diving chairman immediately. You must have a valid membership to attend a U.S. Diving insured camp.

Yours in diving,