



“Dive into Summer” with the **CBSC DIVE TEAM**

1. What is springboard diving?

Diving is the sport of jumping into water from a springboard, usually while performing acrobatics. The sport of springboard diving is safe, fun, and exciting. Many parents express concern about the safety of diving. For an athlete who is properly trained, diving is an extremely safe sport.

2. Can I come to a dive practice to see if I like diving?

YES - you are welcome to come “try it out” – just pick one day of “after school” practice (anytime between 4-6pm) and see if you enjoy diving...

3. When does practice start for the Dive Team?

“After School” Practice starts the day after Memorial Day - anytime between 4-6pm. Regular Practice starts after the last day of school from 8:30-11am, Monday-Friday. You decide when it is the best time for you to attend practice during these hours.

4. How old do I have to be to dive?

Any age 18 years and younger. The age groups for diving are 9 & Under, 10-11, 12-13, 14-15, 16-18.

5. Can I be on the swim team and the dive team?

YES - you can dive before or after your swim team practice.

6. Do I have to compete in Dive meets?

NO - you can just learn to dive for fun! If you choose to compete, dive meets are held on Sundays. There are three 1-meter qualifying meets and 1 Championship meet the last week in July. The 9 & Under divers only compete with 3 dives (Front Jump Tuck & any other 2 dives).

7. Where do I find more information about summer diving?

Check out the South Jersey Diving Association website for ALL summer diving information @ www.southjerseydiving.org.

8. What fun activities does the Dive Team participate in?

The Dive Team participates with the Swim Team in all CBSC team activities including Pep Rallies, Picture Day, Outings, Banquet and such... We also are the creators of “Fun Day Monday” where the Dive Team enjoys a “fun” day of practice the Monday after each dive competition.

9. How do I join the Dive Team?

Go to the CBSC website www.cbsswimclub.org Dive Team webpage and Register. Or come to any of our practices and meet the coach and team – we can answer any questions.

10. WE LOOK FORWARD TO SEEING YOU SOON....