



STAR DIVING CLUB INFORMATION EVENING

YOU CANT REALLY KNOW WHERE YOUR GOING UNTIL YOU KNOW WHERE YOU HAVE BEEN — MAYA ANGELOU

A little club History...

- Formed in 1973 and used to be based at sports centre of Guildford now known as the Odeon before moving to its home at Guildford Spectrum
- For Many years the club operated on a volunteer bases with around 50/60 divers
- In 2009 the club and committee made the brave decision to employ their first ever paid full time head coach.
- This resulted in an expansion of coaching team and pool time, allowing the club to provide a variety of training levels from beginners up national level, with some impressive results.
- Nowadays the club fluctuates at around 200 members and we are proud to provide opportunities for divers at all levels!

MEET THE TEAM - COMMITTEE

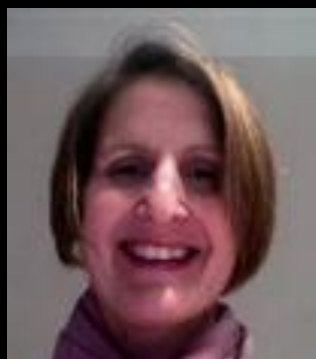
Andy -
President



Rusty -
Co-chair



Claire -
Secretary



Kate -
Charity Officer



Fran -
Membership &
Comp sec



Jon



Maithili

Cooky -
Chair



Marni -
Administrator



Tim -
Treasurer



Kelly -
Kit



Kirsty-
Head Coach



Justine -
Welfare



MEET THE TEAM - COACHES

Kirsty –
Head Coach



Hattie –
Senior Coach



Level 2
Coaches



Frain

Level 1
Coaches



Laura



Georgia

Poolside
Helpers

Amy

Wilfred

Issy

Alex

Felicity

Cover
Coaches

Chloe

Anna

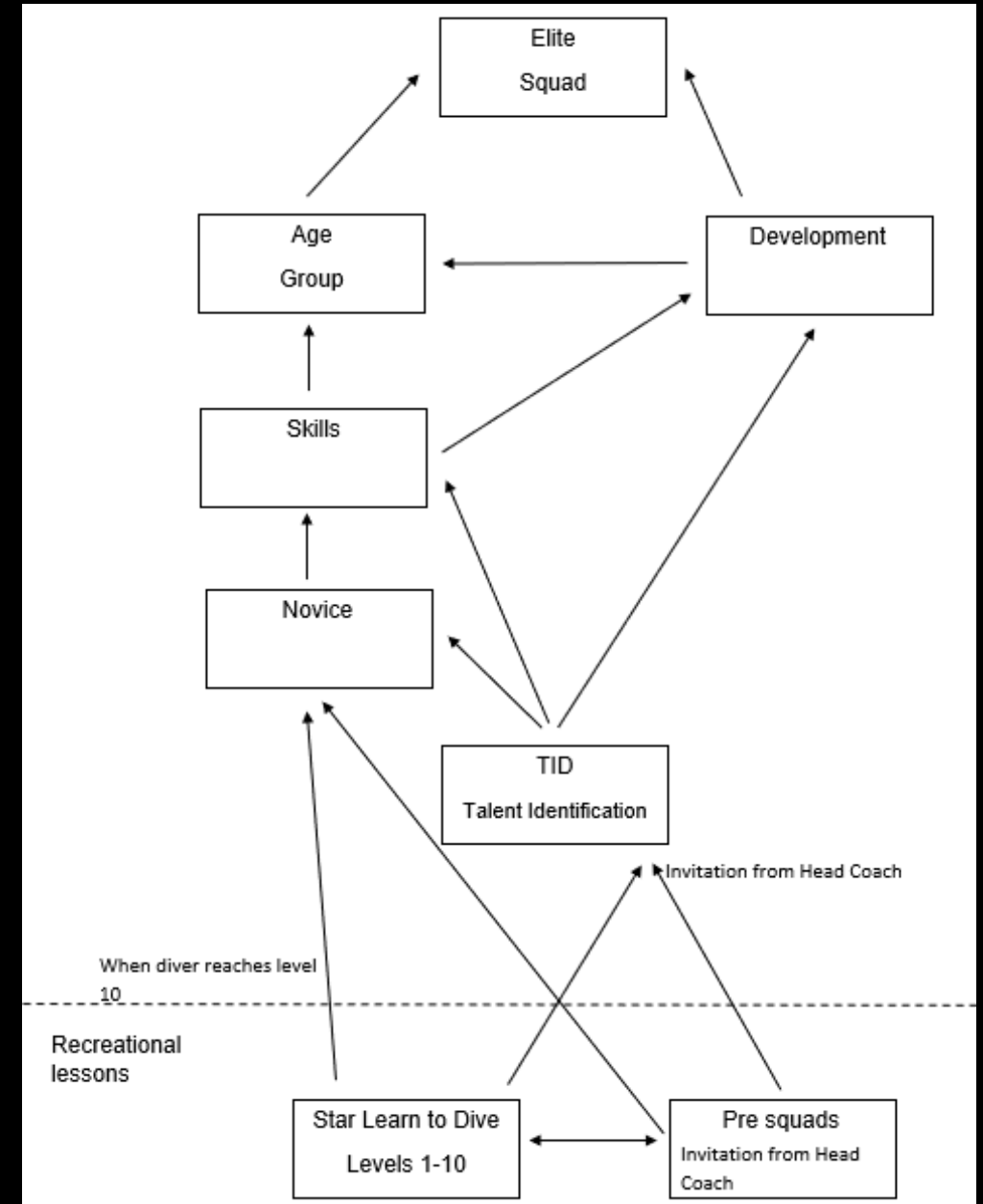
Anya

CLUB STRUCTURE

- Recreational
 - Learn to Dive
 - Pre Squads
- Squads (Competitive)
 - Novice
 - TID
 - Entry
 - Skills
 - Development
 - Age Group
 - Elite



DIVER PATHWAY



RECREATIONAL – LEARN TO DIVE

- Levels
 - 1-10 star awards
 - Beginners one
 - levels 1-2 (30min)
 - Beginners two
 - levels 3-4 (30min)
 - Intermediates
 - levels 5-6 (45min)
 - Advanced
 - levels 7-10 (1 hour)
- Videos
- Pathway to a Squad
- Pre Squad
 - Talent spot via head coach
 - Reach level 10
- How we Grade
 - Course Pro
 - Ipods
 - Online
 - Assessed over the term
 - Final grading week
 - Report

COURSE PRO GRADING

Level 2

Level 2

Forward jump straight with arm swing

Never

Not Assessed No Pass Fair Good Pass

Back jump straight

Never

Not Assessed No Pass Fair Good Pass

Back tuck roll

Never

Not Assessed No Pass Fair Good Pass

Falling dive

Never

Not Assessed No Pass Fair Good Pass

Badges

Teacher Led Badges

Bonus Skill Lvl 2 - Back Push and Glide

14/10/2019 at 17:34

Not Awarded **Awarded**

Bonus Skill Lvl 1 - Forward Push and Glide

14/10/2019 at 17:34

Not Awarded **Awarded**



VIDEOS

Star Diving Club
Level 8

PRE SQUADS

- In-between learn to dive and squads
- What are we looking for?
 - Young (apart from teen)
 - Good level of flexibility and strength
 - Brave
 - Able to take feedback well
 - Background in acrobatics or dance
- Are picked from
 - Learn to dive lessons
 - Talent trials
 - Tasters
- Teen pre squad
 - 13+
 - Have background in acrobatics or dance
 - Good flexibility and strength
 - Willingness to learn

COMPETITIVE - SQUADS

Novice	TID	Skills	Development	Age Group	Elite
<p>Train 2 x a week Half hour conditioning, hour pool Competition opportunity approx. x 5 a year</p>	<p>Train x 3 a week Trampoline/dryboard, conditioning, pool Competitions throughout the year Aiming for regional and National Skills</p>	<p>Train x 3 a week Trampoline/dryboard, conditioning, pool Competitions throughout the year Should be National Skills level</p>	<p>Train x 4-5 a week Trampoline/dryboard, conditioning, pool, external sessions Competitions throughout the year National skills medal potential, aim for age groups</p>	<p>Train x 4-5 a week Trampoline/dryboard, conditioning, pool, external sessions Competitions throughout the year National Age Group Level</p>	<p>Train 6 sessions a week Trampoline/dryboard, conditioning, pool, external sessions Competitions throughout the year, including abroad National elite level standard</p>

TESTING



- Every Term
- Speed
 - Sprint
- Strength/power
 - Pike ups
 - Chin ups
 - Long jump
 - Pistol squat
- Flexibility
 - Splits
 - Stand and reach
 - Shoulder mobility
- Control
 - V sit hold
 - Handstands
- Effort/Attitude
- Squad Goals
- Report

WHAT ARE WE LOOKING FOR?

Physical



- Flexibility
 - pike, straddle, splits, shoulders
- Leg line and toe point
- Fast twitch muscle (ping)
- Strength
- Power
- Body Structure
- Coordination and control

Mental



- Brave
- Mental toughness
- Ability to make changes quickly
- Calm under pressure
- Highly motivated
- Attention to detail and form

COMPETITIONS...



Star Club Competitions

x 2 a year



Levels

Novice, Skills, Age Group, Elite



Club, regional, national



Talent Games

11yrs and under
Test dryland and pool
Selection onto England talent



Contact for competitions

Fran



Invitations

Head coach email
Fran



Day events



Weekend events

Chaperoned (team trips)
Unchaperoned (parent)

KIT

- Learn to Dive
 - Yellow Club T-shirt
 - Free when join
 - Hoody optional
- Squad
 - Squad T-shirt
 - Tracksuit top and bottom
 - Training shorts
 - Suitable costume and speedo style trunks (boys)
- Zeon
 - Online club shop
 - Delivered to you
- Kelly
 - Questions about kit
 - Ordering kit that is out of stock

TASTERS AND TALENT TRIALS

Tasters

- Booked through Fran
- Free 30mins taster with coach
- Will be taught some basic skills on poolside and on the boards
- Get a feel for the sport
- No obligation to join

Talent Trial

- Booked through Head Coach if diver has had previous experience and acrobatics or dance and exhibits characteristics we look for.
- Free 45 minute trial
- Coach will test flexibility and strength in dryland
- Learn basic skills on poolside and boards
- Based on performance, coach will recommend where they fit best into the club

HOLIDAY COURSES

Half Term

- 4 days
- Pool only
- 1 hour



Easter Holiday

- 4 days
- 1 hour dry
- 1 hour pool
- Gymnastics, dryboard and trampoline



Summer Holiday

- 2-3 courses
- 4 days
- 1 hour dry, 1 hour pool
- Gymnastics, dryboard and trampoline

- ❖ Suitable for all levels
- ❖ Divers are grouped by ability
- ❖ Fun and Games mixed in with revisiting and improving skills and learning some new ones
- ❖ Booking via Fran
(membership@stardiving.org)

FUNDING

START Diving



- Swim England
- Allows us to run free tasters throughout the year during our term time lessons
- Offer group taster session for schools and clubs
- This year we have/will have group tasters from Box Grove School, Cubs and Claremont School

DDC – Diving Development Centre

- Swim England
- Funding to develop the club
 - Increase members at recreational and squad level
 - Increase opportunities for divers within the club
 - Grow number of coaches
 - Create opportunities for coaches to develop (CPD)
- Targets to meet

HOW CAN YOU HELP?

- Amazon Smile
 - Link is on our website
 - Being a charitable organisation, Amazon will donate to us 0.5% of the net purchase price of eligible purchases



- Volunteer
 - Committee
 - Club competitions
 - Events
- Speak to your school PE Co-Ordinator
 - We are looking for more schools to

run group tasters with

- Become a Coach or Poolside Helper
 - At 14 years you can become a poolside helper and shadow our coaches
 - At 16+ you are able to take your level 1 coaching course.
 - Funding...
- Advertise
 - Share our posts
 - Word of mouth





THANKS FOR LISTENING
ANY QUESTIONS?