



2024

High School Preseason Diving Clinic

Clinic 1: Monday – Friday July 15th – 19th @ 10AM – 3PM

Clinic 2: Monday – Friday July 22nd – 26th @ 10AM – 3PM

The Atlantic Diving Team (ADT) is offering all High School a preseason diving clinic in 2024. ADT is focused on helping divers to be ready to dive and compete for their individual high schools during the high school season. Divers will work towards dive lists that would be eligible for competition in the FHSAA. Our coaches will ensure that divers are safe, confident, and prepared for all skill advancement throughout the season. Divers will learn dives from the 1M springboards as they show the necessary skill progress to do so safely.

This is a great opportunity for all high school divers to learn and refine their skills and get ready for the upcoming high school season and championship meet. The clinic will consist of:

- Hurdle work
- Entries
- Front and Back approaches
- New Dives
- Mapping a diving list
- Dry land work
- Enhancement of knowledge
- and much more

Divers, give yourself the best opportunity to perform well at your high school dual, districts and states meets. This will be a great chance for all divers to learn and improve existing dives as well as adding some new ones to the list.

The fee for the clinic is \$150 for 3 days and \$200 for 5 days per diver for the week, each diver will have 4 hours of training with 1 hour break. Fees and Registration are due no later than July 10th for the July 15th clinic and July 17th for the July 22nd clinic. Divers may register on the deck with an additional \$25 late fee. Clinic will take place at Sailfish Splash Waterpark located at 931 SE Ruhnke St, Stuart, FL 34994. Please arrive 5 minutes before 10AM to ensure the clinic starts on time and divers are giving as much time as possible. Lunch will be provided for the divers from 12-1pm.

To register, please fill out the following registration form as well as a check to Atlantic Diving Team and mail to:

Atlantic Diving Team
P.O Box 770236
Coral Springs, FL 33077



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Clinic 2: Monday – Friday July 22nd – 26th @ 10AM – 3PM

Divers Name: _____ Age: _____ DOB: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Phone: (_____) _____

Parents Name: _____ Phone: (_____) _____

High School: _____ Year in School: 9th 10th 11th 12th

H.S. Coach: _____ Phone: (_____) _____

Check one or both:

Clinic 1: July 15th – 19th @ 10AM – 3PM

\$150 (3 days)

\$200 (5 days)

Clinic 2: July 22nd – 26th @ 10AM – 3PM

\$150 (3 days)

\$200 (5 days)

Please list your current dives and list the dives you need to work on or learn

Current Dive List:

Dives to learn:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

Goals for Clinic: _____

