

# **Donaldson Run Dive Team Parent/Diver Information 2009**

## **Eligibility**

Any child who wants to dive (or try diving) is eligible to join the dive team. If you are in doubt, come to one of the early season practices and speak with our head coach, Katie Grossi. If you are ready, regular practices start May 26 (see schedule below for hours). If you don't think you are ready, come to the **Join Dive Team Pizza Party/Exhibition on Sunday, June 7** at 3 pm to learn more and see some exhibition diving by our coaches and team members. Our coaches can arrange private lessons and you may join the team at any point during the season.

Under Northern Virginia Swim League (NVSL) rules, only full time and summer members of Donaldson Run may compete in the regular Tuesday evening meets. August-only members may practice with the team and compete in the "B" meet(s). Divers compete in four categories— Freshman (age 10& under), Junior (age 11-12), Intermediate (age 13-14) and Senior (age 15-18). A diver's age is determined as of June 1 of each year—for example, if a diver is 12 on June 1, he may compete as a Junior for the entire summer season, even if he turns 13 during that time. Divers may "dive up" and compete in the next age group, however, if the coach determines that is best for the team.

## **Registration**

To register, submit a completed Registration Form and a Permission to Treat/Release Form with a check payable to DRRA for \$90 per diver. Forms may be obtained at the Ice Cream Social or the Pizza Party. They may also be downloaded from the Donaldson Run website -- [www.drara.org](http://www.drara.org), picked up at the pool (in the registration folder in the Dive Team file box at the desk), or requested via e-mail from the Dive Team Reps (see contact info below). Please return the completed forms and checks to the Team file box or to Chris Carstens, 3719 Nellie Custis Dr., Arlington VA 22207. Registration and payment of the fee is required for insurance purposes.

## **Ice Cream Social**

The Ice Cream Social will be held at the pool on May 17, starting at 4:00 pm. This is the traditional start of the season and gives parents and divers an opportunity to meet the coaches, learn more about summer diving, sign up for the team, buy team suits, and enjoy some ice cream.

## **Join Dive Team Pizza Party/Exhibition**

There will be a pizza party on Sunday, June 7 at 3:00 pm. This is another chance to learn about the team. Our coaches and team members will show you what they can do. /

## **Coaches**

Katie Grossi has agreed to return for another season as our head coach. She did an excellent job in 2008 and we are delighted to welcome her back. She is a second grade teacher at Jamestown and is looking forward to working with our divers again. Assistant coaches Reid Taylor, Brian Counce, and Maren Taylor are returning to help Katie again this year.

## Meet Schedule

The NVSL has placed us in Division 2 this summer. The schedule is as follows:

Tuesday, June 23*	DRRA at Lee Graham
Tuesday, June 30*	Arlington Forest at DRRA
Thursday, July 2*	B meet at Overlee
Tuesday, July 7*	Highlands Swim at DRRA
Sunday, July 12	3-meter Wally Martin Meet at Oak Marr
Tuesday, July 14*	DRRA at Mansion House
Thursday, July 16*	B meet v. Arlington Forest at DRRA
Sunday, July 19	Crackerjack Meet at Truro (developmental divers)
Tuesday, July 21*	Old Keene Mill at DRRA
Sunday, July 26	Divisionals (location TBD)
Sunday, August 2	All Star Meet at Dunn Loring

\*Dual meets begin at 6:00 pm. For home meets, we meet at Donaldson Run at 4:00 pm for warm-ups. For away meets, we meet at Donaldson Run at the designated time to travel to the host pool for warm-ups starting at 5:00 pm.

**The season is short, so please consider planning vacations, camps and other activities afterward.**

## Tentative Practice Schedule

Tuesday, May 26 – Friday, June 19

Monday – Friday

6 pm to 7 pm – 10 & under

7 pm to 8 pm – 11 & older

Monday, June 22 – Thursday, July 23

Monday – Friday

11:30 am to 12:30 pm – 10 & under

12:30 pm to 1:30 pm – 11 & older

Wednesdays and Thursdays, and certain Mondays (June 22, June 29, July 6 and/or July 20)\*  
6 pm to 7 pm – all ages

(If demand for evening practice is great, the coaches may ask some divers to come 7 to 8 pm)

\*Evening workouts are for those divers who are unable to make the daytime workouts or who want additional practice. You must let Katie know in advance.

**Note:** Coaches may move divers to a different practice time to better match capabilities.

If you wish to speak with one of the coaches, please do so before or after practice. They need to focus fully on the divers during practice. **This is important for safety reasons.**

## **Lessons**

For divers who want a little extra coaching to sharpen their skills or for beginners who feel they aren't ready for team practices, our coaches are available to provide private or small group lessons. Please see any of them before or after a team practice.

## **Volunteers**

We need parents from each dive team family to work in various capacities at the dive meets and to help out the team in other ways. All meets require several volunteers (no experience needed) to work at the scorers table. If you prefer, you can work just the first or second half of the meet. We also need parents to serve as judges and referees, and as announcers for the home meets. Our announcer and several of our judges and refs are parents of senior divers, so we truly need new people to step up. You'll enjoy learning about the sport and have some fun, too. Please fill out the volunteer portion of the registration form and let us know what you can do.

The NVSL will hold judging clinics on (i) Sunday, June 7 (9:30 AM at Woodley), (ii) Tuesday, June 16 (6:30 PM at Fairfax), and (iii) Wednesday, June 24 (6:30 PM at Old Keene Mill).

Any current judges who would like to become certified as refs should attend the referee clinic on Tuesday, June 9 (6:30 PM at Mantua) or Thursday, June 18 (6:30 PM at Mansion House).

## **School's Out Party/Team Photo**

We will be joining the swim team for the traditional School's Out Party on June 19 after practice at the pool. The Dive Team photo is scheduled for Thursday, July 23 at 4:00 pm at the pool, to be followed by a second pizza party. We hope to join with swim team for a couple of other social events this summer.

## **Team Apparel**

The team suit will be the same as the swim team. Suits may be purchased at the Ice Cream Social. They will also be available at Sport Fair (5010 Lee Hwy). Be sure to request the suit for the Donaldson Run Swim Team. Purchase of a team suit is optional. For anyone not buying a team suit, please wear a dark, single color suit at the meets. Dark suits can enhance the appearance (and therefore the score) of dives. Team T-shirts will also be available and we encourage everyone to purchase one. It identifies the group and provides much needed funds for the team.

## **Labor Day Awards**

The team plans to hold its end of season awards ceremony on Monday, September 7 at 4:00 pm after the DRRRA Labor Day picnic.

## **Communications**

We will be using e-mail to communicate important information about team events. So please provide your current e-mail address. Please send any changes in e-mail address during the season to the Dive Team Reps (contact info below).

## **Questions?**

Please feel free to contact the Dive Team Reps:

Chris Carstens, [stuartchris@verizon.net](mailto:stuartchris@verizon.net), 703-527-2565

Holly Simmons, [hollysimmons@hotmail.com](mailto:hollysimmons@hotmail.com), 703-522-2397