

CAL Diving Club ~ WEEKEND CLINIC

3 tracks ~ 1 day ~ Saturday ~ November 9th, 2013



DIVING CLUB

www.CALdiving.org

CALL OR GO TO OUR WEBSITE - TODAY!



Safe, Fun, & Progressive Training.

2013 WEEKEND CLINIC NOVEMBER 9TH SIGN-UP NOW!

AGE GROUPS:

- 8 - 12 YEARS
- 13 - 17 YEARS
- 18 AND OLDER
- MASTERS

Diving Builds:

- ✓ Confidence
- ✓ Self-Reliance
- ✓ Self-Awareness
- ✓ Grace and Poise
- ✓ Physical & Mental Strength

CLASSES AND LESSONS:

- BEGINNER
- INTERMEDIATE
- ADVANCED
- ELITE
- JUNIOR OLYMPIC
- OLYMPIC

HEAD COACH: Todd Mulzet ~ UC Berkeley's Men's & Women's Diving Coach

Participant must be registered with AAU (youth \$14.00 if new at www.aaudiving.org ~ CAL Diving Club Code "WW33BB") AND be able to swim 1 length of the pool.

Email: Inquiry-WeekendClinic@CALdiving.org
Phone: 510-859-3149

TRACK-1) ~ BEGINNER/INTERMEDIATE ~ *\$59/DIVER: maximum of 8 divers per group, 2 hours ~ Time (tbd)
TRACK-2) ~ INTERMEDIATE/ADVANCED ~ *\$99/DIVER: maximum of 8 divers per group, 4 hours ~ Time (tbd)
TRACK-3) ~ ADVANCED/ELITE ~ *\$149/DIVER: maximum of 8 divers per group, 4 hours ~ Time (tbd)
To Qualify for Track-3: you must have a current list of at least 11 dives

DETAILS

COACHES: Todd, Ivan, Eric, Patti, Aric, and Peter ~ <http://www.caldiving.org/coaches.html>

TIMES: Track-1: 11am-1pm // Track-2: 11am-3pm // Track-3: 11am-3pm

DAY: Saturday // **DATE:** August 9th, 2013

LOCATION: Soda Aquatic Center / Campolindo High School ([MAP](#))

SCHEDULE OUTLINE:

Two (2) Hour Session

30min stretch and warm-up
85min diving with instruction
5min group discussion and wrap-up
At 2-hour mark ~ Group dismissed

Four (4) Hour Session

30min stretch and warm-up
90min diving / video instruction
15min snack and recover ~ group discussion
10min re-stretch
90min diving with instruction
5min group discussion and wrap-up
At 4-hour mark ~ Group dismissed

Sunday Session (10nov13) available with enough interest. We MUST know before noon (PST), Monday, November 4th; if YOU will commit to the Sunday Session.



Email: [Clinic Inquiry](mailto:Inquiry-WeekendClinic@CALdiving.org)

510-859-3149