

CAL Diving Club ~ Group Schedules

PROGRAM	TRACK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Future Champions</u>							
FC1-4	SR Track - 1	~	~	~	~	EBSA ~ 1st 45min SROP/DVHS ~ 1st 45min	EBSA ~ 1st 45min SROP/DVHS ~ 1st 45min
FC1-4	Soda Track - 1	~	EBSA ~ 1st 45min Soda ~ 1st 45min	~	EBSA ~ 1st 45min Soda ~ 1st 45min	~	~
FC5-8	SR Track - 2	~	~	EBSA ~ 1st 45min SROP/DVHS ~ 1st 60min	~	EBSA ~ 1st 45min SROP/DVHS ~ 1st 60min	EBSA ~ 1st 60min SROP/DVHS ~ 1st 60min
FC5-8	Soda Track - 2 + SROP Saturday	~	EBSA ~ 2nd 45min Soda ~ 1st 60min		EBSA ~ 2nd 45min Soda ~ 1st 60min		EBSA ~ 1st 60min SROP/DVHS ~ 1st 60min

<u>Junior Olympic</u>							
JO1 ~ White	SR Track - 3	EBSA ~ 2nd 60min SROP/DVHS ~ 1st 90min	~	EBSA ~ 2nd 60min SROP/DVHS ~ 1st 60min	~	EBSA ~ 2nd 90min SROP/DVHS ~ 1st 90min	~
JO1 ~ White	Soda Track - 3 + SROP Saturday		EBSA ~ 2nd 60min Soda ~ 1st 90min	~	EBSA ~ 2nd 60min Soda ~ 1st 90min	~	EBSA 1st 90min SROP 1st 60min
JO2 ~ Gold	SR Track - 4	EBSA ~ 2nd 90min SROP/DVHS ~ 1st 90min	EBSA ~ 2nd 90min SROP/DVHS ~ 1st 90min	EBSA ~ 2nd 90min SROP/DVHS ~ 1st 90min	~	~	EBSA 2nd 90min SROP 2nd 90min
JO3 ~ Blue	SR Track - 5	EBSA All minutes SROP/DVHS All minutes	EBSA All minutes SROP/DVHS All minutes	EBSA All minutes SROP/DVHS All minutes	EBSA All minutes SROP/DVHS All minutes	EBSA All minutes SROP/DVHS All minutes	EBSA All minutes SROP All minutes

<u>High School</u>							
HS ~ White	SR Track - 6	~	~	EBSA ~ 1st 90min SROP/DVHS ~ 1st 60min	~	EBSA ~ 1st 90min SROP/DVHS ~ 1st 60min	~
HS ~ White	Soda Track - 4	~	EBSA ~ 1st 90min Soda ~ 1st 60min	~	EBSA ~ 1st 90min Soda ~ 1st 60min	~	~
HS ~ Gold	SR Track - 7	EBSA ~ 1st 120min SROP/DVHS ~ 1st 90min	~	~	~	EBSA ~ 1st 120min SROP/DVHS ~ 1st 90min	EBSA ~ 1st 120min SROP/DVHS ~ 1st 90min
HS ~ Gold	Soda Track - 5 + SROP Saturday	~	EBSA ~ 1st 120min Soda ~ 1st 90min	~	EBSA ~ 1st 120min Soda ~ 1st 90min	~	EBSA ~ 1st 120min SROP/DVHS ~ 1st 90min

<u>Masters</u>							
Masters ~ White	Soda Track - 6 + SROP Friday	~	Soda 1st 60min	~	Soda 1st 60min	SROP/DVHS 1st 60min	~
Masters ~ White	SR Track - 8	SROP/DVHS 1st 60min	~	SROP/DVHS 1st 60min	~	SROP/DVHS 1st 60min	~
Masters ~ Gold	Soda Track - 7 + SROP Friday	~	EBSA ~ 1st 60min Soda ~ 1st 60min	~	EBSA ~ 1st 60min Soda ~ 1st 60min	SROP/DVHS 1st 60min	~
Masters ~ Gold	SR Track - 9	EBSA ~ 1st 60min SROP/DVHS ~ 1st 60min	~	EBSA ~ 1st 60min SROP/DVHS ~ 1st 60min	~	SROP/DVHS 1st 60min	~

SUNDAY BUBBLES (Available to anyone almost any Sunday)	There are 4 Timeslot Options:	1) 11-11:30am	REQUIREMENTS:	NOTES:	WHAT ARE "BUBBLES" ~ A Training Tool
		2) 11:30-noon	1) Email CDC a Request	You must show up at least 15 minutes early to check-in, stretch, and warm-up.	Bubbles (aka "sparger systems") are a process that includes sending a large (7-10' circle) burst of compressed air, released from the bottom of the pool, to break the surface tension of the water. The result ~ NO PAINFUL SMACK!
		3) Noon-12:30pm	2) Have Coach Approval		
		4) 12:30-1pm	3) Pre-Payment		

NOTE: EastBaySportsAcademy=EBSA / DoughertyHS=DVHS / San Ramon ~ Olympic Pool=SROP / Soda = Campolindo HS			<div><div>CAL Diving Club</div><div>Cal</div><div>Berkeley, California</div></div>	<div>Approach</div> <div>Take-Off</div> <div>Connection</div> <div>Shape</div> <div>Spot</div> <div>Come-Out</div> <div>Adjust</div> <div>Rip!!!</div>
CAL Diving Club ~ Contact Information, Registration Links, and Additional Purchase Options				
<div>Phone: 510-859-3149</div> <div>SchedulePage@CALdiving.org</div> <div>http://caldiving.org</div>	Registration Links			
	CAL Diving Club:	www.CALdiving.org/registration.html		
	Amateur Athletic Union (AAU):	www.DiveAAU.org		
	United States Diving (USAD):	www.USAdiving.org		
	DiveMeets ~ for competition (FREE):	www.DiveMeets.com		