



HIGH DIVE
CHAMPIONS

Diving Meets – The Important Things

By Coach Mike Darland

I normally talk to the divers on our team before a competition and focus on the following areas and messages.

Safety is really important.

- *You never have to do a dive you don't feel safe doing.* You can always change a dive before a competition or take a pass.
- *Swim straight back* to the wall (not to the side) without delay to avoid other divers after you in line.
- *Don't go off the board or bounce until the person before you is clear.*
- *Be careful when moving the fulcrum.* Especially when moving with your foot, you could slip off the board. It may move more easily than you are use to because fulcrums are usually greased just before competitions.
- *If you are in a unfamiliar pool, check to make sure the depth is the same you are use to, otherwise, do a jump first and get use to the new depth.*

Sportsmanship is really important.

A diving meet is a great place to exhibit great sportsmanship. Some examples:

- Say “hi” and “good luck” to your direct competitors.
- If you see another coach you haven't seen in a while say “Hi Coach”.
- Say “congratulations” to your competitors if they have done well in the competition.
- *Be gracious*, if complemented, say “thank you”.
- *Thank those who helped you at the meet.* Thank your coaches before you leave. Thank your parents for giving you the chance to be in the meet.

Confidence is really important.

- Divers dive at their best when they are confident.
- Plan your confidence. Wake up and believe “This is my day!”
 - Know that you are more ready than ever .Your coach has prepared you...with the best training, with trampoline training (a real advantage), with the best diving techniques.

