



## **Spanish Fort High School Diving**



How would you like to become part of the first Spanish Fort High School dive team? The SFHS Swim and Dive team will be competing in the fall and at the state championships at Auburn University in December.

The first step to becoming part of the dive team is to begin practice this summer. We recommend that you practice in one or both of the following programs.

### **Oakwood Swim and Racquet Club**

[www.getcourtside.com/club/oakwood-swim-racquet-club/cms/swimdive](http://www.getcourtside.com/club/oakwood-swim-racquet-club/cms/swimdive)

Morning practice begins June 5, M-F 8-9 a.m. You may also begin afternoon practice by May 22 from 4:30-5:30 p.m.

Cost: Ages 15 & over \$150 for season; Ages 6-14 \$239 for season

5260 Perin Rd

Mobile, AL 36693

\*The Oakwood pool is located about 30 minutes from SFHS. The advantage of practicing here is that you will be able to practice up to 5 times a week for most of the summer.

### **Port City Diving**

**PortCityDiving.com**

[portcitydiving@gmail.com](mailto:portcitydiving@gmail.com)

Practice TU, TH, Noon - 1:30 PM

Cost: 1 Class Per Week \$170, 2 Classes Per Week \$202.50

Bishop State Community College, located about 24 min. from SFHS

Sessions available from 05/30/2017 - 08/03/2017

You can choose options from practicing once or twice a week. More information is on the back of this flyer. Port City has the most experienced diving coaches and they will be the diving coaches during the fall semester.

If you join either or both of these programs, please send a text message to 81010 with the message "@sfswi". You will be notified through the Remind account of information regarding SFHS Swim and Dive Team. You can also contact Coach Ross Moore at [rhmoore@bcbe.org](mailto:rhmoore@bcbe.org). No swim or dive team paperwork is due at this time.

## **About High School Diving**

- High school diving is a fall sport
  - o Runs from the beginning of school until the first week of December
  - o There are approximately 4 meet scheduled during the season, hosted by different schools.
  
- Dive Requirements - Required by State Championship
  - o 11 Dives – Low board only
  - o 5 groups (one group repeats 3x)
  - o Front, Back, Inward, Reverse, Twist
  - o Top 4 male and female divers from each school may represent their teams

### Training and competition

- Training is recommended for at least 2 days a week
- You may begin at any time as we are a year round program, but realize that the fall is pretty crowded and you will have to use your time wisely.
- There are summer classes at Bishop State
- We also will schedule 2 or 3 day clinics towards the end of the summer.

### Our Coaches

- Port City Diving Mobile has 3 coaches
  - o Coach Parker (Barb)
  - o Coach MacDonald (Heather)
  - o Coach Raley (Robert)
  
- Collective 35 years coaching
  - o 16 State Champions (some repeaters)
  - o Work at your own pace, but with goals:
    - Learn 11 Dives
    - Attend State
    - Score points for your team

More information on coaches

[www.portcitydiving.com](http://www.portcitydiving.com)