

# GC Divers

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Dear Divers and Families,

October was a great month for our team! Our divers are learning so much and are really starting to look great. We begin the year with a focus on the fundamentals. It can get a little boring for the divers, but the returning students understand the process each year. We build the base to have a solid foundation. Now is when we start adding to those fundamentals and begin building this year's competition list. This is not done overnight, but divers will be working on "lead ups" and preparing for the fun dives ahead. When divers are ready, they will start trying their new dives. It usually takes some time to get new dives competition ready.



## Upcoming TEAM event:

**Dec. 3<sup>rd</sup> Sunday, 2:30 pm**

Team pictures, charity and holiday event. Save the date! We hope to have all team divers in the annual photo. The GCDPO will be sending out invitations.

Look for detailed info from our parent organization

## Fall upcoming Meets

### **Pump Jack Classic Nov 17-18**

This meet is for all levels of divers. While new team members are not required to attend away meets, they are a lot of fun and are helpful in reinforcing what we are working on in practice. Divers who attend meets and get the feedback from the competitions usually develop faster. We are expecting a large portion of our team to attend this meet as their first meet of the season. While they don't list "novice" as a specific category, they have set up their meet to combine the Future champion and novice levels with a larger selection of dives. Please ask your coach for recommendations.

### Special prize dives;

Coach Ida sponsors special new dive prizes for the following dives! If you learn one of these dives, make sure coach Ida sees it and you will get your prize!!

Front 1 ½ 3 meter

Front 2 ½ 3 meter

11U back line ups 3m



### UPDATED WEBSITE

I am currently updating the website to include more useful info. Please go to

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

and check it out. Click on the team tab for info on upcoming meets, team outfitting, weekly schedule adjustments and More!

## **Jingle Bell Classic – Dec.9-10**

The Jingle Bell meet is usually a very large event. It has all levels of competition and is held at the University of Houston pool. This is a beautiful facility. There are no deck entries the morning of the meet, so please enter ahead of time. For many of our divers this meet will be the last one of their current age group before they move up to the next age group in January. Divers always compete the age “they will be” by Dec 31. So starting Jan 1, divers go up one year older for the following year.



## **Possible Schedule Adjustments:**



**Pools have conflicts on the following days for swim meets. Sometimes they allow us to dive around the meets. Other times they require us to move out of the pool. Please look for my email each week during HS season as we may have to adjust.**

### **Keller Pool**

Saturday, November 4<sup>th</sup>, 11<sup>th</sup>

### **LISD Pool**

Thursday November 2<sup>th</sup>, 16<sup>th</sup>

Saturday November 4<sup>th</sup>, November 18<sup>th</sup>

### **Southlake pool**

Thursday, November 30<sup>th</sup>

**All pools will be closed November 22-25 for the Thanksgiving Holiday! There will be no trampoline Thanksgiving week.**

FOCUS of the month:

Shoulder flexibility! – Continue to work on stretching the shoulders and strengthening your scapular muscles- exercises: wall angels, Single arm bent over DB rows, IYTWO formations. Diving requires flexibility and strength! In Drylands this month we will be focusing on increasing flexibility.

## **Trampoline and Private Lessons**

Trampoline classes with coach Ida at the Southlake pool are available. If you are interested, please email [GCDivers@msn.com](mailto:GCDivers@msn.com)

If you would like to take a private lesson, please email [GCDivers@msn.com](mailto:GCDivers@msn.com). All private lessons go through GC Divers and are scheduled around the pool's availability.