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| October Newsletter |
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GC Divers



# Upcoming Events

November 18-19 Pump Jack Classic, Midland, TX.

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| AAU National Scores 2017**Group E (9 Under)** coach’s recommendation. **Group D (10-11)** Girls 1m-130 3m-150Boys 1m-120 3m-125**Group C (12-13)**Girls 1m-205 3m-210Boys 1m-210 3m-225**Group B (14-15)**Girls 1m-250 3m-260Boys 1m-250 3m-270**Group A (16-18)**Girls 1m-305 3m-315Boys 1m-365 3m-395 |
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| October is the month where we turn from the very basics to some additional new skills. We will have some “bubble days” to work on new dives. Bubbles are available at the Southlake pool. We use a compressor to push a pillow of air to the surface of the water to make the water soft for landings that may not go as planned. Divers can make mistakes and not feel a slap from the water with bubbles.  |
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## Results! Jr Pan American Games

Two of our divers, Bridget O’neil and Hailey Hernandez represented the USA in the Jr. Pan American games this Sept. They earned their spots on the team from their outstanding performances at the Nationals this summer. Hailey qualified to compete in all three events and came home with a 1st, 2nd and 4th place finish. Bridget competed in two events and earned a 4th and a 7th. Great job divers!!

**Schedule adjustment days coming up:**

We use three high school pools for our team. When they have high school events, we sometimes must adjust our practices. If there are adjustments, I will send out an email with any changes. Sometimes we get extra creative and use the day for special workouts.

LISD – Oct. 3, 17, 31

KISD – Oct. 5, 6, 7, 14, 19, 20, 21, 26, 31

CISD – Oct 19, 31



**FIRE UP FOR STRENGTH AND CORE WORK!**

During October on the following days: 7, 14, 21- 9am-10am. We will have a Strength and core Blast workout for the divers who normally dive on Saturdays at Keller. The class will be at the LIFE CHURCH [1075 Keller Pkwy.Keller, TX 76248](https://www.google.com/maps/dir/32.937096%2C-97.226700), It is right near the Keller pool. This will be an awesome workout run by a licensed trainer from Camp Gladiator for our divers. Divers will need to bring hand weights and a yoga mat. If your diver does not normally dive on Saturdays but you would like him or her to be included in the strength and core blast, email me and I can get them in.



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| Trampoline Classes**STARTING IN OCTOBER**Trampoline classes are available for all GC Divers and are scheduled at the Southlake pool. If you are interested, please email GCDivers@msn.com. Private LessonsIf you would like to take a private lesson in the spotting belt, trampoline, or in the water, please email GCDivers@msn.com. |

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**Parent question**: My diver is afraid to try certain dives that others in his class have no problem trying. Is this normal?

**Answer**: While bravery is an important attribute in diving, divers who are not naturally brave can learn to overcome their fears. Here are some ideas to try:

* Talk with the coach and come up a plan to feel more prepared.
* Stay relaxed and take a deep breath before the dive.
* Focusing on the process – steps to do the dive
* Avoid negative thinking (all the things that you can imagine will go wrong) focus on the positive or clear your mind.
* Using mental rehearsal to “see yourself” doing the dive.
* Prepare for the dive with lead ups
* Jump around or jog in place to burn off the extra adrenaline.
* Rebounding from mistakes, get right back up to erase a mistake so that you will remember your success.
* Reward yourself for trying the dive and remember how good it feels to overcome a fear.

Check the [www.gcdivers.com](http://www.gcdivers.com) website for information under the “team divers’ info”. I am posting information on meets under the Meet schedule section as I receive dates. If you didn’t order your team suit at the kick-off event, go to team outfitting and get that done asap.

Team suit winner Cyclone RED



**Prize Dives: 3 meter.**

Sponsored by coach Ida

Show her your dive and get your prize

Front 1 ½ earns a stuffed monkey

Front 2 ½ earns a tye dye chamois.

Back line up – trophy (11 & under divers)