

GC Divers

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Dear Divers and Families,

Wow!

Wow! We hit our season full steam! Our coaches are incredibly proud of how hard the divers are working to get their competition lists together. We had three home meets in a row: two Novice/FC and one J.O. meet. Our divers looked fantastic. This sport is incredibly complex with so many things to think about in such a short time, then you add in the pressure of a competition, it takes great mental strength to perform well.

March-April upcoming Meets

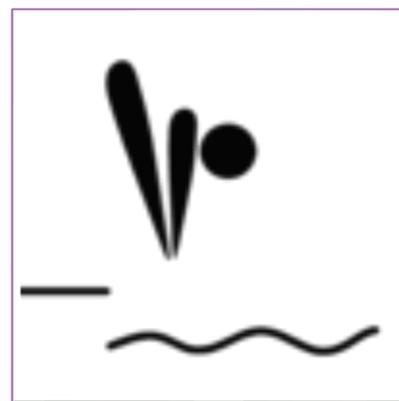
All-star Challenge – March 8-11

This meet is primarily for the National level J.O. divers. There is no 9U or 11U age group, so the younger divers will have to compete 13U. This requires several more dives. The older divers will participate in a head to head competition which will be exciting. They do have FC listed in this event, but the focus is really on the national level competition.

March 24th – Red/White/Blue qualifier in Conroe. This competition is a qualifying meet for the Spring AAU R/W/B Nationals in Coral Springs, Fl. The top 6 divers from each of the age groups will qualify to represent the "White" team at the competition. The white is the center part of the USA both north and south. They will compete against the teams from the "Red" team and "Blue" team which are the west coast and East coast of the USA.

April 7-8th Laura Wilkinson Invite, Shenandoah, TX. This competition is great for all levels of divers. This is a fantastic away meet for our novice/FC group. The team hotel is right next to the pool giving divers time to spend together and have some fun.

April 18-22 Jr world trails This is for a handful of our Elite divers who qualified to participate. The top spots will represent the USA in Kiev, Ukraine.



Check out the website  www.gcdivers.com for updates on the team info pages.

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

March Schedule Adjustments:

LISD closed the following

Saturdays: March 3, March 24, April 14. Go to Keller pool instead on those Saturdays 10:30 regular time will dive 9:30 Keller, 11:30 regular time will dive 10:30 Keller pool.

Spring Break week March 12-17. Southlake pool CLOSED, so go to Keller instead.

Keller Pool closes early - schedule March 12-15 (Monday through Thursday):

11:00-12:30 JO National level

12:30-2:00 J.O. level

2:00-3:30 Novice/FC level

LISD pool:

Regular schedules Mar 12-14 Mon/Tues/Wed

Jeff will send out his schedule.

2018 Scores to AAU Nationals

If competed in a meet between the 2017 and 2018 AAU Diving Nationals, please use the / to verify your score as meeting the minimum qualifying score(s) to compete at the 2018 AAU Nationals.

Group E	1 Meter	3 Meter	Platform
9 & Under Girls	No minimum score (coaches please use discretion)		
9 & Under Boys	No minimum score (coaches please use discretion)		
Group D	1 Meter	3 Meter	Platform
10-11 Girls	130 (5 Dives) 150 (6 Dives)	140 (5 Dives) 160 (6 Dives)	130 (5 Dives)
10-11 Boys	120 (5 Dives) 140 (6 Dives)	125 (5 Dives) 150 (6 Dives)	130 (5 Dives)
Group C	1 Meter	3 Meter	Platform
12-13 Girls	205 (7 Dives)	210 (7 Dives)	160 (6 Dives)
12-13 Boys	185 (7 Dives) 210 (8 Dives)	195 (7 Dives) 225 (8 Dives)	190 (7 Dives)
Group B	1 Meter	3 Meter	Platform
14-15 Girls	250 (8 Dives) 362 (11 Dives)	260 (8 Dives)	248 (7 Dives)
14-15 Boys	250 (9 Dives) 382 (11 Dives)	270 (9 Dives)	280 (8 Dives)
Group A	1 Meter	3 Meter	Platform
16-18 Girls	305 (9 Dives) 340 (10 Dives) 372 (11 Dives)	315 (9 Dives) 350 (10 Dives)	245 (8 Dives) 275 (9 Dives)
16-18 Boys	365 (10 Dives) 405 (11 Dives)	395 (10 Dives) 435 (11 Dives)	305 (9 Dives) 335 (10 Dives)
Open Group	1 Meter	3 Meter	Platform
19 & Over Girls	No minimum score (coaches please use discretion)		
19 & Over Boys	No minimum score (coaches please use discretion)		

What is the difference between AAU nationals and USD nationals?

These are two different governing bodies of diving. We support both since they are great for different diving levels and both help divers continue to improve and earn college scholarships. USD is the National governing body for Olympic diving. It is always the goal to try



PINS for AAU QUALIFIERS!

Divers can qualify for AAU nationals at any JO meet during the year.

The required scores are listed to the left. **When you earn your AAU score, you will get a special pin for your dive bag. Make sure to email if you have your score and have not received your pin.**

We will be posting a list of qualifiers on our website.

to get our divers to qualify for the US Diving nationals. Divers must qualify by place at the Regional level (top 15) to advance to the Zone championships. At the zone championships, the top 10 qualify for the USD Nationals. Depending on the level of competition at the regional and zone level, some very talented divers get left out of the USD Nationals. If you qualify on even one board to USD nationals, you should go. This is the premier Nationals and very few divers in the sport ever make it to this level. AAU Nationals has an easier qualification process. Divers qualify by score at ANY meet throughout the year. Also, the AAU nationals divides their age groups by each age – 10-year-olds compete against other 10-year-olds, while USA Diving competes in brackets 10-11 etc. AAU has age divisions down to 9 and under and even an age division of 19 and older. This is a very large national championship and a great experience for the divers who qualify. Most college recruiters attend both AAU and USD nationals.