National team additional info

What it takes to be a national level diver

 Work you do in pool is only part of the pieces needed for success. Please help your diver understand the following for reaching the top of the sport.

* For the diver: Establish your “Brand” and realize how important it is!
	+ Team player – supports teammates and speaks well of them.
	+ Good sport – First or Last have a game face on during awards/results.
	+ Hard worker – Be early to practice and ready to warm up with the group.
	+ Serious and dedicated- focused during practice
	+ Makes good choices
	+ Smart with social media – selling your brand to the world- avoid temptation to vent. Social media sticks – kids take screen shots and save photos. Avoid pictures that are innocent but look bad. What seems “funny” to you might be taken by someone else to be serious and very offensive.
	+ Say hello to other coaches on deck and be kind to their divers (they may be college coaches who want to recruit you someday)
	+ Diving is a small community. A negative brand can travel fast.
	+ Avoid gossip. Support your teammates and be stronger as a group. Have each other’s back.
	+ Wear you suit in an acceptable manner. Parents need to help with this. It is an embarrassing subject for coaches.
* Sleep – you must get enough sleep for recovery and focus
* Food – you must eat for success. Eat to fuel your body for high performance.
	+ We will have a nutritionist come and speak to the parents and divers on the 24th of Sept. (next Monday). I will send out the times. Kids rely on you for their food and as a role model. They need your help to succeed.
* Focus – be “present” at practice in your mind and body.
	+ Work mindfully. No cell phones during practice.
* Training – consistency is key. Missing practice leads to regression.
	+ National team divers are expected to have excellent attendance.
* Timing of absences –
	+ please do not vacation prior to important meets.
	+ Please do not go early to meets for vacations. Terrible time to miss and get exhausted. Stay after for a day to do activities and relax. We usually take the day after competition for a rest day.
	+ If out for injury, active recover is important. Arm injury- they can train legs and abs – may even be able to do take offs and feet first etc. Sitting out for 6 weeks is extremely hard on the body of an athlete but that is the “go to” from many physicians. Ask the question, “what is he or she allowed to do during recovery?” Explain the level of your athlete.
* Attitude –
	+ Be a good teammate and help to lift each other up, avoid the temptation to bring others down when you are struggling with bad choices.
* Be coachable –
	+ Make changes even if they feel “weird”. Doing something in a different way is often a strange feeling. If your diver doesn’t understand what the coach is asking of him or her, have them ask.
* Time management is key to not have to miss practice or miss out on sleep.
	+ Having to stay after school for tutoring or to work on a project last minute will not work in college. Learn now to be a master of time. Examples of divers who have come before.
* Extra aerobic activity outside of practice.
	+ Diving is a very Anaerobic sport. Quick bursts of energy followed by a wait for the next turn. It is difficult to get aerobically fit without doing outside work. If we did it during practice it would take too much of our practice time.

Levels of National team divers

 Senior Elite – Divers who qualified for the USA Senior Nationals or International competition.

National Elite – Divers who are National finalists at USA Diving Nationals or are expected to final and score points for the team the following year based on age group.

National Team – Divers who have qualified for the USA diving nationals or are on track to qualify for the USA Nationals the following year based on dive progressions and age group. Divers in this group should qualify for the AAU nationals and if they do not qualify for the USA Nationals, they are expected to attend the AAU Nationals.

National training team – Divers who are expected to qualify for the AAU Nationals and have an outside chance, based on age, to qualify for the USA Diving national prelims.

*Divers will be evaluated each year as to where they should be placed for the following year. We understand the struggles of moving up in age group. National team divers are expected to continue to develop their dives to keep up with their peers in their new age group. If a diver falls behind based on skill level, fitness level or fear, they will move to another group until they can earn their way back into the higher-level group. By allowing divers to move up or move down, they can train in appropriate groups.*

Strongest Staff ever on GC Divers.

We have the strongest group of coaches that we have ever had. This allows us to divide the divers up into very workable groups and to enable more divers to be in the national team groups. Coaches may have different styles, but all are professional and focused. Each one of our national team coaches can take divers to a national level and to help them earn college scholarships. No matter how great the coach, the diver is still ultimately responsible for his or her success.

We benefit from our location and great parents:

The benefit to living in our part of the country is that kids are raised to respect their parents, teachers and coaches. This translates into more coachable athletes and we have you to thank for that.

The little things matter:

No dessert during meets and why?

What is the reason behind this “rule”. Discipline and sacrifice give athletes a mental edge. Looking back on the season you want an athlete to be able to say they did everything right to achieve the best results. Those little sacrifices, when executed, allow our divers to feel like they have done more than others to achieve the goals. This feeling of sacrifice and dedication translates into confidence and success. Learning discipline and responsibility for one’s own success is key. The trip to the ice cream store or the slushy after the diver’s last event is a big deal.

 Drylands: (when they think no one is watching)

The divers that do the exercises correctly will reap the benefits. The ones who go through the motions know that they are not giving 100% and this will catch up to them at the end of the season. If this continues, the athletes who cut corners, will start to fall behind. Sometimes it is impossible to catch up with peers who have been consistent with the training. Remember, divers across the country have the same goals in mind.

What it takes to get a college scholarship: Test scores, Grades and Diving.

 If you have an amazing diver but they have terrible grades and low standardized test scores, it will be a struggle for them to have options for college. School work is important! Time management is key and the diver’s relationships with teachers is a must! Communicating early that they have training camps to attend or meets must be discussed early in the semester. They can’t surprise teachers the day before leaving and expect teachers to be supportive. Offering to do work early is always a good idea. A letter from USA Diving may be necessary to try to get the days excused.

 It is important for the student to communicate directly with the teacher. They must learn to be creative in solving seemingly impossible conflicts. Be willing to do extra work with a smile and be gracious of any help the school provides.

 Usual questions from a college coach recruiting our divers:

1. Is he or she a good student? Do you know his or her test scores?
2. Is he/she coachable?
3. What is his or her work ethic?
4. What are his or her strengths and weaknesses?
5. Would he or she be a good fit for our program?

Heading into this year:

Team goals:

1. Fitness: this is the year of fitness! Get ready for some soreness.

2. Building our National team and having more finalists.

The other teams are looking to knock us out of the top 3 where we have been for the past 10 years. Many have started using our system and catching up. Stanford pulled ahead of us this year and their 13 and under divers were phenomenal. They will be strong for many years. We need more of our elite divers to get to the finals. It isn’t easy, but if our divers perform the way they are capable, this is a very attainable goal.

 2014 – 213 points (2nd to Ohio State 242)

 2015 – 220 points (1st, 2nd place was LHA 203)

 2016 – 234 points (1st, 2nd was Ripfest 123)

 2017 – 228 points (1st, 2nd was Ohio State 194)

 2018 – 137 points (2nd to Stanford 159)

 2019 -? or …….