

# DUDIVE COMPETITIVE SQUAD DIVER HANDBOOK



DuDive

SPRINGBOARD AND HIGHBOARD DIVING CLUB

2015

## Introduction

Congratulations on securing your place within the DuDive Competitive Squad Pathway! DuDive is proud to be the only diving club in the UAE and we aim to put diving in the UAE firmly on the international map.

The information contained within this handbook will outline everything you need to know to fulfil your potential and make the most of your training within the DuDive competitive squads. We expect all squad members to be clear about all the expectations outlined in this handbook.

We believe that clear, two-way communication is vital for the development of our divers - so if you have any questions, please contact your coach directly.

## Mission and Values of DuDive

DuDive will provide the necessary training, facilities, and opportunities to allow all children and adults to maximise their potential within diving. DuDive strives for continual development to give a fun, friendly, and professional environment in which children and parents can explore a new sport to improve their self-confidence, personal development, and self-awareness.

At DuDive we aim to:

- Offer opportunities to our members to maximise their potential in diving;
- Provide an exciting and supportive environment for all who wish to explore the sport of diving;
- Promote and grow competitive diving in the UAE through local and international partnerships;
- Promote a culture of responsibility and team commitment in which team members have a healthy respect for themselves, their teammates, coaches, and the team as a whole;
- Provide professional, safe, and quality coaching environment for all children wishing to explore the sport of diving;
- Develop a positive attitude and a strong work ethic which emphasizes the values of determination, discipline, hard work, and perseverance in achieving success;
- Provide professional and positive role models for younger divers;
- Maintain a route of continual development to always offer the best opportunities for our divers;
- Create a sports club which provides a supportive and cooperative network of parents, divers, and coaches to ensure opportunities for all divers can be obtained.

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## Code of Conduct

DuDive has adopted a specific diver and parent Code of Conduct. This is to provide divers with a safe and effective training environment, whilst nurturing positive and motivated attitudes towards training. This will be supported by parents, who can provide effective support and an overall positive attitude to their child's training.

### Squad Diver Code of Conduct

#### Training

1. Arrive on time to training. If you are late, explain to your coach why.
2. Arrive at training with full kit: swimwear, trainers, water, hair tie, shorts and t-shirts.
3. Support, encourage and respect all divers at all times, by congratulating team mates on good dives/new dives/difficult dives.
4. Train your hardest at all times, with focus and determination.
5. Trust your coach. You will only be told to do a dive if you have the ability to do it.
6. Focus at all times, especially on the board. You are on the board, you dive.
7. REMEMBER: Practice doesn't make perfect. **Perfect practice makes perfect!**

#### Attitude and Behaviour

1. Respect all coaches, listen to and follow their instructions at all times, and do not answer back.
2. Treat coaches, team mates, parents, and Centre staff with courtesy and respect.
3. Use appropriate language at all times – bad language will not be tolerated.
4. Be a positive role model to younger/less experienced divers, support and help them as is appropriate.
5. As a member of DuDive squads, you are all equal. Do not think you are better, more important, or have more priority over other divers.
6. No food or drink (except water), in the dry dive area.

#### Safety

1. Divers must not use any equipment, unless instructed to do so by a coach.
2. Divers are not to be in the dry-dive area, unless accompanied by a coach.
3. Divers must follow the instructions of Centre staff, at all times.

## Squad Parent Code of Conduct

### Training

1. Provide your child with effort based praise and encouragement over results based praise and encouragement. Positive reinforcement for consistent focus and hard work is key.
2. It is your responsibility to make sure your child gets enough sleep, nutrition, and hydration, so they can apply themselves at training.
3. Ensure your child is on time for training. If they are going to be late or not in attendance, let their coach know.
4. Make sure your child attends training with full kit: swimwear, trainers, water, hair tie, shorts, and t-shirts.

### Attitude and Behaviour

1. Speak only positively about the Club, their coach, and their training with your child. Negative parental attitude is reflected by a negative approach to training. Speak directly to your coach regarding any concerns or issues.
2. Be the support, not the coach. A supportive, encouraging, and empathetic parent allows the coach and the sport to be the pressure and discipline.

### Safety

1. Parents must not enter poolside or the dive-gym area.
2. Parents must follow the instructions of Centre staff at all times.

Signed by Diver ..... Date .....

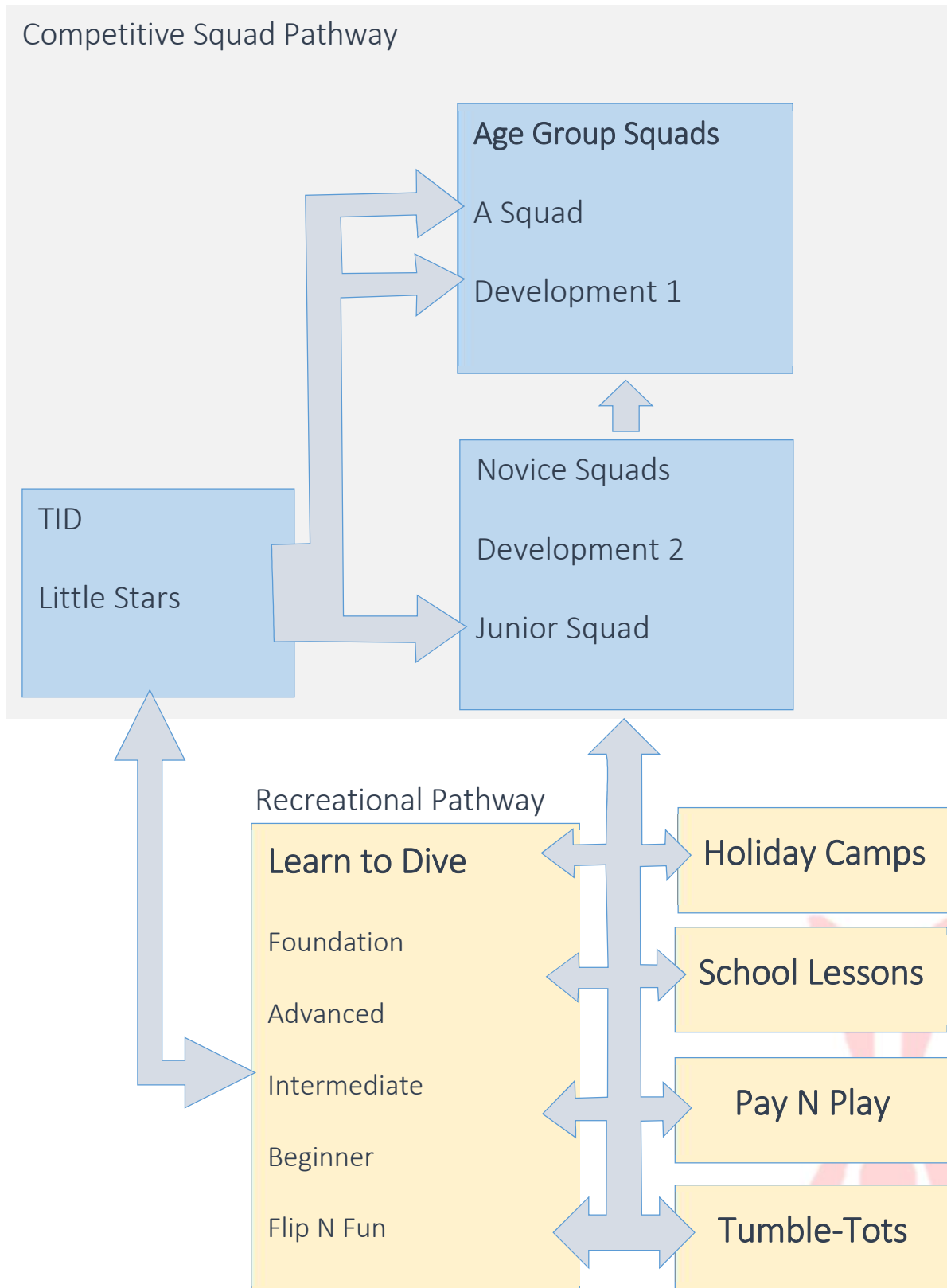
Signed by Parent ..... Date .....



## DuDive Diver Pathway

The pathway below shows how divers progress through the DuDive 'Learn to Dive' and Competitive Squad Programme. The Diver Pathway is in place to give a clear direction of progression - from entering into the sport of diving to becoming a competitive diver.

Progression through the squads is based on: skills being performed, potential to achieve in the sport of diving, and age and ability in line with competition level.



## Squad Requirements and Competition Outline

The table below outlines:

- The Squads,
- The age at which divers can train within that Squad,
- Minimum training requirements,
- Target competitions and target skills for that Squad.

Target competitions are based on diver ability in line with their age.

By grouping the Squads in such a way allows us to provide more specific, specialised training to the right divers at the right time, ultimately assisting in their long term development.

Squad	Age Groups	Minimum Training	Target Competitions	Skills Performed
A Squad	A, B, C, D, E	12 hours p/w	National Age Groups (NAG) or equivalent	List of dives on 1m, 3m and platform qualifying for NAG
Development 1	A, B, C, D, E	6 hours p/w	National Age Groups (NAG) or equivalent	List of dives on 1m, 3m and platform qualifying for NAG
Development 2	A, B	4 hours p/w	National Skills or Gulf Competition	More complex dives and somersaults, target a list of dives qualifying for National Skills or equivalent
Junior Squad	C, D	4 hours p/w	National Skills or Gulf Competition	Basic dives in all directions, basic somersaults, target a list of dives qualifying for National Skills
Little Stars	E, F	4 hours p/w	DuDive Club Competition	Jumps, entries and basic dives to give a solid foundation in fundamental diving skills

### Age Groups

Divers are grouped into 5 (sometimes 6) age groups. The age group is defined by the age of that diver on the 31<sup>st</sup> December of that year.

1. Group A - 16, 17, 18 years old
2. Group B - 14, 15 years old
3. Group C - 12, 13 years old
4. Group D - 10, 11 years old
5. Group E - 8, 9 years old
6. Group F - 6, 7 years old

## Squad Monitoring

All divers who train in the DuDive Squads will be expected to attend four Squad Monitoring Sessions each year.

The purpose of Squad Monitoring is to give an objective measure on how the divers are progressing. Squad Monitoring will involve assessments, both wet and dry, to measure progress and performance in the following areas:

### **Dry Assessment Areas:**

1. Strength
2. Flexibility
3. Body Line

### **Wet Assessment Areas:**

1. Entries
2. Take-offs
3. Basic Dives

Squad Monitoring results are used primarily as a coaching tool, to measure progress and highlight areas where more training is required. The results are used to assist in session planning and goal setting for the coming term. Squad allocation will not be based primarily on squad monitoring results.



## Being a Healthy Diver

There is a lot more required than just hard training to become a competitive athlete! Three major contributing factors are **Sleep, Diet** and **Hydration**. These can be managed by putting a little bit of effort into the management of your time, within school and outside of training.



### Sleep

Sleep is arguably the most important factor in your life. **Professional athletes** work with sleep experts to make sure they schedule enough rest in their busy schedules, which ensures they have enough energy to perform when it matters!

As a teenager, to make sure you are helping your muscles recover from training hard, as well as allowing time for growth and repair, you should be aiming to get at minimum 9 hours of sleep a night. Even more if you are younger! This makes sure your body is ready for a new day and you have enough energy to get through school and your busy training schedule.

### Diet

Along with sleep, diet is vitally important to make sure you have enough energy to study and train hard. Imagine your body as a car, if you don't put in enough fuel, you won't get very far! By eating the right things at the right times, you can make sure you stay full of energy, in both body and mind. Regular meals and snacks (of the right stuff!) ensures you are in the best position to get the most out of your training.

Memorise the table below, so you know what you should be eating and when.

Food Group	Example	Information	When
Carbo-hydrates	Pasta, Potato, Rice, Bread, Muesli, Porridge	Should be 60% of daily intake. Used as main source of energy	High carb breakfast, regular snacks, 2 hours following training to aid recovery.
Fats	Butter, Margarine, Mayonnaise, Cream, Oils, Sausages, Pastries	Should be 30% of daily intake. Used as secondary source of energy.	Regularly, as part of a healthy diet. Not just before training!
Protein	Meat, Eggs, Nuts, Fish, Dairy Products	Should be 10% of daily intake. Used for growth and repair.	Within 30 minutes following training to help build and repair muscle.
Vitamins	Fruit, Vegetables, Nuts	Responsible for many different functions within the body. Help keep you fit and healthy.	Great as part of a snack just before or after training!
Minerals	Milk, Cheese, Yoghurt, Meat, Fish, Bananas, Water, Beans	Responsible for many different functions within the body. Help keep you fit and healthy.	Ideal snack following training to assist in muscle repair.

## 1 Day Example Diet

The table below gives an example of what you should be eating on an average training day.

Breakfast	Snack	Lunch	Pre-Training Snack	Post Training Snack	Dinner
Muesli with dried fruit, fruit juice	Cheese Sandwich	Beef sandwich carrot sticks and hummus	Granola bar and banana	Trail mix	Spaghetti with meat sauce and salad, milk

## Hydration

Did you know, British Diving makes its junior divers keep a pee chart? The pee chart measures the colour and regularity of the divers pee to make sure they drink enough! Losing just 2% of your body weight in fluid can decrease your performance by 25%.

It's important to make sure you get the right amount of water before, during, and after exercise for a number of reasons:

1. Water regulates your body temperature
2. Water lubricates your joints
3. Water helps your blood stay thin, making sure important oxygen and nutrients can get to your muscles, giving you energy and keeping you healthy.

If you're not properly hydrated, your body can't perform at its highest level. You may experience tiredness, dizziness, and muscle cramps if you don't drink enough.

Drink fluids throughout the day and then follow the formula below to make sure you stay hydrated while you train:

- **Two hours before you train:** Drink 300-400ml of water
- **15 minutes before you train:** Drink 200-300ml of water
- **During training:** Drink 100-200ml every 20 minutes

## Your Goals

As part of your training, your coach will work with you to set goals for the coming season. Below, your goals are broken down into: Squad Monitoring Goals and New Dive Goals.

A Squad and Development 1 will also have a target dive list set, each year for the coming season.

### Squad Monitoring Goals

#### Term 1

**Goal 1:** Improve ..... by .....

**Goal 2:** Improve ..... by .....

**Goal 3:** Improve ..... by .....

#### Term 2

**Goal 1:** Improve ..... by .....

**Goal 2:** Improve ..... by .....

**Goal 3:** Improve ..... by .....

#### Term 3

**Goal 1:** Improve ..... by .....

**Goal 2:** Improve ..... by .....

**Goal 3:** Improve ..... by .....

### New Dive Goals

#### Term 1

Dive 1	Dive 2	Dive 3	Dive 4	Dive 5

#### Term 2

Dive 1	Dive 2	Dive 3	Dive 4	Dive 5

#### Term 3

Dive 1	Dive 2	Dive 3	Dive 4	Dive 5

## A Guide to Dive Numbers

Twist/ Armstand	Direction		No. of Somi's	No. of twists	Shape	Description
	<b>1</b>	<b>0</b>	<b>4</b>		<b>C</b>	<u>Forward</u> <u>double</u> <u>somersault</u> <u>tucked</u>
	<b>2</b>	<b>0</b>	<b>3</b>		<b>B</b>	<u>Back</u> <u>1 ½</u> <u>somersaults</u> <u>piked</u>
	<b>3</b>	<b>0</b>	<b>2</b>		<b>A</b>	<u>Reverse</u> <u>somersault</u> <u>straight</u>
	<b>4</b>	<b>0</b>	<b>1</b>		<b>C</b>	<u>Inward</u> <u>dive</u> <u>tucked</u>
<b>5</b>	<b>1</b>		<b>3</b>	<b>4</b>	<b>D</b>	<u>Forward</u> <u>1 ½</u> <u>somersaults</u> <u>2</u> <u>twists</u> <u>free position</u>
<b>6</b>	<b>2</b>		<b>6</b>		<b>B</b>	<u>Armstand</u> <u>back</u> <u>triple somersault</u> <u>piked</u>

### DIRECTION

Usually the first number indicates the direction of the somersault:

1 – Forward      3 – reverse  
2 – Backward    4 – Inward

Except in the case of:

### TWIST/ARMSTAND

Where the first number represents:

5 – Twisting      6 – Armstand

And the second number then shows the direction of the somersault as above

For directional dives, there is a 0 in the middle which is not present in twisting or armstand dives. The next number then represents:

### No. of somersaults

So if you multiply the number of somersaults being performed by 2, this is the number you would put in.

So a dive is ½ a somersault  $\times 2 = 1$

1 somersault  $\times 2 = 2$

1.5 somersaults  $\times 2 = 3$

3.5 somersaults  $\times 2 = 7$  etc...

And this works the other way, so if you know the dive number, if you half this, it will give you the number of somersaults being performed.

### No. of Twists

This works in the same way as the number of somersaults, so multiply the number of twists by 2 and this is what you put in.

### Shape

This is the letter which comes at the end:

A – Straight      C – Tucked

B – Piked      D – Free position

