

# 2011 Canadian Novice Nationals



DIVING  
PLONGEON  
CANADA



k|w diving club

PRESENTED BY:

**THE KITCHENER WATERLOO DIVING CLUB**

June 18<sup>th</sup> – 19<sup>th</sup>, 2011

The Waterloo Memorial Recreation Complex

101 Father David Bauer Drive

Waterloo, Ontario N2J 4A8

519-886-1177

Building upon the past two successful national events in Saskatoon, the KW Diving Club is pleased to invite you to join us in Kitchener Waterloo for the 3<sup>rd</sup> Annual Canadian Novice Nationals. The aim of this Diving Canada endorsed event is to initiate a long-term plan for Tier II divers who wish to remain in the Tier II program or aspire to ultimately join the Tier I competition circuit.

This fun-spirited competition promises to be a great weekend for Tier II athletes who want to showcase their skills, make new friends and socialize with similarly motivated divers from across the country. Along with the standard competition on the 1m and 3m boards, a skills-based competition will also be held for divers to test their technical skills.

It is the hope of Dive Canada that an annual Novice Nationals will continue to be held in locations across the country for young divers not yet ready for the Junior National Competition circuit. Such competitions help build the experience of their divers and coaches, helping to strengthen the sport across Canada.

Facility:

The facility at the Waterloo Memorial Recreation Complex includes:

- 3 – 1M Duraflex Springboards
- 2 – 3M Duraflex Springboards
- Platforms – 5M

Mark your calendars, and we'll see you in Waterloo for a weekend full of competition, fun and sportsmanship. Enjoy our friendly hospitality at the pool and in our city. Meet new friends, build self-confidence and discover the incredible level of diving that this country has to offer. It is going to be a great weekend!

# Canadian Novice Nationals

June 18<sup>th</sup> – 19<sup>th</sup>, 2011

Waterloo Rec Center

Waterloo, Ontario

**Meet Manager:** Janice Moore  
c.j.m@sympatico.ca

**Technical Director:** Roland Lipki  
Phone: (519)504-6456  
E-mail: [rolipki@gmail.com](mailto:rolipki@gmail.com)

**Entry Fees:** \$25 per diver  
\$20 per event ( skills contest is optional and free)  
\$25 hospitality ( includes a dinner on Saturday Night)

**Entry Deadline:** June 3rd, 2011  
Registration will be done on line – follow the link listed at the end of the Meet package.  
Any problems can be directed to c.j.m@sympatico.ca

**Email Dive Sheets –** Hasselman@sympatico.ca

**Dive Sheets:** We will be using the Rezman scoring system. Clubs should prepare their athletes lists using the “Dive Sheet Generator” and submitting them by e-mail to [hasselman@sympatico.ca](mailto:hasselman@sympatico.ca)  
Those unable to submit electronically can fax sheets prior to their departure.

Please refer to the Tier II Rules in this Meet Package when filling out Dive Sheets. Dive lists must be submitted at least 24 hours before the scheduled start of the event. Late sheets are subject to a \$25 fee. Dive Sheets MUST be signed by the diver or diver’s coach.

**Awards:** Medals: Gold, Silver, Bronze  
Ribbons: 4<sup>th</sup> to 6<sup>th</sup>  
Top Diver Awards  
Special Skills Contest

**Rules:** See Tier II Rules

**Meet Official:** Maryann Cormack

<i>(Age as of Dec. 31<sup>st</sup> of current year)</i>	<b>Dive Requirements</b>
<b>Group E</b> <b>9 and under</b>	<b>1m (6 dives)</b> <input type="checkbox"/> 100A with 1 step hurdle, 200A, 001B, 002A, + 2 Dives (2 Dir., no limit) <b>3m (6 dives)</b> <input type="checkbox"/> 100A with 1 step hurdle, 200A, 001B, 002A, + 2 Dives (2 Dir., no limit) <b>Dives to be performed in this order</b>
<b>Group D</b> <b>10 - 11</b>	<b>1m (6 dives)</b> <input type="checkbox"/> 001B, 3 Dives with 5.4 d.d. limit, 2 dives without d.d. limit (3 Dir) <b>3m (6 dives)</b> <input type="checkbox"/> 001(B or A) OR 002(C or A), 3 dives with 5.7 d.d. limit, 2 dives without d.d. limit (3 Dir)
<b>Group C</b> <b>12-13</b>	<b>1m (6 dives)</b> <input type="checkbox"/> 3 dives with 5.4 d.d. limit, 3 dives without d.d. limit (4 Dir) <b>3m (6 dives)</b> <input type="checkbox"/> 3 dives with 5.7 d.d. limit, 3 dives without d.d. limit (4 Dir)
<b>Group B</b> <b>14-15</b>	<b>1m (7 dives)</b> <input type="checkbox"/> 4 dives with 7.2 d.d. limit, 3 without d.d. limit (4 Dir) <b>3m (7 dives)</b> <input type="checkbox"/> 4 dives with 7.6 d.d. limit, 3 without d.d. limit (4 Dir)
<b>Group A</b> <b>16-18</b>	<b>1m (8 dives)</b> <input type="checkbox"/> 5 dives with 9.0 d.d. limit, 3 without d.d. limit (5 Dir) <b>3m (8 dives)</b> <input type="checkbox"/> 5 dives with 9.5 d.d. limit, 3 without d.d. limit (5 Dir)
<b>Special Skills Event</b>	<ul style="list-style-type: none"> <li>• 2 Events – 11 and under, 12 and over (no gender)</li> <li>• 7 Skills as listed on attached skill sheet</li> <li>• Skills segmented as listed on attached skill sheet</li> </ul> <b>DVD to be sent demonstrating performance expectations</b>
<b>NOTES:</b>	<ul style="list-style-type: none"> <li>• <b>Divers fully qualified for Junior National Championships on any board are not eligible to compete at the Novice Nationals</b></li> <li>• <b>All Jumps are DD of 1.0</b></li> <li>• <b>Above dives specified as 'Dives' must not be jumps or fall-ins – There will be a maximum score declared for any dive that is performed as a fall-in (to be determined and published prior to competition)</b></li> <li>• <b>DD Changes for this competition:</b> <ul style="list-style-type: none"> <li>○ 1m 201c = 1.7 201b = 1.6</li> <li>○ 1m 301c = 1.8 301b = 1.7</li> <li>○ 3m 201c = 1.9 201b = 1.8</li> <li>○ 3m 301c = 2.0 301b = 1.9</li> <li>○ 1m 001 b = 1.1 002a = 1.1</li> <li>○ 3m 001b = 1.2 001a = 1.1</li> <li>○ 3m 002c = 1.4 002a = 1.2</li> </ul> </li> <li>• <b>THE FOLLOWING DIVES WILL NOT BE ALLOWED:</b>  <b>201A 301A 5211</b></li> </ul>

001 = Front fall-in

002 = Back Fall-in

D = choice of position, **pos. must be specified**

**SCHEDULE OF EVENTS:**

**Friday, June 17<sup>th</sup>**

Practice 4:00pm – 7:00pm

Coaches Meeting 7:00pm - 7:15pm

**Saturday, June 18<sup>th</sup>**

8:00am Practice, 9:00am Events (15 Minutes Restricted practice)

Boys Group E 1 Metre

Girls Group E 3 Metre

Boys Group D 1 Metre

Girls Group D 3 Metre

Boys Group C 1 Metre

Girls Group C 3 Metre

Boys Group B 1 Metre

Girls Group B 3 Metre

Boys Group A 1 Metre

Girls Group A 3 Metre

**NEW** SPECIAL SKILLS EVENT-OPTIONAL EVENT (See Rules)

Welcome Ceremonies, Dive Show, Awards  
Dinner for all athletes, coaches, officials etc.

**Sunday, June 19<sup>th</sup>**

8:00am Practice, 9:00am Events

Girls Group E 1 Metre

Boys Group E 3 Metre

Girls Group D 1 Metre

Boys Group D 3 Metre

Girls Group C 1 Metre

Boys Group C 3 Metre

Girls Group B 1 Metre

Boys Group B 3 Metre

Girls Group A 1 Metre

Boys Group A 3 Metre

EVENTS MAY BE COMBINED OR SIMULTANEOUS  
SCHEDULE WILL BE FINALIZED AFTER ENTRY DEADLINE June 3rd

## **HOSPITALITY:**

Athletes and coaches will have unlimited use of this service.

Weekend hospitality services will also be available to parents, spectators and other guests traveling with their team for \$25.00/person or \$15.00/day, Saturday & Sunday. The hospitality room will be open daily from 8 a.m. until the completion of the day's last event.

Pre-ordering hospitality passes will assist the K|W Diving Club when making preparations for their guests.

Dinner party- place TBD  
Saturday evening right after the meet.

## **ACCOMMODATION:**

The following link will take you to the hotels that are available in our area. The web site is complete with distance to the pool, all costs for the hotels and all amenities.

<https://notes.htgsports.com/hrms.nsf/StdMarathonVisitor?OpenForm&eventid=7C122C17D167A95C852578620054FDC6>

## **REGISTRATION:**

The Registration is due June 3<sup>rd</sup>. We are presenting here for the first time, e-regisration. Simply follow the link below, and you can register your club directly on line.

<https://notes.htgsports.com/Diving/Diving.nsf/Reg?OpenForm&ParentUNID=9E39E390DED25409852577EC004BDCEA&lang>

The registration is simple and easy but if you have any questions or concerns, please contact Janice Moore at c.j.m@sympatico.ca

### SKILLS INFORMATION FOR NOVICE NATIONALS

	SKILL	LEVEL/BOARD	PARTS OF SKILL FOR EVALUATION	DETAIL OF WHAT TO LOOK FOR
1	Armstand	3metre tower		
		5 points	approach to balance	control of body/legs in movement to armstand
				press up or straddle up worth more, if kick up used should go to scissor balance, then to vertical
		3 points	Steady balance	held for 3 seconds or longer
		2 points	Line of body/vertical position	Line of body and form in steady balance - degree of vertical
2	100A	3 metre springboard		
		5 points	Hurdle	Press into the hurdle, Length of hurdle (to be at least as long as their foot) and balance at top of hurdle
				extension of the arms at the top of the hurdle held
		3 points	Takeoff	path of armswing - full circle, narrow up through the front
				armswing waits for press of board, balance on takeoff, distance from the board
		2 points	Control	body control in the air
				Arms held above the head on the entry, with control of body
3	200A	3 metre Springboard		
		4 points	Starting position	preparation to initiate movement - timing
				arm position to be at "T" position or by the sides
		4 points	Armswing/Balance/Distance	Posture and balance over feet during press of board
				Full circle with arms coming up narrow through the front
		2 points	Control	body control in the air
				Arms held above the head on the entry, with control of body
4	001B	5 metre tower or 3 metre tower where available/ 3 metre springboard where no platform		
		4 points	Sequence into pike	flat back
				arms at "T"
				flexion at hip (not in back)
		3 points	The Fall	control into the fall
				sequence of movements - up on toes, fall holding pike, extend
		3 points	Line up	Angle of entry
				Form, control of body

				lineup of arms
5	001A	5 metre tower or 3 metre tower where available/ 3 metre springboard where no platform		
		3 points	Sequence to "T" position	
				Body Position
				head position
		4 points	Fall	holding of body position
				legs and feet - form
		3 points	Line up	Angle of entry
				Form
				lineup of arms
6	002A	5 metre tower or 3 metre tower where available/ 3 metre springboard where no platform		
			Starting position	Body and arm position hands down in front
				placement of hips and head
				up on toes
			Sequence	fall, no head movement, no arch
				timing of arms/path of arms
				Form and control of body during fall
			Line Up	Angle of entry
				head position
				position of arms
7	002C	5 metre tower or 3 metre tower where available/ 3 metre springboard where no platform		
		3 points	Starting position	Tuck position with low grab
				no split
				compact tuck round back
		5 points	Sequence	up on toes
				fall (tuck held)
				kick
				hip extension
				head
		2 points	Line Up	head position, arm position, angle of entry