

Georgia Diving Club Fall Mechanics Clinic



Location: University of Georgia's Ramsey Student Center, 330 River Road, Athens Georgia 30602

(Picture of the dive well to the left)

Cost: \$35 per session and \$35 registration fee. (Payments can be made by check or money order only. No Cash Please!!! All checks can be made out to Georgia Diving Club or GDC)

Open to all divers ages 8 and up.

Equipment: Dryboard with spotting rig, trampoline with spotting rig, spring floor, full set of mats, 2 one meter boards, 2 three meter boards, and a full set of tower

Dates: October 7-10th

Mechanics: When coaches refer to the mechanics of a dive they are talking about the most basic parts of a dive (Hurdles, Take Offs, Kick Outs, Basic Techniques, etc.) This clinic has been put together with the purpose of improving diver's mechanics so that when they learn harder dives later in the season it will be easier to learn these dives, and they will not have to back track to learn the correct mechanics of the dive.

Sessions:

Friday, October 7th - 5pm-7pm. Open pool time for warm up with coaching staff

Saturday, October 8th - 9am-12pm- Focus on Forwards and Inwards

Saturday, October 8th 2pm-5pm- Focus on Reverses and Backs

(Lunch will be provided between sessions with our special guest, Herb Cables)

Sunday October 9th - 9am-11am at the Georgia Center Conference Room *(Video Session)*

Sunday October 9th - 12-3pm- Focus on Twisting and drills

Sunday October 9th 5-7pm Focus on review, the towers will also be open for tower diving

Monday October 10th - 8-11am- Pool Session- Review and some optional.

HOTEL ACCOMODATIONS:

Please book your own hotel rooms at the Holiday Inn or Holiday Inn Express. Room rates are \$89 a night, this includes a continental breakfast at the Holiday Inn Express, and there is a full breakfast buffet at the Holiday Inn for an additional \$8.25 a breakfast. Call: 706-549-4433 to make reservations today. (There is a block of 25 rooms reserved, you must ask for the Georgia Diving Clinic Rate. Code: GDC/ smerf) You may also book at other hotels, we have established a group rate at these hotels for your convenience.

Coaching Staff:

Luke Bagnaschi: Head Junior coach of Georgia Diving Club and Volunteer Assistant coach for the University of Georgia's Team. AAU National Meet director and AAU Diving coach representative to the national office. Has been awarded with multiple coaching excellence awards and has been coaching for over 10 years. *Contact Coach Luke for any questions or concerns about the clinic at georgiadivingclub@hotmail.com or call him at 909-553-3184*

Dan Laak: Head coach of the University of Georgia's Diving team for 25 years and the Head Senior Coach of Georgia Diving Club. 2008 Olympic coach, NCAA Coach of the year, SEC Coach of the Year, Meet director for multiple NCAA Meets, Coaching excellence awards in both Junior and Senior level diving. Dan is one of the most well known and respected coaches in the NCAA for his professionalism and coaching excellence.

Charlie Dunham: Head coach of Hoover Diving Club, has been coaching for 25 years. Charlie has coached multiple Junior National Qualifiers and Alabama High School State Champions.

Barbra Parker: Head coach of Port City Diving, has brought athletes to both the Junior and Senior level diving meets. A veteran age group and grass roots coach whose work has been noted and awarded by both USA Diving and AAU Diving. Coach 12 Alabama State Champions

Chris Colwill: 2008 Olympian, 9 time National Champion, 8 time Junior National Champion, 3 times NCAA Champion, 2 time NCAA Diver of the Year and many time member of the USA Diving International teams. Chris is currently training for the 2012 Olympics.

Allison Brennan: Head Coach of South Carolina Divers, 2012 Olympic hopeful, NCAA Champion, a many time member of the USA Diving International teams. Allison has most recently been the Assistant Coach at The University of South Carolina.

SPECIAL GUEST SPEAKER!

Herb Cables: 2005 Mr. Georgia, 2005 Mr. Atlantic and owner of Equation Transformation Systems. Herb has been a trainer since 1987, and has specialized in sports nutrition and body transformations. Herb is one of the country's foremost leaders in nutrition, athlete performance and all natural body building and has coached multiple top level body building competitors and divers. Herb was a collegiate diver, and a former age group diving coach.

Herb will be speaking to the group about nutrition and also be giving us great dryland and exercises tips. Herb knows exactly what to do to make your divers fit! Parents are welcome and encouraged to attend.