

SPRINGFIELD AQUATIC CLUB

DIVER INFORMATION PACKET

Welcome to Springfield Aquatic Club, home of the Spartans! We are excited to have you as part of the SAC family and have created this packet to provide general information and answer common questions about the upcoming season.

LEAGUE INFORMATION:

Springfield Aquatic Club (SAC) is part of the Suburban Aquatic League (SAL). SAL is made up of 4 Divisions: East, Central, North and West. Each division has 5-6 participating clubs. SAC is in the **CENTRAL DIVISION** and will swim each divisional competitor at least once. Other Central Division clubs include: Upper Dublin Aquatic Club (UDAC), Central Bucks (CBAC) Central Bucks South West (SWAC) and Hatboro Horsham (HHAA).

League information is available at: <http://www.suburbanaquatic.org/>

The updated season schedule will be available on the SAC website: <http://www.springfieldaquatics.org>

League Championships is the league individual championships where only divers with the top 18 times/scores (plus 2 alternates) in the entire league in each event are eligible. Coaches notify swimmers/divers of their eligibility for Leagues Championships before a league seed meeting which occurs following the League Dual Meet Championships.

ALL divers are eligible for **Division Championships**. The Division Diving Championships are usually held at one location with the results for each event determined by division.

Both championships are individual competitions only (No team competition)

Athletes must have competed in at least 40% of dual meets to be eligible for League Championships.

Throughout the season there are a number of **invitational meets** hosted by SAL teams. SAC participates in several Invitational meets and will send information on these opportunities out via email. There is a small fee per event and a limit on the number of events that can be entered. Invitational meets are sanctioned by SAL, meaning that times from these meets are considered in the seeding for championships. However, participation at these meets does NOT count toward the 40% rule.

PRACTICES:

Practices are held at the Upper Dublin High School Pool (800 Loch Alsh Ave, Fort Washington, PA 19034) on Thursday evenings and Sunday afternoons. Practices times vary based on age groups but will fall between 7-8:30pm on Thursday and 11:30 am -1pm on Sunday.

Please refer to the SAC website for the practice schedule. While divers are encouraged to attend as many practices as they can, we recognize the busy schedules of our diver and their families, and therefore have no mandated practice requirement.

MEET INFORMATION:

Meets are usually held on Saturdays (with the exception of some **championship** and **invitational** meets). Meet times will vary and are determined by the host club. Our home meets are held at Upper Dublin High School.

- SAC uses an on-line sign up tool for our meets. Information on the sign up tool will come to you via email.
- Although everyone on the team will dive, and both participation and score count towards Championship eligibility, only scores from three official divers per team will be included in the total meet score. Official divers are NOT announced to the divers or the spectators, but is known at the table as identified by the diving forms submitted by coaches prior to the start of each meet.
- Divers compete according to age group. A diver may compete in as many events as his/her age allows.

AGE GROUPS:

Dual/Tri Meets Dive Requirements

11&U (3 dives)

One (1) required (drawn from 101,201) plus

Two (2) optionals from (2) groups

12-14 (4 dives)

One (1) required (drawn from 101,201,401) plus

Three (3) optionals from three (3) groups

15&Over (5 dives)

One (1) required (drawn from 101,201,301,401) plus

Four (4) optionals from four (4) groups

Division Championship Dive Requirements

11&U (4 dives)

Two (2) required 101 and 201

Two (2) optionals from two (2) groups.

12-14 (5 dives)

Three (3) required: 101,201

Two (2) optionals from two (2) groups

15&Over (6 dives)

Three (3) required: 101,201 and 401

Three (3) optionals from three (3) groups

League Championship Dive Requirements

11&U (5 dives)

Two (2) required, 101 and 201;

Three (3) optionals from at least two (2) groups

12-14 (6 dives)

Three (3) required 101,201 and 401;

Three (3) optionals from three (3) groups

15&Over (8 dives)

Four (4) required, 101,201,301,401

Four (4) optionals from at least three (3) groups

MEET EXPECTATIONS AND PROCEDURES:

Arrival: Be aware of the time you should arrive at the meet site. Please be on time. Allow yourself plenty of time if you are going to a pool you haven't been to before. The coach usually expects a diver at the pool 15 minutes before the scheduled start of warm-ups so that they can go over any last-minute information. If you are a parent volunteer at the meet, find the parent volunteer coordinator to check in by the start of warm-ups.

Warm-up: The team will participate in a warm-up together in preparation for the meet. The coach will direct this activity. The children should be on the deck and ready for warm-up by the announced warm-up time.

At each meet, there will be a scoring **sheet** every diver will need to sign listing the dives they will execute during that particular meet. The coaches will review the forms with each diver prior to the start of the meet before they are handed in to the table.

MEET VOLUNTEERS: SAC is a volunteer based organization. We are unable to run meets without the support of SAC parents and family members. Every SAC family is required to volunteer their time and work a minimum of two meets per year. You will receive an email with your volunteer assignments before the first meet. Below are the various volunteer positions:

Table Workers

Table workers first review, sort and order sheets. There are typically five (5) table workers per meet:

An Announcer announces the order of divers, name and dive as written on the forms and all of the judges' scores (in the same order each time).

A person to write down scores as announced on each divers sheet in the same order they are announced. The high and low scores are then crossed out.

The next person adds the three scores to find the NET score.

The next person takes the NET score and multiplies by the Degree of Difficulty (using the slide rule or calculator). This number is the score for the round.

The last person checks and records the scores, each round and then adds each rounds NET scores together for a FINAL score, which is then ordered and recorded for places.

Judges

Judges are seated on the side of the diving area. After each dive, on a signal from the referee or official judge, will immediately flash his/her award. Points are awarded from 0-10 according to the opinion of the judge and the following table:

Very good	8½ to 10 points
Good	½ to 8 points
Satisfactory	5 to 6 points
Deficient	2½ to 4½ points
Unsatisfactory	½ to 2 points
Completely failed	0 points

FAQs on Judging and Scoring:

Very detailed information is available in the League Diving Handbook which can be downloaded here: <http://www.suburbanaquatic.org/League%20Documents/Diving%20Handbook.pdf>

A judging clinic is conducted for volunteers at the start of each season. It is not only mandatory, but invaluable. The clinic will explain the numbering system, the body positions, and diving groups as well as allow for practice. Understanding how judging works is vital for volunteers assigned to judge but also really helpful to new team parents and spectators in order to understand and appreciate the scores during meets.

Divers use one or more of the four body positions during each dive:

Pike The legs are straight with the body bent at the waist. Like the straight position, arm placement is dictated by the particular dive or by the choice of the diver.

Straight No bend at the waist or knees. Depending on the dive, there may be an arch in the back. Arm placement is the diver's choice or is defined by the dive performed.

Tuck Body is bent at the waist and knees, with thighs drawn to the chest and heels kept close to the buttocks. Feet and knees should be kept together and toes should be pointed.

Free Indicates the diver's option to use any of the above three positions, or combinations thereof, when performing a twisting dive.

Of the six dive types, the first four involve rotating in directions relative to the board and starting position. The fifth includes a twist and the sixth starts with an armstand.

Forward Group The diver faces the front of the board and rotates toward the water. Dives in this group vary from the simple front dive to the difficult forward four and one half somersault.

Backward Group All dives in the backward group begin with the diver on the end of the board with back to the water. The direction of rotation is away from the board.

Reverse Group These dives begin with the diver facing the front of the board and rotating toward the board.

Inward Group The diver stands on the end of the board with back to the water and rotates toward the board.

Twisting Group Any dive that uses a twist (excluding arms tands) is included in this group. There are four types: forward, backward, reverse and inward.

Armstand Group dives are not done on the springboard and therefore will not be used in SAL/SAC competition.

Dive Numbers

In competition, the dives are referred to by a schematic system of three or four-digit numbers. The letter to indicate the position is appended to the end of the number. The first digit of the number indicates the dive group as defined above.

For groups 1 to 4, the number consists of three digits. The third digit represents the number of half-somersaults. The second number is either 0 or 1; with 1 signifying a “flying” variation of the basic movement: ie the first half somersault is performed in the straight position, and then the piked or tucked shape is assumed.

For example:

- IOIA - Forward Dive Straight
- 203C - Back one-and-a-half somersaults, tuck
- 307C - Reverse three-and-a-half somersaults, tuck
- 113B - Flying forward one-and-a-half somersaults, pike

For Group 5, the dive number has 4 digits. The second one indicates the group (1-4) of the underlying movement; the third digit indicates the number of half- somersaults, and the fourth indicates the number of half-twists.

For example:

- 521 1A - Back dive, half twist, straight position.
- 5337D - Reverse one and a half somersaults with three and a half twists, in the Free position.