



Sea Dragons

Club Diving

Location:

Penfield High School Pool
25 High School Drive
Penfield NY 14526

Our Vision:

The mission of our diving club is to promote an interest in competitive diving and to develop the fullest potential of the athlete. We encourage good sportsmanship, enjoyment, individual integrity, self-discipline as well as team play.

When a youth joins the Sea Dragons, the emphasis is not necessarily on winning or losing - but on personal development. Participants learn sportsmanship and teamwork, achieve a level of physical fitness, and acquire skills that will stay with them for the rest of their lives.

Practice:

Athletes will practice twice a week for one hour beginning in September and run through the month of February. During each practice the athletes will engage in a dry land work out prior to getting on the boards. We will work with the athletes to develop the skills and technique needed for diving while promoting a fun, safe, and exciting diving experience.

Cost:

Practice twice a week \$390 per diver (6 month session)
Practice once a week \$195 per diver (6 month session)
Additionally, each diver will need to be registered through the AAU and linked to our club. For instructions on registration, please visit <http://www.aauathletics.org/> or click on the AAU Instructions link located under "Diving Information".

We also encourage those who are new to diving to try us out in a two week trial!

Please contact Coach Stephanie with any questions or concerns or to learn more about our club at:

stephaniekleinman01@gmail.com