

# High School Diving 2021-22

**Varsity Season 07feb-14may22 / JV Season 07feb-16apr22**

TRY-OUT ~ 1m High School Diving Team ~ Come Fly With Us!

**You DO NOT have to already be a diver; beginners are welcome ~ no pre-requisites.**

Diving is a very safe and fun sport that will challenge and test you every time. However, NO EXPERIENCE is necessary to start. We are looking for students willing to jump in the air with a bit of abandon! You will learn and experience for yourself the art, power, and grace of springboard diving.

On your high school team, you will learn the basics and (when ready) more advanced techniques, skills, and tricks of diving through in-water, on-deck, and classroom-type settings. Each diver advances at their own pace. All teams and abilities train together. So, aside from being trained by the coach, there will always be someone on the team to SHOW YOU what to do and what it should look like. As a side note...there have been Freshmen join the team with no previous experience who make Varsity in less-than a month. There have also been Seniors on the team for 4-year having fun as JV divers. Everyone trains together (beginners, JV, and Varsity).

Technically, there are two "teams" (Varsity and JV). One of the cool aspects of our sport is that a Freshman is able to dive Varsity on day-1 and a Senior is allowed to dive JV. There is a 3rd group..."Beginners." While not officially recognized as a competitive group (there is no Frosh team), Beginners are those wanting to try diving but do not (yet) have the dives required to be either V or JV.

Prerequisites/Requirements ~ a smile, good attitude, 1-piece swim/dive suit, water bottle, towel, courage, willingness, good time management, commitment, and a positive work ethic. Beyond these, there are the normal requisites of registering and being cleared to participate in sports by your high school.

**There will be a LIVE Zoom Information and Introduction session for all schools (16jan22). Do NOT count on this session being recorded...we will try, but...no guarantee!**

**ZoomID: 821 2789 4926 / password: "hs22diving"**

**If you are interested, please contact Coach Eric Holzheimer via text (925-586-0169 mobile) or email (eric@CALdiving.org).**

**When reaching out, please provide your:**

**1) Full name**

**2) Mobile number**

**3) Email**

**4) School (Coach Eric coaches more than one high school diving team)**

**5) Grade**

**See You in the Air!**