The Deerbrook Bluefish Dive Team offers competitive diving in a fun, safe environment for ages up to 18.

FAQ About Dive Team

**Why would I want my child to participate on the dive team?**

To develop athletic and motor skills and a positive self-image. Divers improve their social skills by making new friends and working with coaches. They learn to manage success and disappointment with grace and good sportsmanship. Diving gives your whole family an opportunity to make new friends and feel more connected to Deer Brook.

**But isn’t competitive diving a lot more dangerous than other sports?**

No. Almost all “diving” accidents happen outside the sport of organized diving, outdoors in creeks, rivers, etc., usually due to shallow water, submerged obstacles and/or horseplay.

**Who can answer my questions about the dive team?**

The dive team coordinator and/or registrar can answer most of your questions or direct you to a person who can. Just send an email to dive@deerbrookonline.org.

**What dives must my child need to do in order to join the team?**

Children of any ability levels are welcome on the Deer Brook dive team. There is no need to “try out.”

For entry into a dive meet, a child must be willing and able to attempt the required dives for his or her age group, which can be found here: http://www.southjerseydiving.org/members/novice\_age\_group.html

**We’re way too terrified of the high dive. Can we join the dive team and stick to the low dive?**

Yes, but you should let the coaches know that’s what you want.

**I just want my child to learn how to dive for fun. Do they have to go to the meets?**

You should discuss this with the coach, but it’s probably fine.

**At practice, the dive age groups are the same as swim team, but at meets they are different. Why?**

To minimize any conflicts between dive and swim practice, we try to group our divers for practice using the same age groups as swim. But the official age groups for the South Jersey Diving Association are: 9 & under, 10-11, 12-13, 14-15 and 16-18 and those are the age groups used in meets.

**What is SJDA?**

The South Jersey Diving Association represents 17 swim clubs in South Jersey, including Deer Brook. Visit [www.southjerseydiving.org](http://www.southjerseydiving.org) for more information.

**How often and when is dive team practice? When are the meets?**

The practice and meet schedule is available from the Dive Team page.

**What happens if my child is not able to attend practice at his or her assigned time?**

Discuss any scheduling conflicts with the head dive coach to see if it can be worked out.

**Does my diver need the team suit? Where do I buy it?**

If your child will be attending dive meets, it’s preferred that they have the team suit but it’s not a requirement. The suit is sold at Danziesen & Quigley on Route 70 in Cherry Hill. Deer Brook chooses a new team suit every OTHER year, so depending on your child’s growth, you might get two years of use out of one suit. To keep it in good condition, the team suit is generally not worn for practice (unless maybe your child wants to “get used to it” before the first meet.)

**My child attends a summer day camp. Can s/he still participate?**

Check with the dive coaches about your schedule.

**How do I let a coach know when we can't attend practice or be at a meet?**

Please let the coach know in person or via email.

**Who are the coaches?**

Check out the Dive Coaches page for more information.

**Will my child be in dive meets? How many?**

The coach will tell you if your child is ready for meets. When the coach says your child is ready, s/he can attend the 1-meter qualifier meets, the 3-meter exhibition meet and the 3-meter championship, and if s/he “qualifies,” the 1-meter championship.

**What are the required dives for my child’s age group?**  
That information is found at <http://www.southjerseydiving.org/members/novice_age_group.html>

Note the different requirements for 1-meter (low dive) and 3-meter (high dive), and for Novice division vs. Junior Olympic.

**What is “qualifying”?**

If your diver’s score in any of the 1-meter qualifier meets meets or exceeds the cut-off score for his/her age group, s/he “qualifies” for entry into the 1-meter Championship Meet. (Note, the third qualifier meet (AKA the “last chance meet” is only for divers who haven’t yet qualified, or who qualified as Novice but want to attempt JO.)

**What is JO?**

Junior Olympic division, for divers who can properly and safely execute more advanced dives. The coach will let you know if they think your diver should dive JO.

**How is diving a team sport? It seems to be all about individual scores. How is the “winning team” determined at a meet?**

The qualifying meets and 3m exhibition meet have no “team winner.” The team winner of the championship meets is determined by points. For each event, points are awarded to the clubs whose divers who come in 1st-5th place (7 points for 1st, 5 points 2nd, 4 points for 3rd, etc.; ties split the points). At the end of the meet, the Top 3 teams get trophies.

**What clubs do we “dive against”?**

At the 1-meter qualifier meets Deer Brook divers compete against divers from clubs within our same division of SJDA. At the 3-meter exhibition and both championship meets, our divers compete against divers from all 17 SJDA clubs.

SJDA Clubs by Division: <http://www.southjerseydiving.org/members/divisions.html>

**How can I help?**

Volunteer at a dive meet. See the list of “jobs” on the Dive Meet 101 link.

**Sorry, I won’t be at the dive meets. Where else could I help?**

The dive team also needs volunteers to:

Coordinate the end-of-year pizza/cake party

Make/buy items for bake sale, pep rallies, or end-of-year party

Help with the Bluefish Banquet at the end of the season

Take photos at practices for the banquet slideshow

Handle registration paperwork and payments

Send the team emails

Update the dive section of the web site

***Send an email to*** [***dive@deerbrookonline.org***](mailto:dive@deerbrookonline.org) ***to let us know when/where you can help.***

**How can I best help my child succeed in diving?**

Bring them to practices regularly, prepared and on time. Be supportive and let them enjoy the sport. Let the coach do the coaching. For the safety of all our divers, do not distract the coaches on the pool deck or let your children hang around the coaches and divers if it’s not their own practice time.

**What if my child wants to continue diving in the winter?**

There are several year-round dive programs in the Delaware Valley, but none are close to Medford.

*Centennial* (meets at LaSalle University): <http://www.centennialdiving.com>

*Blue Dolphin* (meets at The College of New Jersey): <http://www.bluedolphindiving.com>

*Topspin* (meets at Rowan University): <http://www.southjerseydiving.org/documents/TopSpinDivingBrochure.pdf>

**Sites of interest:**

USA Diving’s Diving 101: <http://www.usadiving.org/about/diving-101/>

South Jersey Diving Association: <http://www.southjerseydiving.org>

All kinds of random dive info: <http://diving.about.com>