



## Diving Teams

Welcome to Glenmore Pool's Diving Team! The diving team is open to anyone interested in learning to dive or improving his or her skills. The team members will be assessed by the coaches and placed on junior, intermediate or senior teams based on their age and abilities.

- **Cost:** there is no cost to join the diving team
- **Equipment required:** there is no special equipment required for diving
- **Team Practice Schedule:**  
Monday & Tuesday from 5:30 P.M. to 6:30 P.M.
- **Competitions:** The diving competitions are held on Thursday evenings, at Glenmore and at other pools. Team members will be asked to compete if they have learned the required numbers of dives per level; for example, for a junior diver to compete, he/she must have learned at least 3 different dives, an intermediate needs 4 and a senior needs 5. During the season, a coach may ask divers to compete at different levels to ensure that enough divers qualify for the finals in August. Glenmore receives points for each participant; **therefore it is imperative that you notify the coaches if you will be away for any of the competitions.**

Your support and encouragement of your child's efforts will go a long way to ensure a fun and challenging season of diving!

***Please note that we now have a Code of Conduct posted here at Glenmore,  
Please take the time to read it, thank you.***

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Please tear off and return this to your coach

**I have read the diving team documentation with my child**

**Name:**

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**Signature:**

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