



DIVING



PLC Aquatic provides spring board diving for fun and fitness for all ages and abilities of the college and wider communities.

**PRESBYTERIAN LADIES COLLEGE
AQUATIC CENTRE
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E-mail: aquatic@plc.vic.edu.au
PLC Web: www.plc.vic.edu.au/our-school.aspx
PLC Team App: <https://plcdiving.teamapp.com>
VDA Website: www.divingvictoria.com.au
*PLC Aquatic Centre is a member of the VDA:
Victorian Diving Association*

Club Focus: to develop the diver's love of the sport, their fitness, technique, training knowledge and competition skills in a positive and enjoyable environment whilst providing divers at every level the opportunity to reach their full potential.

PLC AQUATIC: WHO ARE WE AND WHAT DO WE HAVE TO OFFER?

PLC Aquatic is a school based swim, dive and synchronized swimming club that provides training for athletes who wish to either swim/dive competitively or for fitness. The club focuses on developing both PLC Students and non PLC athletes to reach their full potential. Our qualified coaches work with each athlete to help them reach their individual goals and the squad structure allows athletes to train at their level, ranging from a club level to National level competitors. We pride ourselves on small athlete to coach ratios providing greater personal attention and flexibility with training sessions.

DIVING @ PLC AQUATIC

PLC Aquatic Diving Club caters for all levels of ability, adults included. There are three squad levels; bronze, silver and gold and children can learn to dive from the age of 7 years. Each Squad has a performance criteria that must be met prior to joining the squad. These are outlined in the specific squad descriptions. Divers who train at PLC must be members of PLC Aquatic Diving with the exception of the Holiday Learn to Dive participants.

All competing Bronze, Silver and Gold squad divers must be members of the VDA; application forms can be found on the VDA website www.vda.com.au

PLC Aquatic Diving is affiliated with the Victoria Diving Association (VDA). To join PLC Aquatic Diving you need to complete the PLC Club Membership Form and return it with payment to the PLC Aquatic Centre. The club membership year ends 30 June.

TRAINING

Facilities:- The PLC Aquatic Centre dive pool (3.8m deep) and surrounding facilities are used for all training (including dry-land). The dive pool has two 1m boards and a 3m board and is the main training area. A wet harness is rigged in the roof over the dive pool to further develop and extend the diver.

Dry-land training sessions are timetabled as part of the silver and gold squads training schedule. These focus on developing muscular strength, endurance, core strength, flexibility, agility and cardiovascular fitness, all a high priority of this program.

Trampolining is also a major focus during these sessions. When attending dry land training, divers must wear shorts/track pants, t-shirt, runners and bring a water bottle. School uniforms are not to be worn.

MSAC- Gold and Silver Squads will have the opportunity to train at MSAC during the term on Sunday evenings. Dates will be confirmed at the start of the term. Please try to make these a compulsory training session in your week



SQUADS

There are currently 3 levels within the squad structure at PLC Aquatic, Bronze, Silver and Gold.

Bronze Squad:- Bronze level is for beginner divers wishing to experience the challenges springboard diving has to offer. Divers can choose from seven training sessions per week each consisting of a 15 minutes warm up and one hour water work. The program runs for eight weeks, followed by an in-house dive competition concluding with a 3 day intensive during the holidays. A bronze diver moves into the silver squad at the discretion of the dive coaches.

Aims

- To enjoy and develop the basic skills of diving.
- To prepare for further development and competition.
- To develop body control and awareness in space.
- To gain experience diving from both 1m and 3m boards

Competitions – PLC Aquatic Diving In-house meets.

Silver Squad:- divers must be keen, strong and willing and are encouraged to attend at least two of the 2 hour sessions per week. Silver Squad is a development squad, selected from the Bronze dive squads to train longer sessions. These divers must be committed to improving dive lists, training and competing regularly. Divers must be able to perform the following dives: *Forward dive with hurdle *Back dive with a jump *Inward dive *Use the 3m board with confidence for jumps and drops. *Demonstrate and understand the different body shapes used in diving

Aims

- To continue to develop the skills for dives from all dive groups.
- Introduce and develop dives from the 3m board.

Competitions – PLC Aquatic Diving In-house meets.

Gold Squad:-Gold Squad sessions are two hours and divers are expected to train at least 3 or more sessions per week and competing at VDA dive meets regularly. Gold level is for those who are working on the following skills to a standard accepted by the coach: *forward dives - all positions: straight, tuck and pike *back dive *inward dive *reverse dive *front somersault and forward one and half somersault *forward and back entry off the 3m board *working on a twisting dive.

Divers in this group are expected to set the standards for the developing divers. Harness work will be a requirement during some sessions.

Aims

- To continue to develop, improve and challenge the diver both in and out of the water.
- To develop strength, flexibility and fitness.
- To develop a dive list of a standard needed to compete at Pennant, State or National levels.

Competitions – PLC Aquatic Diving in-house meets, selected meets at other dive clubs, pennant meets, State and National meet

PLC AQUATIC DIVING CLUB SQUAD STRUCTURE

GSV

PLC Girls only sessions.

Tuesdays 4-5:30pm, Wednesday 3:30-5pm

BRONZE

15 min warm up & 60 min water work

TUES	THUR	FRI	SAT
5:15 PM	4 PM & 5PM	4 PM & 5PM	9AM & 10AM

SILVER

Development squad selected by the coach from the bronze squad. Sessions are 2 hours and includes warm up

Swimmers are encouraged to arrive 15-30 minute prior to the water session time to warm up on pool deck. Harness work will be a requirement at some training sessions.

GOLD

	Silver Development	Gold Competitive
SUN	4 - 6pm MSAC	4 - 6pm MSAC
TUES	4 - 5:30pm <u>PLC only</u> 5 - 7pm	4 - 5:30pm <u>PLC only</u> 6 - 8pm
WED	6 - 8am 3:30 - 5pm <u>GSV only</u>	6 - 8am 3:30 - 5pm <u>GSV only</u>
THURS	4 - 6pm	6 - 8pm
FRI	6 - 8am 4 - 6pm	6 - 8am 6 - 7:30pm**
SAT	7 - 9am**or 9 - 11am	7 - 9am**or 9 - 11am

Silver and Gold are by invite only

**= Dry land Training will be a component of this session (bring runners and sports clothes)

Term Dates 2015/16

TERM 1'16	TERM 2'16	TERM 3'15	TERM 4'15
TBC	TBC	7 JULY - 18 SEPT	29 SEPT- 17 DEC

Communication

Communication is a vital and PLC Aquatic uses weekly email newsletters, email, post, verbal reminders (at training), phone, SMS & text messages as forms of communication. Please ensure communication details are correct. Especially email and SMS.

Email: Members are asked to provide up to date email address and which are checked regularly. Coaches will often email swimmers with information regarding training, competitions and social events.




PLC AQUATIC & TRAINING FEES

To join PLC Aquatic Swimming please return

1. PLC Club Athlete Details Forms (PDF download on website) Athlete detail forms must be completed before training begins and renewal membership forms will automatically be sent to members to be updated annually prior to the commencement of each membership year being due 1 July.
2. Training Payment
3. All training fees include GST and must be paid by the 2nd week of term.
4. Fees will vary from term to term depending on the number of training weeks in each term. The fees include club membership and do not include VDA membership, competition or entry fees.
5. Pro-rata fees will apply for those starting mid way through the term - \$30 per session (includes pool entry)
6. Accounts will be sent out along with training schedules by the start of a new term.
7. **Classes missed may only be made up within the week of the missed session. No transfers or refunds will apply.
8. Divers competing are required to be registered with Victorian Diving Association (VDA) (registration period 1 July – 30 June).



PLC Aquatic Dive Coaching Staff

<p>ROHAN BLAKE</p> 	<p>HEAD COACH- Rohan, a level two diving coach, has taught at PLC Aquatic for over 12 years. As a youngster, Rohan dived at 6 APS finals, club, pennant, State and Nationals (medalling on both 1m and 3m boards) before traveling the world in a dive acrobatic show. Rohan continues to dive and compete receiving the gold medal on both the 1m and 3m boards at the 2009 Australian Championships in the Masters division.</p>
<p>KAITLIN AVERY</p> 	<p>BRONZE COACH- Kaitlin started diving in 2009 at PLC, after 8 years competing in gymnastics and nationally in acrobatics until 2013. Kaitlin represented Mount Waverley Secondary College, the Waverley district, and was the regional champion for three years. Kaitlin competed at pennant and State level for PLC, winning gold in Victorian State Championships, and qualified for two National Championships.</p>
<p>CURTIS COLLINS</p> 	<p>BRONZE COACH- Curtis finds coaching very rewarding hoping his children learn to enjoy diving as much as he did growing up. Curtis comes from a gymnastic background representing his school in both disciplines until he was 17. Curtis was diving captain and APS champion.</p>

