

# DACORUM DIVING CLUB

## Learn to Dive Programme - Prospectus



### Introduction

Dacorum Diving Club (DDC) runs three sessions over a twelve week course which together comprises our Learn to Dive Programme. The purpose of this document is to set out the structure and content of the Learn to Dive Programme, so that parents and participants have a clear understanding of what is available and what the club's expectations are.

### Objective

The primary objective of the Learn to Dive Programme is to teach participants to dive safely. The courses will provide an introduction to the challenging sport of competitive springboard and platform diving by teaching the core skills that will provide the right foundation for graduating novice divers to progress from, should they wish to do so.

### Programme Structure

The Learn to Dive Programme will run on Saturday mornings between 10:20 a.m. and 11:15 a.m. and participants will be put into streamed groups according to their ability. This will be assessed at the end of each course by an assessment of a list of skills specified by our Head Coach, which is an adaptation of the ASA Diving Awards.

The dates for each course will be published ahead of time and confirmation of your place on a course and these dates will be provided by the LTDP Administrator (see over).

Session:	Time:	Activity:	Assessment:
LTDP - Group 1 Beginners	10:20 a.m. 10:30 a.m. 11:05 a.m. 11:15 a.m.	<ul style="list-style-type: none"><li>• Warm Up</li><li>• Skills &amp; Drills</li><li>• Performance</li><li>• Finish</li></ul>	Participants will be assessed against a list of skills at a similar level to the ASA's National Plan for Teaching Swimming (NPTS) Stage 9 and 10 Diving Awards.
LTDP - Group 2 Improvers	10:20 a.m. 10:30 a.m. 11:05 a.m. 11:15 a.m.	<ul style="list-style-type: none"><li>• Warm Up</li><li>• Skills &amp; Drills</li><li>• Performance</li><li>• Finish</li></ul>	Participants will be assessed against a list of skills at a similar level to the ASA's Level 1 and Level 2 Diving Awards.
LTDP - Group 3 Novice Divers	10:20 a.m. 10:30 a.m. 11:05 a.m. 11:15 a.m.	<ul style="list-style-type: none"><li>• Warm Up</li><li>• Skills &amp; Drills</li><li>• Performance</li><li>• Finish</li></ul>	Participants will be assessed against a list of skills at a similar level to the ASA's Level 3 and Level 4 Diving Awards.

### Coaches and Assessors

All of our sessions will be run by qualified and experienced club coaches and assessments will be made by one of the club's judges with ASA regional or national panel experience.

### Price

Each 12 week course costs £7.90 per session plus £5 for 3<sup>rd</sup> party insurance cover.

There is an entrance fee of £1.70 to the Hemel Hempstead Sports Centre for non-members; but an **annual** Sports Pass can be purchased for £23 for juniors (correct at

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## Learn to Dive Programme – continued



the time of writing). Please check with SportSpace directly for up to date prices and for information about their adult, family and renewal discount Sports Passes. Please note that DDC offers a discount price for Dacorum Card holders; please ask about this when booking.

### Course Content

Each group's sessions on the course will follow the same format and include the following activities.

Section:	Duration:	Activity:
Warm Up	10 minutes	For 10 minutes prior to the start of the main session; the purpose is to prepare divers mentally and physically for training.
Skills & Drills	35 minutes	Participants will be taught using a variety of jumps, drills and dives. They will learn the importance of good posture, understand how to attain correct shapes (straight, pike & tuck) and develop fundamental skills such as arm swings, take-offs and entries.  All of the skills and drills used will be appropriate to the level of ability of the diver and include or be complimentary to, but not limited to, the skills needed to attain the diving awards they will be assessed on.
Performance	10 minutes	Divers may be given time to have fun experimenting or take the opportunity to practice the skills they will be assessed on.

### Full Club Membership

We hope that the course will be fun and engaging and should provide an excellent stepping stone to full club membership. Novice divers graduating from the programme may be invited to join one of DDC's diving squads if there is space and, in the opinion of the coaching staff, they can demonstrate that they:

- have a strong aptitude for diving and an ability to learn skills competently and quickly
- are keen to dive competitively and to reach their full potential
- are enthusiastic to attend as many sessions as possible every week

Graduating participants who do not want to continue with diving as a competitive sport will be able to use the diving pit recreationally and safely and DDC will also be happy to supply details of other facilities and clubs within reasonable traveling distance.

### Further Information

To book a place on the next course, please complete our on-line waiting list application form at [www.dacorumdiving.org.uk/joinUs.asp](http://www.dacorumdiving.org.uk/joinUs.asp), stating that you are interested in the Learn to Dive Programme. Our LTDP Administrator will contact you to confirm your place on the waiting list and to provide a link to the club for further information, if you need it.

**Roger Page**  
**Head Coach**  
**Dacorum Diving Club**