

Where do I fit in???

Whatever your present skill level, there is a place for you in the world of diving! Whether you want to jump off the side of the pool deck or do a triple twist off the 10 metre platform, we can help you!

Call the Saskatchewan Diving Office today and we will help you **dive into** a club near you.



Saskatchewan Diving

1870 Lorne St
Regina, SK
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Phone: 306-780-9405
Email: skdiving@accesscomm.ca
www.accesscomm.ca/nonprofits/

Saskatchewan Diving



Dive in to the Thrill!

Tel: 306-780-9405

Why Should I Dive In?

The sport of diving first appeared in the Olympic games in 1904, and there has been no turning back since! It is a combination of strength, beauty, acrobatic stunts, grace, and athletic thrill performed off of a 1 metre, 3 metre, or 10 metre platform or board.



Saskatchewan offers you programs that range from a Learn to Dive skill progression program, through to High Performance Competitive Diving. We have recently sent athletes all across Canada, Houston, Orlando, Buffalo, California, Germany, France, Mexico - and we have brought home medals from everywhere we have competed! Our ultimate goal is to send divers to the Olympic Games and we believe we have the programs to make it happen! We have also seen many athletes walk away with expensive University Scholarships!

So whatever you are looking for - casual fun or the thrill of your lifetime -

SASKATCHEWAN DIVING
has something for you!

Learn to Dive

Going from the Known to the Unknown...

remains the philosophical theme of the Learn to Dive program. Consequently, each skill described in the instructor manual has a multitude of progressions or "building blocks" for each dive level. The skills and progression of each dive level have been organized so that the student diver can complete all four levels of the program if they wish.

Benefits of the Learn to Dive Program...

An important aspect of the program is to minimize the risk of failure and reward all participants for their efforts in a positive manner. All participants receive a booklet within which they can chart their own progressions through a bronze, silver and gold stage of each of the four levels. Bronze, Silver and Gold stickers are provided and should be affixed on the appropriate certificate (one for each level) in the booklet after the student diver successfully completes each stage of a level. The program includes games and fun activities that teach safety and skill development.

Provincial Tier II Competitive

Once you move past the basic skills, you are ready to compete at a provincial level. The 5 dives you will learn are:

- √ Front
- √ Back
- √ Reverse
- √ Inward
- √ Twisting

At Tier 2, you will have a partial "list" of these dives - you can perform some but not all of them. You will compete against other athletes of the same age group, and will probably train 3-10 hours per week.

Sask First Tier I

Once you have mastered all five dives, you are ready to compete at a High Performance level. You will compete at Provincial, Western Canada, National and International Meets. You will be eligible to try out for Canada Games, Pan Am Games and World Championships. You will compete with others of the same age and will probably train for 15 hours per week or more. You will also take part in Training Camps, Sports Medicine Testings, and other Athlete Symposiums.



Current World Champion Alex Despatie of Quebec

Saskatchewan Diving is the provincial governing body for the sport of diving. We ensure that our clubs operate with safety and integrity and that our coaches are trained through the **National Coaching Certification Program**. We receive funding through Saskatchewan Lotteries and we work with Sask Sport and Diving Canada to guarantee you excellence in all areas of sport leadership.

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