

2009 Show Your Skills! Meet

Sunday, December 6, 2009
Martin Luther King, Jr. Swim Center
Silver Spring, Maryland

Please send dive sheets with entry forms

Site: Martin Luther King, Jr. Swim Center, 1201 Jackson Road, Silver Spring, Maryland 20904

Directions: Located off MD-650 New Hampshire Avenue, near US-29 and I-495E

Meet Director: Ivan Bondarenko; 301-219-7224, email: bondiving2002@yahoo.com

Meet Manager: Emily Kastler, 8911 Bradmoor Drive, Bethesda, MD 20817, phone number 301-910-1178, sekastler4@aol.com

Send entries to:

Make Checks Payable to: MDC Boosters, Inc.; Postmark by November 30, 2009 if mailing.

Mail checks to Meet Manager: Emily Kastler, 8911 Bradmoor Drive, Bethesda, MD 20817

Meet Fees: \$30 per diver..

Awards: Ribbons

Facility: Diving area 18 ft. deep with 2 one meter; 2 three meter; 1 five meter platform (rough-top)

Practice & Meet Schedule:

Sunday Events

9 AM sign-in & Warm-up 10 AM start

Developmental:

7 & U, 9 & U and 11 & U Girls 1m/Boys 3m

7 & U, 9 & U and 11 & U Girls 3m/Boys 1m

12-13 and 14 & over Girls 1m/Boys 3m

12 & over Girls 3m/Boys 1m

10 AM sign-in & Warm-up. Start after Developmental events:

Novice:

7 & U, 9 & U and 11 & U Girls 1m/ Boys 3m

7 & U, 9 & U and 11 & U Girls 3m/ Boys 1m

12-13 and 14 & over Girls 1m/Boys 3m

12-13 and 14 & over Girls 3m/Boys 1m

11 AM sign-in & Warm-up. Start after Novice events:

Intermediate:

7 & U, 9 & U and 11 & U Girls 1m/ Boys 3m

7 & U, 9 & U and 11 & U Girls 3m/ Boys 1m

12 -13 and 14 & over Girls 1m/Boys 3m

12-13 and 14 & over Girls 3m/Boys 1m

**NOTE- THERE WILL BE DRYLAND REQUIREMENTS FOR ALL LEVELS AS WELL!
SEE ATTACHED FOR REQUIREMENTS 2pp**

REQUIREMENTS:

Intermediate Events: NOTICE THERE IS A MAX. D.D. FOR ALL OPTIONALS

7 & U and

9 & U 1m- 4 skills; from 3 groups max. D.D. 1.6;

3m- 4 skills; from 3 groups max. D.D. 1.8

Platform- - 3 dives from 3 groups w/ max. D.D. of 1.7

Dryland: Armstand- stomach to the wall, Hold a hollow on back for 30 seconds, splits,

Tuck-ups- how many in 20 seconds, Push-ups- 5, Pike flexibility, Shoulder flexibility, Toe point, Forward roll, Back roll

11 & U 1m- 4 dives; from 3 groups max. D.D. 1.7;

3m- 4 dives; from 3 groups max. D.D. 1.9

Platform- 3 dives from 3 groups w/ max. D.D. of 1.7

Dryland: Armstand- stomach to the wall, Hold a hollow on back for 30 seconds, splits,

Tuck-ups- how many in 20 seconds, Push-ups- 5, Pike flexibility, Shoulder flexibility, Toe point, Forward roll, Back roll

12-13 1m- 6 dives; 3 req. dives. and 3 opts. w/ max D.D. of 2.2;

3m- 6 dives; 3 req. and 3 opts. w/ max D.D. of 2.2 (4 grps)

Platform- 4 dives; 4 vols. from 4 groups. w/ max. D.D. of 2.2

Dryland: Armstand- stomach to the wall, Hold a hollow on back for 30 seconds, splits,

Tuck-ups- how many in 20 seconds, Push-ups- 10, Pike flexibility, Shoulder flexibility, Toe point, Forward roll, Back roll

14& over - 1m 7 dives; 4 vols. and 3 opts. w/ max D.D. of 2.2;

3m- 7 dives; 4 vols. and 3 opts. w/ max D.D. of 2.2

Platform- 6 dives; 4 vols. and 2 opts. w/ max. D.D. of 2.2

Dryland: Armstand- stomach to the wall, Hold a hollow on back for 30 seconds, splits,

Tuck-ups- how many in 20 seconds, Push-ups-10, Pike flexibility, Shoulder flexibility, Toe point, Forward roll, Back roll

Novice Events Requirements:

7 & U and

9 & U: 1m & 3m- 4 dives from 2 groups

Dryland: Armstand- stomach to the wall, Armstand- back to the wall, Hold a hollow on back for 30 seconds, splits,

Tuck-ups- how many in 20 seconds, Push-ups- 5, Pike flexibility, Shoulder flexibility, Toe point, Forward roll, Back roll

11 & U 1m & 3m- 4 dives from 2 groups

Dryland: Armstand- stomach to the wall, Armstand- back to the wall, Hold a hollow on back for 30 seconds, splits,

Tuck-ups- how many in 20 seconds, Push-ups- 5, Pike flexibility, Shoulder flexibility, Toe point, Forward roll, Back roll

12-13 1m & 3m- 4 dives from 3 groups

Dryland: Armstand- stomach to the wall, Armstand- back to the wall, Hold a hollow on back for 30 seconds, splits,

Tuck-ups- how many in 20 seconds, Push-ups- 10, Pike flexibility, Shoulder flexibility, Toe point, Forward roll, Back roll

14 & over 1m & 3m- 5 dives from 4 groups

Dryland: Armstand- stomach to the wall, Armstand- back to the wall, Hold a hollow on back for 30 seconds, splits,

Tuck-ups- how many in 20 seconds, Push-ups- 10, Pike flexibility, Shoulder flexibility, Toe point, Forward roll, Back roll

Developmental Requirements

7 & U 1m & 3m - 3 skills:

Front jump, back jump and 1 other skill

Dryland: Armstand- stomach to the wall, Armstand - back to the wall, Hold a hollow on back for 15 seconds, Tuck-ups- how many in 15 seconds, Pike flexibility, Shoulder flexibility, Toe point, Forward roll

9 & U 1m & 3m- 4 skills:

Front jump, back jump any position, and 2 other skills

Dryland: Armstand- stomach to the wall, Armstand - back to the wall, Hold a hollow on back for 15 seconds, Tuck-ups- how many in 15 seconds, Pike flexibility, Shoulder flexibility, Toe point, Forward roll

11 & U 1m & 3m - 5 skills:

1m - Front jump, back jump and 3 other skills from 2 groups

3m -Front line-up, Back line-up and 3 other skills from 2 groups

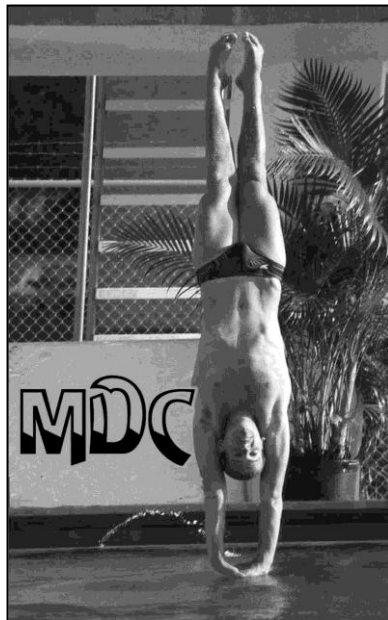
Dryland: Armstand- stomach to the wall, Armstand - back to the wall, Hold a hollow on back for 15 seconds, Tuck-ups- how many in 15 seconds, Pike flexibility, Shoulder flexibility, Toe point, Forward roll

12 & over 1m & 3m - 6 skills:

1m - Front Jump, Back jump and 4 other skills from 2 groups

3m - Front line-up, Back line-up and 4 other skills from 2 groups

Dryland: Armstand - stomach to the wall, Hold a hollow on back for 15 seconds, Tuck-ups- how many in 15 seconds, Pike flexibility, Shoulder flexibility, Toe point, Forward roll



2009 Show Your Skills! Meet

December 6, 2009
MLK Swim Center, Silver Spring, Maryland
Please send dive sheets with entry forms

Events Fee: \$30 per diver to participate in all events

Mail to: Emily Kastler, 8911 Bradmoor Drive, Bethesda, MD 20817

Postmarked by November 30, 2009; checks payable to MDC Boosters, Inc. Checks received with postmark date after November 30, 2009 will be assessed a late fee of \$15

Deck entries will be accepted with late fee of \$15

Diver's Name: _____ Date of Birth: _____

Address: _____ Phone: _____

AAU Number: **(Required):** _____ E-Mail _____

Club: _____ Coach: _____

Please circle: MALE FEMALE

Circle one: Intermediate Novice or Developmental

Circle age group & event(s): Platform for Intermediate Only

7 & U- 1m 3m Dryland Platform **9 & U-** 1m 3m Dryland Platform **11& U-** 1m 3m Dryland Platform

12-13 - 1m 3m Dryland Platform **14 & Over –** 1m 3m Dryland Platform

Number of Events entered: _____ Amount enclosed: \$ _____

In signing below, I verify the events in which I am entered and that I am a registered amateur athlete according to the rules and regulations of Amateur Athletic Union of the United States (AAU) and that in consideration of your accepting this entry, I, intending to be legally-bound hereby for myself, my heirs, executors, and administrators, waive any and all rights I may have the Potomac Valley Diving Association, Montgomery Dive Club, Inc, the MDC Boosters, Inc., the Meet Sponsors, Montgomery County Department of Recreation, my diving club or team, and each of the foregoing entities' respective agents, representatives, successors, or assignees for any and all injuries to me in, on, or at said meet and premises.

Diver's Signature _____ Date: _____

Parent's Signature _____ Date: _____