



CLINIC INFORMATION

If you dive for fun in the summer, or if you are a competitive diver and would like to discover more about the art of diving, this is the Clinic for you!

You will improve your fundamentals and your diving skills, as well as learn how to prepare mentally to be a better competitor.

Practice includes the following:

- Stretching Warm-up
- Trampoline Workout
- Belt
- Spotting Techniques

Water Workout:

- Approach
- Take-offs
- Come-outs
- Entries
- New Dives (IF READY)
- Video Analysis

(Every topic of the clinic will be divided according to age groups and ability levels; teaching techniques will be adjusted to the age and ability levels .)

This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.

All participants must have a current AAU membership. AAU membership may not be included as part of the entry fee to the event.

AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

www.retrieverdiveclub.com



CLINIC STAFF

Petar Trifonov joined the Retrievers in the summer of 2009 as the head diving coach for the UMBC Diving Team.

Trifonov has had an impressive diving career, winning more than 50 national championships in his native Bulgaria. The culmination point of his career was the appearance in the 1992 Summer Olympics in Barcelona, Spain.

After he finished his competitive career, Trifonov became a recognized coach and judge. He judged the USA Diving National Championships since 2001, and in 2008 was a coach at the FINA Junior Diving World Championships.

Trifonov's coaching career includes stints at the College of William and Mary and American University, and he has been coaching at the Montgomery Dive Club Team in Rockville, Md., for the past eight years.

In addition to coaching at UMBC, Trifonov is the head coach of the Retriever Dive Club at UMBC, which is geared towards youth divers in the Baltimore area.

PETER TRIFONOV
 Tel. 301.704.7712
trifonov_72@yahoo.com

www.retrieverdiveclub.com

2010 COMPETITIVE DIVING CLINIC AT UMBC Retriever Aquatics

1000 Hilltop Circle
Baltimore, MD 21250



Clinic I

Mon	July 5 th	2:00p.m.-6:00 p.m.
Wed	July 7 th	2:00p.m.-6:00 p.m.
Fri	July 9 th	2:00p.m.-6:00 p.m.
Sat	July 10 th	10:00a.m.-2:00 p.m.

Clinic II

Mon	July 12 th	2:00p.m.-6:00 p.m.
Wed	July 14 th	2:00p.m.-6:00 p.m.
Fri	July 16 th	2:00p.m.-6:00 p.m.
Sat	July 17 th	10:00a.m.-2:00 p.m.

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APPLICATION

(Circle one) Price: \$250/per Clinic
Clinic I – July 2010: **Clinic II – July 2010:**
Name: _____
Age _____ DOB _____
Parents: _____

Address: _____

City: _____
Best Phone: _____
E-mail: _____

T-SHIRT SIZE

(Circle one) Adult Youth
(Circle one) S M L XL

MEDICAL STATEMENT

I verify that my child has been checked by a licensed physician and is physically able to participate in the Competitive Diving Clinic. I agree to allow my child to be treated by a licensed physician while attending the Clinic, if necessary. I understand all that is stated in this brochure, including refund policy and payment information, and I am willing to abide by these rules and regulations.

X _____
Parent's Signature

**Send application with \$50.00
NON-REFUNDABLE deposit to:**

Peter Trifonov

6426 Sligo Mill Rd

Takoma Park, MD 20912

(Balance due June 25th, 2010)

**(Deposit will be forfeited and spot lost if not
paid in full by July 1st, 2010)**

**MAKE CHECKS PAYABLE TO:
PETER TRIFONOV**

www.retrieverdiveclub.com

GENERAL INFORMATION

AGES: **6 to 18**

DATES:

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PRICE: **\$250/ per Clinic**

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WHAT TO BRING:

It is important to bring the following with you **EVERYDAY** to the Clinic: bathing suit, towel, snacks, gym shoes, and gym clothes.

MEDICAL/SAFETY:

All staff members are certified in lifeguard training, CPR, and First Aid. Staff members are also members of USA Diving, AAU and are safety certified.

www.retrieverdiveclub.com

SCHEDULE

Typical daily schedule (may vary from day to day):

2:00 p.m.	Arrive
2:15 p.m. – 4:00 p.m.	Practice
4:00 pm. – 4:15 p.m.	Break/Snack
4:15 p.m. - 6:00 p.m.	Practice
6:00 p.m.	End of Day

**ALL DIVERS WILL TAKE HOME A
DIVING CLINIC T-SHIRT**



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