

**Seven Hills League
2009 Diving Championships**

"I Believe I Can Fly"

When: Monday, July 6, 2009

Where: Forest Hills Swim Club
1832 Eight Mile Road
Anderson Township, Ohio 45255

Time: 9:00 a.m.
Warm up schedule attached

Admission: Age 16 and over \$2.00
Age 6-15 \$1.00
Age 5 and under, Divers, Coaches, and Judges no charge

Meet

Director: Cindy Smith
474-9784 home
377-2994 cell
cdsgraphix@fuse.net

2009 Diving Championships Meet Information

- **League Rules:** Please see Appendix D for League Rules on the website: <http://www.7hillsleague.org> (Dive requirements attached).
- **Diver Eligibility:** All divers must participate in at least 2 Seven Hills League meets during the 2009 summer season to be eligible to compete in Championships.
- **Diving Sheets:** Diving sheets are due no later than 12:00 noon on Friday, June 26th. Please send or bring them to Forest Hills Swim Club. Sheets will be available for changes during warm-ups on Sunday, July 5th at Forest Hills Swim Club. Changes may be made up to one hour prior to the start of each event (the league Championships Diving Sheet is attached). Spread sheet diving sheets may also be emailed to cdsgraphix@fuse.net by the deadline.
- **Volunteers:** Each club must provide two table workers for each age group, both boys and girls. Please submit your list of volunteers via email to cdsgraphix@fuse.net by June 26th.
- **Program Ads:** Attached is an order form for anyone wishing to place an ad in the championship program. Please return completed order forms with payment to Forest Hills Swim Club by June 26th.
- **Team Area:** Please bring a tent or canopy and ground cover for your team area.
- **Parking:** Directions will be provided at the meet. There will be a designated diver drop off area.
- **Hospitality:** Judges, coaches and volunteer workers will be provided with drinks and lunch.
- **Concessions:** The pool concession stand will open for extended hours. Baked goods, including breakfast items, will also be available during the meet.
- **T-Shirts:** There will be no need for pre-order of T-shirts this year. Fine Designs, Inc. is back this year making custom T-shirts and sweatshirts on location with our championship logo. Please inform your divers and families that they will be able to purchase their choice during the championship meet. There will be a pre-order discount coupons available when purchased through the website at fdsportswear.com. Look for the link soon.
- **Kastaway Swimwear** will be onsite on Monday, July 6 during the Diving Championships for any of your swimming and diving needs.
- **ODTAA Images** will be taking action photos of our divers. Go to odtaaimages.com a couple days after the meet to view and purchase these terrific action shots. Last year's photos are still online.

2009 Diving Championships Order of Events

15-18 Boys (Begins at 9:00 am)

15-18 Girls

13-14 Boys

13-14 Girls

11-12 Boys

30 minute lunch break

11-12 Girls

9-10 Boys

9-10 Girls

8&U Boys

8&U Girls

Awards

- Gold, Silver and Bronze medals for 1st, 2nd and 3rd
- Small medals for 4th - 12th
- Team: Team Champion Trophy
- Plaque for the highest scoring team in each age group (girl and boy teams)
- Awards will be presented immediately following the conclusion of each event

2009 Diving Championships Warm-up Schedule

Sunday, July 5th, 3:00p.m. - 9:00p.m.

3:00-4:00 p.m.	Terrace Park
4:00-5:00 p.m.	Miami Hills
5:00-6:00 p.m.	Turpin Hills
6:00-7:00 p.m.	Indian Hill
7:00-8:00 p.m.	Normandy
8:00-9:00 p.m.	Forest Hills

Monday, July 6th

7:00-8:30 a.m.	Open warm-up for all age groups
8:30-8:45 a.m.	15-18 Boys & Girls only
9:00 a.m.	Meet Begins promptly

*Each age group will have a 15 minute warm-up period prior to their competition. This will take place during the awards presentations for the previous age group.

2009 Diving Championships Advertising

Cheer on your diver or your team by placing an advertisement in the 2009 Diving Championships program. Create an ad by computer or by hand. It can be a simple word of encouragement to your special diver. You can also include a business card or logo if you would like to promote your business.

Fill out the form at the bottom of this page and return with your payment to your coach or dive coordinator. Host team needs to receive these by Friday, June 26th, 2009.

Circle the category of your diver:

Boy Girl 8&U 9-10 11-12 13-14 15-18

1/8 page (2 in x 2 1/4 in)	\$10.00
1/4 page (4 in x 5 in)	\$25.00
1/2 page (5 in x 8 in)	\$40.00
Full Page	\$80.00
Inside Front or Back Cover	\$125.00

Your Name:

Phone: _____

Email (for confirmation/questions):

Please make checks payable to: **Forest Hills Swim Club**

You may email your art or return this form with camera-ready artwork and payment to:

Cindy Smith
8083 Sacred Heart Lane
Cincinnati, OH 45255
cdsgraphix@fuse.net
474-9784 home
377-2994 cell

APPENDIX B

7-Hills League Diving
Dive Requirements For Dual Meets

<u>Age Group</u>	<u>Dive Requirements</u>
8 and Under	One Required Dive, One Optional Dive (Divers can represent ONE category within two dives)
10 and Under	One Required Dive, Two Optional Dives (Divers must represent TWO categories within three dives)
12 and Under	Two Required Dives, Two Optional Dives (Divers must represent TWO categories within four dives)
14 and Under	Two Required Dives, Two Optional Dives (Divers must represent TWO categories within four dives)
18 and Under	Three Required Dives, Two Optional Dives (Divers must represent THREE categories within five dives)

NOTES:

- (A) Only the one-meter board can be used in Seven Hills League Diving Meets.
- (B) There are NO CUTS during dual meet competitions.
- (C) All diving events are for both boys and girls.
- (D) There are FIVE categories of dives: Forward Dives, Back Dives, Reverse Dives, Inward Dives and Twisting Dives. NOTE: A back twisting dive is NOT considered a “back” category dive – it is considered a “twisting” category dive.
- (E) Required dives are defined by number from the US Diving Rule Book Degree of Difficulty Tables: Forward dive - #101; Back dive - #201; Reverse dive - #301; Inward dive - #401; ½ Half Twist - #5111. Required dives must be performed prior to the optional dives.
- (F) The Position of the dive is also defined in the US Diving Rulebook: “A” – Straight or Layout Position; “B” – Pike Position; “C” – Tuck Position; “D” Free Position
- (G) All optional dives must be from a different group. (Example: A diver cannot perform both a Forward 1 ½ somersault AND a Forward double somersault.)
- (H) Any “required” dive not used as a “required” dive may be used as an “optional” dive. Any dive not defined as a “required” dive is considered an optional dive. “Optional” dives may NOT be used as “required” dives.
- (I) All dive sheets should clearly list the dive number, position letter, degree of difficulty as well as the written description of the dive. The dive number and letter are the official description of the dive.
- (H) Properly completed dive sheets should have the correct dive number and position letter as well as the written description of the dive in the spaces provided. The Dive Number and Position Letter are the OFFICIAL description of the dive.
- (I) Exhibition divers are NOT expected to meet the age group dive requirements, but should attempt dives that they have some realistic expectation of completing. Coaches may give assistance to exhibition divers if necessary.
- (J) The degree of difficulty for performing a jump off the diving board is .01.
- (K) There is a general warm-up of 30 minutes for each team prior to the meet. There will be NO warm-up between 8-Under, 9-10, or 11-12 age groups. There will be a two (2) dive warm-up per divers for 13-14 and 15-18 age groups after the 11-12 competition and before the 13-14 competition.

APPENDIX D

7-Hills League Diving Championship Meet Dive Requirements

Age Groups	Preliminaries (Cut to 12 after Preliminaries)	Finals
8 and Under	One Required Dive, One Optional Dive (Divers must represent TWO categories within three dives)	One Optional Dive
10 and Under	One Required Dive, One Optional Dive (Divers must represent TWO categories within four dives)	One Required Dive One Optional Dive
12 and Under	Two Required Dives, One Optional Dive (Divers must represent THREE categories within five dives)	One Required Dive One Optional Dive
14 and Under	Two Required Dives, One Optional Dive (Divers must represent THREE categories within five dives)	One Required Dive One Optional Dive
18 and Under	Two Required Dives, Two Optional Dives (Divers must represent FOUR categories within six dives)	One Required Dive One Optional Dive

NOTES:

- (A) Only the one-meter board can be used during the Diving Championship Meet.
- (B) All diving events are for both boys and girls.
- (C) No dives performed in the preliminaries shall be repeated in the finals.
- (D) There are FIVE categories of dives: Forward Dives, Back Dives, Reverse Dives, Inward Dives and Twisting Dives. NOTE: A back twisting dive is NOT considered a “back” category dive – it is considered a “twisting” category dive.
- (E) Required dives are defined by number from the US Diving Rule Book Degree of Difficulty Tables: Forward dive - #101; Back dive - #201; Reverse dive - #301; Inward dive - #401; Half Twist - #511. Required dives must be performed prior to the optional dives.
- (F) The Position of the dive is also defined in the US Diving Rulebook: “A” – Straight or Layout Position; “B” – Pike Position; “C” – Tuck Position; “D” Free Position
- (G) All optional dives must be from a different group. (Example: A diver cannot perform both a Forward 1 ½ somersault AND a Forward double somersault.)
- (H) Any “required” dive not used as a “required” dive may be used as an “optional” dive. Any dive not defined as a “required” dive is considered an optional dive. “Optional” dives may NOT be used as “required” dives
- (I) The finals will be restricted to the twelve boys and twelve girls accumulating the highest number of points in the diving preliminaries, in each age group. In the event of a “tie” for 12th place, both divers will be permitted to dive in the Finals for a total of 13 divers.
- (J) Properly completed dive sheets should have the correct dive number and position letter as well as the written description of the dive in the spaces provided. The Dive Number and Position Letter are the OFFICIAL description of the dive
- (K) Jumping off the board is not permitted at Diving Championships.
- (L) Exhibition Divers are NOT permitted at the Diving Championship Meet.