

Lehigh University DIVE Clinic



DIVING: OPEN CLINIC SERIES

FEATURING: SETH DARLEY, COACH LEHIGH DIVING

WHEN: July 11 & 12 Saturday & Sunday
July 18 & 19 Saturday & Sunday
July 25 & 26 Saturday & Sunday
August 1 & 2 Saturday & Sunday
August 8 & 9 Saturday & Sunday
All Diving is conducted in Lehigh University's Taylor Gym, in Jacobs Pool (1&3m)

TIME: Saturdays & Sundays 11:00am-12:30pm

COST: \$40 per Saturday & Sunday



WHO:

- This clinic series is for boys and girls aging from 9-17 years old.
- All participants should have some diving experience. We will meet everyone's needs from novice divers to advanced divers.
- We must emphasize that each clinic is designed for divers of differing diving levels.

DESCRIPTION:

- The Lehigh University Diving Open Clinic Series 2009 will provide divers with a two day weekend open clinic program designed to improve technique and advance training skills.
- Clinic will include technique sessions on 1meter and 3 meter.
- Each session will be guided by our experienced staff.
- Participants will be supervised by the coaches at all times.
- The daily program will include dry-land exercise tips, flexibility sessions, nutrition activity, and goal setting demonstration.
- Divers will be TIVO'ed™ while diving and will be reviewed with a coach. Analysis will follow a step by step evaluation on their technique and swimmers will be given ideas on how to improve.
- The Lehigh University Diving Clinic Series is designed to teach and advance competitive techniques.

FEATURES:

- Daily Diving Analysis
- Daily TIVO™
- Beautiful campus and facilities
- Each participant will receive a clinic t-shirt.

DAILY SCHEDULE:

11:00am	Arrive
11:00-11:30am	Film Review, Special Topic, Flexibility
11:30am-12:30pm	Drills, Diving progressions, Dives and TIVO™

REGISTER
ONLINE
TODAY!

www.lehighsports.com