



Diving - Competitive

The Competitive Diving program is open to all girls in Years 3 to 12 who are participating in Diving at a competitive level. Students will have the opportunity to participate in pool sessions at Pymble Aquatic Centre. Students will also participate in dry land lessons, which will involve the use of the indoor Diving boards in the Artistic Gymnasium, to allow for greater correction of technique and fitness, as well as strength and conditioning sessions.

Program Co-ordinator	TBA ccsa@pymblelc.nsw.edu.au
Coaching Director	Mrs Chris Lang clang@pymblelc.nsw.edu.au
Term/s	Term 1 This program will be available every term
Years	Year 3 to 12
Days/Times	Monday: 6.45am to 8.00am (Artistic Gymnasium) Tuesday: 4.30pm to 6.00pm (Aquatic Centre) Wednesday: 6.30am to 8.00am (Aquatic Centre) Thursday: 5.00pm to 7.00pm (SOPAC) Friday: 4.30pm to 6.00pm (Aquatic Centre) Saturday: 11.00am to 1.00pm (SOPAC)
Cost	\$410.00
Maximum	20 students
Program Dates (Start/End)	Term 1: Week 2 of Term 1 (Monday 6 February) to Week 10 of Term 1 (Thursday 6 April)
Venues	College Artistic Gymnasium Pymble Aquatic Centre Sydney Olympic Park Aquatic Centre (SOPAC)
Uniform	Dry land: Pymble PE Uniform – black bike pants are acceptable Pool Sessions: Pymble or other appropriate diving costume