

2012 Winter Dive Clinic

The Saint Xavier Swimming and Diving Coaching Staff is proud to present our Winter 2012 "Dive Clinic". The clinic is open to all divers ages 5-13 who want to learn the skills necessary to become a competitive diver. The clinic will be taught by Saint Xavier High School Diving Coach Dustin Schulten. In addition to Coach Schulten, diving demonstrations and additional instructions will be provided by enthusiastic dive team members who are currently involved in the dive program. Highlights of the clinic include the basics of diving which incorporate proper hurdle and back press technique, development of each of the five categories of diving, drills to improve take-offs and entries, and having fun on the board and in the water.

The clinic is limited to the FIRST 10 DIVERS PER SESSION WHO SIGN UP, so Register NOW! All sessions will be taught at the Cornelius Hubbuch Natatorium located on campus.

Day: 8 Saturday and *2 Sunday (10 Classes)

Cost: \$175 (includes Nike St. X t-shirt)

Location: St. Xavier High School

Dates: January 14th February 11th March 3rd March 10th *March 18th
February 4th February 18th *March 4th March 17th March 24th

Times: **Session 1:** 12:00-1:00 p.m.
Session 2: 1:00-2:00 p.m.

Questions: Contact Diving Coach Dustin Schulten via [email](#) or at (502) 836-7135

Go to www.saintx.com/swim to register online.

You must complete and turn in a [Parent Consent Form](#) at the first session. Please print, sign and bring this form with you.