

## **INTRODUCING THE LAKE NORMAN DIVING LEAGUE!**

This brand new league is established to increase the opportunities for Huntersville residents and all of the Lake Norman area to take advantage of the state of the art diving facilities at Huntersville Family Fitness & Aquatics Center.

<b>Registration:</b>	<b>April 29</b>
<b>Start:</b>	<b>May 2</b>
<b>League Championship</b>	<b>June 25</b>
<b>Cost:</b>	<b>\$95</b>

The league is open to everyone between the ages of 9-18, not just those in the Lake Norman area and no experience is necessary to take part.

Please see the links below for answers to some popular questions:

[How do I sign up?](#)

[How will I be put on a team?](#)

[When are the practices and what should I expect?](#)

[What will the meets be like?](#)

[What are the rules?](#)

The Lake Norman Diving League is intended to allow kids to return to carefree summers of jumping, flipping and twisting while providing the safety of supervision of professional coaches.

If you have further questions please contact:



**Huntersville Family  
Fitness & Aquatics**

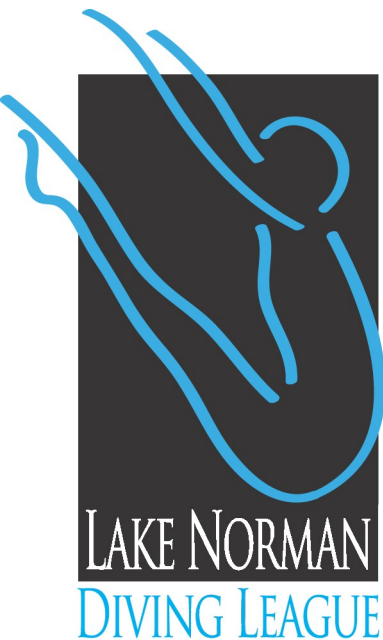
For more information Visit:

**www.hffa.com**

Or contact:

Carolina Diving Academy  
Head Coach  
Aaron Hintz  
ahintz@huntersville.org  
**704-766-2222**

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## REGISTRATION

Registration is relatively straight forward. Please fill out the form as completely as possible (we will be using the information to assign you to a team).

Registration will be accepted at HFFA up to the April 29 deadline—you may turn in your registration early.

An AAU Diving membership is required (\$12) to complete the form. You will need to have your number before submitting your registration.

You can obtain an AAU Diving membership at:

[www.aaudiving.org](http://www.aaudiving.org)

If you wish to create your own team, there is a *team* line on the form where you should write in how you wish the team to be identified. If that line is blank we will place you on a team comprised of participants as close to your home as possible.

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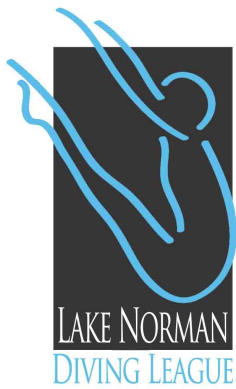
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Guest Relations Staff Only	
Registration ___/___/___	Staff _____
CC receipt# _____	Staff _____
Check # _____	Staff _____
Key Tag # _____	Staff _____

## Registration Form

PARTICIPANT NAME: \_\_\_\_\_ Age \_\_\_\_\_ DOB: \_\_\_\_\_

PARENT NAME(S): \_\_\_\_\_

TEAM: \_\_\_\_\_

PARTICIPANT SCHOOL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

NEIGHBORHOOD/ COMMUNITY: \_\_\_\_\_

CITY: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: (Home) \_\_\_\_\_ Work/Cell \_\_\_\_\_

Parent Email(s): \_\_\_\_\_

Participant Email \_\_\_\_\_

Emergency Contact: Name: \_\_\_\_\_ Number: \_\_\_\_\_

AAU # \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

By the enrollment of my child in this program, sponsored by Huntersville Family Fitness & Aquatics, I certify that I have disclosed to this facility any restrictions or conditions that may hinder myself and/or my child's participation in this program. In signing this waiver, I also give my permission for myself and/or my child to participate in all activities associated with this program, including those activities/field trips required or involving transportation.

I furthermore hereby release, discharge and hold harmless Huntersville Family Fitness & Aquatics & Carolina Diving Academy, its employees, volunteers, instructors and contractor from all actions, claims demands and costs for any injury or illness suffered by myself and/or my child as a result of participation in this program and associated activities.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Participant Signature (Parent/Guardian signature if under age 18)                      Date



## TEAMS

Our goal is to eventually have teams specific to one neighborhood, subdivision or town. Until that point we will assign teams comprised of members as close to one another as possible.

For example, if you live in Mooresville you will at the very least be on a team with northern most divers in the league if not other divers from the Mooresville area. We wish to be as **carpool friendly** as possible.

Teams will also be as evenly divided among the age-groups as possible. There are several age-group events that will contribute to team scores, in this first year of the league we want teams to have a relatively **even distribution** among the different events.

The **Carolina Diving Academy** has divers all over the Charlotte area, in this first year we will assign all of the Lake Norman area athletes to a team to act as mentors to those new to the sport.

If you wish to create your own team please be conscious of the eventual goal of the league and restrict your choices to those in your neighborhood or town.

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## PRACTICES

Divers may wear any suit they wish as long as it stays on while diving—speedo style suits are not required. As the divers learn more difficult dives they may wish to adopt the competitive suit, but there will be no timetable for that change.

Each team will have two practices per week. The exact days of the practices will vary team to team, but be the same throughout the season.

The practices will last 1.5 hours each and take place between 3 and 7:30 Monday through Friday and between 9am and 3pm on Saturday. Teams farther away will have a later practice time during the week to accommodate a longer commute.

The exact practice schedule will depend on the total number of league registrants and teams.

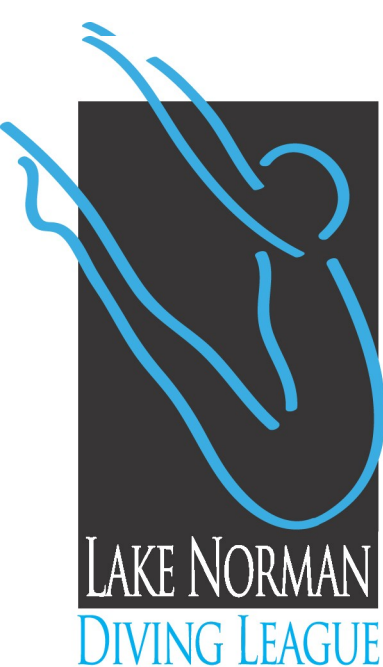
The practice schedule will be distributed via email and posted on the HFFA website.

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## MEETS

There will be at least two dual meets during “regular season” and the league championship on June 25.

The more teams, the more dual meets we will include. There is the possibility every team will not compete with each other, every year.

### **There will be four levels of competition on 1 meter:**

- 11-Under Any four dives (including jumps and line-ups).
- 12-13 Any five dives (including jumps and line-ups).
- 14-15 Five dives from at least three different groups (including jumps and line-ups).
- 16-18 Six dives from at least four different groups (including jumps and line-ups).

### **There will be two levels of competition on 3-meter:**

- 13-Under Any four dives (including jumps and line-ups).
- 14-18 Six dives from at least three different groups (including jumps and line-ups).

The first year we will not distinguish between genders. As the experience level within the league increases will create additional divisions.

### **The meet scoring will be as follows:**

Dual meets

Each event will be scored to six places 7, 5, 4, 3, 2, 1 with the team winner accumulating the most total combined points.

Championship meets

Each event will be scored to 12 places 14, 12, 11, 10, 9, 8, 6, 5, 4, 3, 2, 1 with the team winner accumulating the most total combined points. Awards will be given to the winner of each age-group and the winning team.

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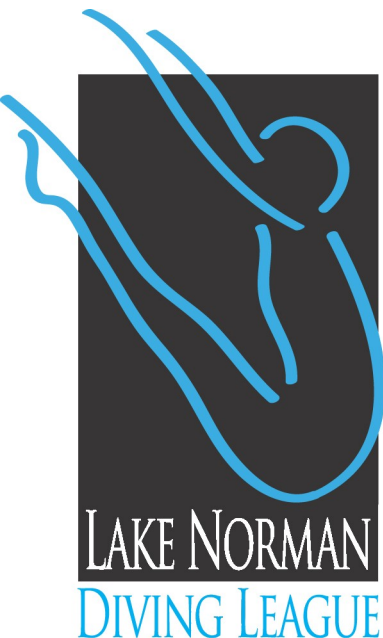
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## RULES

The Lake Norman Diving League will essentially follow AAU beginning and Intermediate diving rules.

All jumps and line-ups are considered dives and earn 1.0 degree of difficulty.

**Jumps** are feet first entries and can be forward or backward. Twisting jumps will be allowed. Jumps can be performed straight pike or tuck but different positions will not be considered different dives.

**Line-ups** are falling, hand first entries and can be forward or backward. Line-ups can be performed in straight, pike or tuck, but different positions will not be considered different dives.

**Dives** will follow position and degree of difficulty as assigned by FINA (the international diving governing body). A complete listing can be found at: <http://www.fina.org/H2O/docs/rules/DV%20RULES%20-%20APPENDIX%202.pdf>

A direction is determined as forward, backward, inward, reverse or twist.

More information will be disseminated to participants in preparation for each meet

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