

# Mission Viejo Nadadores

“Presidents Day Weekend”

## Dive Camp

Date: February 16<sup>th</sup> – 17<sup>th</sup>, 2011

Time: 9:00am – 3:00pm

Location: 27474 Casta del Sol,  
Mission Viejo, Ca 92692



Come join the *Mission Viejo Nadadores* for our  
“Presidents Weekend” Dive Camp!

### How to Register:

- To register please email [dstarks.mvnd@gmail.com](mailto:dstarks.mvnd@gmail.com)
- More information can be found on the Nadadores dive website: [www.mvndive.com](http://www.mvndive.com), or [www.usadiving.org](http://www.usadiving.org)
- Registration limited to first 30 applicants
- 2 day option: \$200 if registered by February 9<sup>th</sup>, \$250 if registered after February 9<sup>th</sup>.
- 1 day option: \$125 if registered by February 9<sup>th</sup>, \$150 if registered after February 9<sup>th</sup>.
- Lunch will be provided each day!

### Camp Schedule

9:00am - 9:30am	Registration
9:30am – 10:45am	1 <sup>st</sup> Session
10:45am – 12:00pm	2 <sup>ND</sup> Session
12:00pm – 1:00pm	Lunch Break
1:00pm – 2:00pm	3 <sup>rd</sup> Session
2:00pm – 3:00pm	4 <sup>th</sup> Session

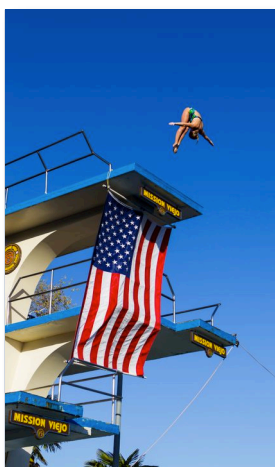
*The schedule will remain the same each day of camp*

*There will be one rotation per event (1-meter, 3-meter and platform) and the last rotation will include learning new dives and working on problem dives.*

### Facility:

**Water:** (1) half-meter springboard, (2) 1-meter springboards (spotting belt over outside board), (2) 3-meter Springboards, low tower, 3,5,7.5 and 10-meter platforms, and a large 30 person Jacuzzi! Pool also includes a built in bubbler system under the 3-meter springboard and the 5, 7, and 10-meter platform.

**Dry-land:** (2) Trampolines (one with spotting harness), (1) Dry-board w/ spotting harness, large covered matt area for flipping and stretching, Tivo analysis system for the 1, 3 and platforms!





Janet joined the Coaching Staff in 1985 to re-develop the Junior Program when the original Head Coach Ron O'Brien and his Olympic entourage left for Boca Raton, FL. Janet brings 20 years of competitive diving experience and over 35 years coaching experience. As a former two-time Olympian (1972 Munich Germany & 1976 Montreal, Canada) and World Champions (1975 Cali, Colombia), Janet has experience at all levels of the sport. She has instructed divers from their very beginning stages all the way up to competitive performances at Senior National and International competitions and qualifying Jrs to numerous Olympic Trials. Janet has coached divers to win numerous individual, as well as team titles at the US National Championships and both Junior and Senior World Championships. As a result of her coaching accomplishments, Janet has served on USA Diving's Technical Advisory Council, Skills Development Council, International Rules Committee, and served on the USA Diving Board of Directors. Janet is a graduate of Southern Methodist University in Dallas, Texas.



Derek joined the MVND Coaching Staff in 2007. He began diving in 1992 in Poway, CA and moved to Mission Viejo to join the National Team in 1998. During his competitive career Derek earned numerous national and international medals and titles including Bronze at the 2000 JO World Championships and swept the 16-18 events at the 2002 Canada-USA Challenge. Derek attended and competed for the University of Miami on full athletic scholarship graduated in 2007 with a Bachelor's Degree in Business Administration. Derek served on USA Diving's Board of Directors as an Athlete Representative and was also Chair of the Athlete Representative Committee and was named as an official coach for the 2011 JO Pan American Games in Medellin, Colombia. Derek currently serves as the Zone E chair for the J.O rules sub-committee and the Jr. chair for the SPA.



Mike joined the Nadadores coaching staff in 2011 as the Strength & Conditioning Director. Mike comes to the team from the University of San Diego where he served as Head Diving Coach. Prior to serving as the Head Coach at USD, Mike served as Assistant Diving Coach of the USC Dive Club. Mike is a graduate of USC, where he dove all 4 years of his college career. As a Junior Diver, Mike dove for Mission Viejo Nadadores under Coaches Hongping Li and Janet Ely. Mike is a 6-time Junior National Champion, 8-time West Junior National Champion, 3-time CIF Champion, 4-time NCAA Qualifier, and an NCAA All American Diver. Mike's coaching experience and strong track record as JO, Senior and Collegiate athlete have given him exceptional experience in technical skill and strength development. Mike is also our team's contact for all CIF/NCAA/College recruitment information. Mike had previously spent 2 years volunteering as a firefighter for the San Diego County Fire Authority. Mike currently serves on the Jr. Committee of Competitive Excellence for USA diving and the Seniors Chair for the SPA.

- Please fill this form out and bring it with you on the first day of camp

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Competing Age Group: \_\_\_\_\_

Allergies: \_\_\_\_\_

Medical History / Other Major Accidents: \_\_\_\_\_

\_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ (C)#: \_\_\_\_\_

Home #: \_\_\_\_\_

1-meter List			
Req. Dive	DD.	Opt. Dive	DD.
1)		1)	
2)		2)	
3)		3)	
4)		4)	
5)		5)	
		6)	
Total DD		Total DD	

Platform List			
Req. Dive	DD.	Opt. Dive	DD.
1)		1)	
2)		2)	
3)		3)	
4)		4)	
5)		5)	
		6)	
Total DD		Total DD	

3-meter List			
Req. Dive	DD.	Opt. Dive	DD.
1)		1)	
2)		2)	
3)		3)	
4)		4)	
5)		5)	
		6)	
Total DD		Total DD	

Areas of Focus: \_\_\_\_\_

\_\_\_\_\_

Dives to Learn: \_\_\_\_\_

\_\_\_\_\_

Remember to Bring:

A mid morning snack, H2O, drinks, warm clothes, a couple towels, sunscreen, parka, hat or visor, shoes and swim suit! And remember to have FUN!

If your diver takes any medications (inhaler for asthmas or an Epi-Pen for an allergic reaction) of any kind please bring them with you!

