



Note to Coaches:

West Windsor Whalers is hosting the Flip, Twist, or Dive Invitational at Water Works Aquatic Center in West Windsor, NJ.

Tentative Schedule

7:00 AM	Doors Open
7:15 - 8:30	Warm-up
8:30 - 9:15	17 & Under
9:30 - 10:45	13 & Under
11:00 - 11:45	10 & Under
12:00 PM	Awards

Water Works
193 Princeton-Hightstown Rd
Princeton Jct., NJ 08550

It is being held on June 27th, 2009. We have included a schedule for the day. These are tentative start times for age group events. After each event, a 15-20 minute warm-up will occur, followed immediately by the next age group event. We encourage all divers to come to the warm-up held at 7:15 AM.

Requirements: This meet's purpose is to motivate divers to try new dives and increase the difficulties of their lists. There will only be three age groups, 10 & under, 13 & under, and 17 & under. All divers may compete in two age groups, "dive up". The June 1st birthday cut-off still applies. To increase the caliber of diving, we have eliminated all jumps, 100 & 200. 10 & under are required to do three dives, from two categories (front, back, reverse, inward, or twister) with no jumps! In the older age groups, divers will perform both voluntary and optional dives, never performing three dives from the same group. The requirements for each age group are listed below:

- 10 & UNDER:** 3 voluntary dives covering 2 groups
- 13 & UNDER:** 2 voluntary dives covering 2 groups
3 optional dives covering 3 groups
- 17 & UNDER:** 3 voluntary dives covering 3 groups
4 optional dives covering 4 groups

A 2009 Dive Sheet is attached. All divers should complete a dive sheet for each event. They must be signed by both the diver and coach. We are requesting that all Dive Sheets be handed-in with the Registration Forms, due no later than, **June 15th**, at the PASDA Meeting. They can also be emailed to mallory.swanson4@gmail.com. Dives can be changed upon arrival the day of the Invitational.

We are also requesting that every team have one Judge/Coach available during each age group event. Thanks for your participation!

Spreadsheet: Along with the Registration Form, is a Flip, Twist, or Dive Spreadsheet. On this spreadsheet coaches will record their divers' names, age groups, and T-shirt orders. The final spreadsheet **must be emailed to mallory.swanson4@gmail.com by June 14th**. This allows us time to print a program, including all divers' names and events. The dive order will also be determined at this time. This is a strict deadline!

Cost: Each event will cost \$5. T-shirts can also be ordered on the Registration Form, \$10 each. Coaches can include their names on the Spreadsheet (explained above) if interested in purchasing a T-shirt. **T-shirts will not be sold at the Invitational, and can only be pre-ordered!**

Whalers will only be accepting **one check from each team**. It should be made out to: West Windsor Whalers. Checks are due: **June 15th**, at the PASDA meeting. On the Registration Form, divers are encouraged to hand form and payment into team coaches by June 11th. This leaves one day for forgetfulness.

Suit Lady: Gay Silverman, the famous suit lady, will be at our Invitational selling boys and girls swimsuits. Please remind parents that **she only accepts cash and checks!** We are so excited to have her.

Snack Bar: The pool snack bar will be open for the duration of the Invitational. They will be serving breakfast and lunch items.

Papertrail Timeline:

June 11th- Registration Forms due to Team Coaches

June 14th- Emailed Spreadsheet due

June 15th- Payment, Registration Forms, and Diving Sheets due to Whalers

June 15th following meeting- T-shirt orders will be made! No order, no T-shirt! Strict deadline!

June 27th- Invitational!

Questions? Call Lee (609) 240-5027 or Mallory (609) 240-4306.