

# Dive

**The Chesterbrook Dive Team** competes in the Northern Virginia Swim League diving program. The team emphasizes fun and safety while also helping divers reach their full potential as athletes. There are no tryouts. To qualify for the team, a child just needs to be able to jump off the board. The coaches will take it from there!

The team typically consists of 60 to 70 divers, ranging in age from 6 to 18. Divers should expect to compete in several meets during the season, depending on their experience and ability. There are team social events as well as an end of season awards banquet. Parental participation is needed at meets and socials.

We won the Division 4 Championship last season and have moved up to Division 3 of the NVSL. The regular season consists of five competitive Tuesday night meets beginning June 27th and three Thursday night developmental meets. To qualify for a Tuesday night meet, a diver must be able to do the required number of legal dives for their age group. For example, 10 and unders must do three dives (a forward dive, a back dive and a flip). All other divers will compete in Thursday night meets and we have several planned against local clubs. Dive meets start at 6:00pm, with a warm-up session beforehand (4:00pm for home meets and 5:00pm for away meets).

In addition to these meets, our divers compete in the NVSL Division 3 Individual Championships, the Wally Martin Memorial 3M Championship and the NVSL All Stars Championship. All Developmental divers are encouraged to compete in the Crackerjack Meet.

**Dive Team Suits:** Members of the Dive Team may use the same suit as the Chesterbrook Swim Team available at Sport Fair. Boys may wear the traditional brief or the longer "jammer." Boys may not practice or compete in trunks. Alternatively, you may wear a past year's suit or any other appropriate suit, preferably in red/black color scheme.

**Dive Team T-Shirts:** A Dive Team t-shirt is included in the registration cost. Additional t-shirts are available for purchase while supplies last. Other merchandise will also be available for sale.

**Parental Involvement:** Running a Dive Team requires parents to help run the meets and organize social events. Judges, table-workers and announcers get the best view of the meets, and volunteering for one of these jobs is a great way to find out more about the sport. Please attend our Parents Meeting to learn more about the Diving Dolphins, meet our coaches and volunteer. The Parents Meeting will be during the first week of practice, exact time TBD.

**Questions or Comments:** Please do not hesitate to contact the Dive Team Representatives, Katy Beach and Maria Kouba, at [dive@chesterbrookclub.com](mailto:dive@chesterbrookclub.com).

To learn more about diving, click here: <http://dive.mynvsl.com>