

Summer Camp Issue! Top 4 diving camps around the U.S. See Page 6

DIVING 10.0



Jack Stein

A 15-year-old who has bigger goals than just high school competition

In this issue:



How-to get that swim suit ready body the diver way on page 16

On the cover

6) Top Diving Camps

Looking for a great summer camp this summer? Well here are the top 4 diving camps in the U.S. with their names, list of important facts, and contact information. So go out there and rip those dives!

8) Jack Stein

This high school sophomore has a huge diving career ahead of him and he knows he will go much farther than just high school competition. This 15-year-old has some huge dreams and motivation to match.

Features

14) One Lucky Team

This team's coach fought the school and city to build his divers a dry land center so that they could improve off-season on their diving without losing the vital skills needed when pools opened up and water practices begun again.

18) BFFs & Competitors

These two best friends since elementary school, now both fighting to be number one; against each other. Will this take a toll on their friendship or will they know friendship comes first? These best friends believe, win or lose, they are friends before competitors.

Extras

4) Diver Q&A

13) Coach of the Month

20) Meet the Editor

21) Making the Issue

Follow Us!



www.twitter.com/divingnomag

-Helpful Tips--Contest--Upcoming Events--Fun Facts-- & More-

Diver Q&A

your questions answered!

Q

What are the differences between diving off a springboard and diving off the platform? Are the hurdles different? Which one is harder?



The difference between springboard and platform are that, well platform does not bounce, so yes the hurdles are different for each event.

Armstand are also allowed in platform competition, but not in springboard. Depending on your strength and weaknesses, either one could be easier. It all depends on your legs strength, balance, and not having a fear of heights.

Q

What is the best way to get recruited by colleges and be seen by college coaches?



I would suggest making a recruiting DVD with your picture on it. Video your best diving meet and some extra fun clips and put them together, making a little documentary. Also, I was suggest signing up for a free recruiting profile at www.berecruited.com. Be recruited is a website specially designed for athletes and college coaches. It makes it easy for collegiate coached to find athletes of their sport and makes it easy for them to contact you via e-mail or phone. Doing both of those things should make you set for the recruiting process, also go on ALL 5 of your recruiting trips, don't just go on one. Take them all and experience your top 5 choices to meet thier coaches and the team, as well as see the school and its academics.

Q

What are some key tips to getting over the mental aspect of diving? How do you get over the fear?



Well, fear is part of the sport, however, try visualizing the dive in your head, doing it correctly. Another tip is if youre thinking to much when you are on the board, count to 5 then make youreself go or have a teammate/ coach count for you. Practice will help you get over the fear of the dive, and remember smacking happens and is not big thing, so breathe and GO!



got milk?

The **BEST** diving summer camps around...



Indiana Diving Academy

Train with 3-time Olympic Coach Dr. Jeff Huber at Indiana University located in Bloomington, Indiana. With an indoor and outdoor olympic pool and dryland center this camp is fun and designed for you to better your diving career. This facility includes 18 Springboards, Dartfish Video Analysis, 11 Cameras, Monitors and TIVO Replay Systems, as well as a world class coaching staff!

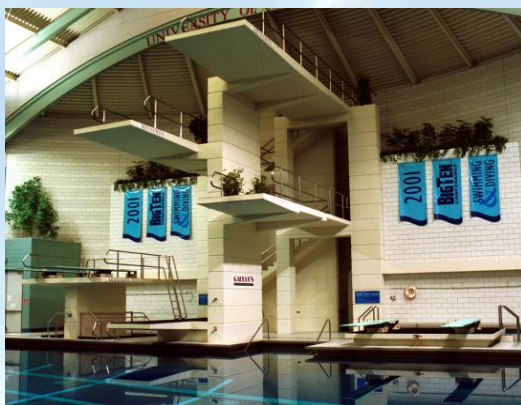
For more information on this summer camp visit www.indianadivingcamps.com



Boiler Diving Camp

Be coached by Adam Soldati, Head coach of Purdue University and the 2009 NCAA Coach of the Year. Also practice along side 2004 Olympian, Kimiko Soldati. This camp is held at Purdue University in Indiana and has a separate diving well, nine video replay systems, 8 springboards, a full set of towers, belt systems and a bubble system for learning new dives, a hot tub, dry boards, trampolines, a spring tumbling floor, and Dartfish video analysis

For more information & registration visit www.PurdueSportsCamps.com



Duke Diving

Train with Duke Diving Coach Drew Johansen on the campus of Duke University in Durham, North Carolina. The facility has 5,000 square foot Dryland Training Center, 5 Dryland Diving Boards with High Performance Spotting Systems, 4 Trampolines with High Performance Spotting Systems, TIVO Replay System, Separate Diving Well, 4 Spring Boards, a full tower, 3-Meter Water Belts, and Dartfish Video Analysis. There are only 30 spots per session so register early before the spots fill up!

For more information and register online visit:
www.DukeDivingCamps.com



Longhorns Diving

Training directed by Matt Scoggin, Head Men's & Women's U.T. Diving Coach since 1994. This camp is held at University of Texas. There are four, one week sessions with multiple options available; Supervised extracurricular activities; 24 hour adult supervision; Olympic-caliber facility, including trampoline/dryland spotting rigs, bubbler system, t.v. monitors w/constant video play-back of dives.

Register on-line at:
www.TexasSports.com/camps/diving-camp.html



Jack Stein

A young man with curly brown hair, shirtless and wearing black swim trunks, is sitting on a metal lifeguard stand. He is looking off to the side with a thoughtful expression. The background is a clear, bright blue sky.

This 9th
grader has
amazing
talent and
some big
dreams to
match.

By Jordan Weber

While most are at the beach enjoying the sunshine on Saturdays, one specific high schooler is enjoying the sun beams while diving off a 10 foot high spring board.

Jack Stein, a freshman at Shore Crest Preparatory, starts his practice knowing he has only a limited amount of time to perfect his dives before competing at the Junior East National Championships in Ohio April 9th-11th.

Stein is a major threat to all high school diving teams and is one of the county's top male divers on springboard and tower diving and with his confidence sky high, Stein's main goal is to work hard to get a scholarship to college with his diving talent.

Although Stein is the competition of many around the state, this young man has worked his speedo off to get to where he is today.

Jack Stein became interested in the sport of diving when he was nine. He found his passion from watching his older sister, Hannah, practice and thought he would give it a try.

Stein and his sister have been practicing year-round together since he was in third grade and says they are not competitive with each other because they are "better at different things."

Hannah Stein says, "He



knows what I am good at and I know what he's good at, so in meets he knows when to cheer extra loud for me."

Even their long time diving coach Tony Periello said that Jack and Hannah never fight at practice, however if one of them wants to be lazy, then the other follows right along.

Not only does Stein see his sister as a teammate, they both agree that she is also his number

one cheerleader in and out of practice.

"I love seeing him do new dives in practice, my favorite memory was when he accidentally did a front one and a half twisting quad off tower, that was awesome! I even ran around the meet and got everyone watching to chant his name," Hannah Stein said.

Stein commented on his accidental dive by saying he got lost in the air during the middle of the dive, but now can say his accident was a success. Stein is the only high school age diver in the county who has ever completed that dive.

"We were in Orlando and I did it so I could go to Vans Skate Park and I will never, ever do it again! It was the scariest thing I've ever done," Stein said laughing "It was a one time thing, which is why it is a memory."

Although accidentally doing dives happens sometimes during practice, Stein has a set list of dives he practices every day so he is ready for competition, but like all divers, Stein has his favorites.

Thinking for a second Stein said, "Well, on tower, my favorite dive is my inward one and a half pike on 10 meter. On spring board my favorite dive is my front twister on three meter, it's my signature dive."

In diving, tower and spring board are the two categories of diving one can compete. 10 meter is the highest diving board, which is around a 33 foot drop to the water, and three meter is only about a 10 foot

drop to the water.

Stein competes both of these events and said, "I like three meter the best, but tower sets me apart from everyone else."

Stein has Nationals coming up in a couple weeks and said he is the only male competitor that is not a senior and thinks he has a pretty good chance at placing well at the competition.

Although three meter and tower are Steins USA Diving competition events, in high school divers only compete one meter, but compete both six and 11 dive meets, depending on the level of the meet.

For dual meets, which are meets against only one other high school, each divers only competes six dives. Those six dives include one dive from each of the categories of dives, and

one extra of a dive depending on what the weekly dive is.

For big meets, such as regionals or states which has more than three teams competing, each diver competes 11 dives. Of those 11 dives, the divers do two of each categories of dives and chooses which category they would like to pick a third dive to compete.

Stein placed sixth in states as a freshman and said his goal for his sophomore year was to win states.

"Being the two top county divers is really cool, especially achieving that title with your brother, that's my most memorable moment about this high school season," Hannah Stein said.

Both the Steins have had a amazing run as Pinellas County's top competitive divers, winning

most, if not all the dual meets they came across during season.

However in the big meets, against more than just one school, it varied in placement, but Jack and Hannah always improved and never lost without a fight. All who come across this dynamic duo knows of them and automatically feels their competitive vibe, they know they are a threat.

Jack Stein is a young man with many talents, especially in the sport of diving. With his dreams and ambition we will see not only great things in the rest of his high school career, but also some great things at the collegiate level, maybe even further.

Stein below is showing the basics elements of his back 2 1/2 tuck.



- 1) is showing his concentration, composing his balance for his dive.
- 2) is showing the initial back press with arm swing to gain momentum
- 3) is showing Stein in a tight tuck position while performing the dive.

Jack Facts



Best part of being
a diver-

**“All the ladies
LOVE the speedo!”**

Least favorite part of
diving-

**“6 A.M. practice, makes it
difficult to flip and twist.”**

Meal of a champion-

**“McDonald’s double
cheeseburger, 4-piece
chicken nugget, large
fry, and 2 apple pies.”**

Custom swim suits.... made for your body!



DAWN SEWS

Orlando, FL

(407) 240-0378

DawnSews@cfl.rr.com

You pick the **color!**

You pick the **style!**

We make it **happen!**



beRecruited.com

Connecting high school **athletes**
to college **coaches**.

Coach of the Month!



Name: Bill Walker

Team: St. Pete Catholic Diving

Location: St. Pete, Florida

Background: Diver for University of Miami, past President of USA Diving, judged the Olympic Trials, coach of St. Pete Catholic High School, nationally known.

What would a diver have to do to get as close to a perfect score on a dive in your book?: They would have to make sure all technical aspects are perfect, straight legs and toes pointed, also close distance to the board and a clean entry is also key to a great score.

Biggest pet peeve: One of the worst things is flexed feet, they look ugly.

What do you love most about coaching?: Seeing the smiles on my divers' faces when they see they have improved and achieved their goals.

Diving motto: He tells his divers on a weekly basis, "Every action creates an equal or opposite reaction."

A coach's passion to reach his divers' dreams



Dannie Edmonds practices her front 2 1/2 pike while in the spotting belts over the dry board.

is not cheap, Walker asked the community of Saint Petersburg to help him raise the money to build the practice area for the divers.

Walker got enough donations to build not only his original plan, but enough to build extra riggings and fixtures as the team grew throughout the years.

“My primary goal for the dry land center was to help my divers learn the more difficult dives in a safe environment,” Walker said, “It was really hard to convince people to let me build a rigging system to hang children by ropes upside down, while jumping on a trampoline. So needless to say it took many years of convincing, but they finally saw my vision.”

Now in 2010, the dry land center is a practice area for about eight young divers, from different high schools around the county, to be able to practice over the winter months when local pools are closed.

Sophomore at Lakewood High School, Madalyn Golightly said, “I think the dry land center is a very safe and fun environment. We are very lucky to have dry land

Behind the baseball field at Saint Petersburg Catholic High School, diving coach Bill Walker has designed a dry land center for his year-round high school divers.

Bill Walker made his divers a top priority when becoming a coach and decided to have a meeting with the City of Saint Petersburg and Saint Petersburg Catholic High

School to encourage them to give him the land to build a diving dry land center.

After months of meetings and convincing, by summer 2004 the city and school allowed him to build a small work out area in the very back of the school's property and allowed Walker to have one rigging system and a trampoline.

Since a dry land center

considering it's not very common for high school divers to be provided with such an advantage."

The dry land center now has two spotting rigs, one over a trampoline and one over a dry-land spring board with a gymnastic-sized foam mat at the end for divers to practice their hurdles without the worry of getting injured.

"We originally only were allowed to have a trampoline, but the divers were having trouble taking their divers from the trampoline to the water. So, after another three years of convincing and lots of support from the divers parents, the school let us put in a dry land springboard. Now the kids get the full practicing experience," Walker said.

This equipment is used so that the divers do not lose their skills and can easily transfer their newly acquired dives into the water once the weather warms up and the pools reopen.

"Having to throw a new dive in the water without any other form of practice is scary and nerve wracking! So many things could go wrong," senior at Saint Petersburg Catholic High School and one of Walker's oldest divers, Chelsea Schweiger said, "With the dry land set up, there are a



Walker spots Madalyn Golightly in belts over the trampoline a back double tuck

few more steps to secure your knowledge of the dive."

Schweiger and Golightly then went on to explain the process of how learning and practicing a new dive works with this fully equipped dry land center.

"First you do lead ups on the trampoline, then you do the real dive on the trampoline. Next you move to the dry land diving board and really learn to nail it, finally you take it to the water." Schweiger said.

Golightly then added,

"Dry land helps me learn new dives faster, if I didn't have the belts I would spend half my time baulking and messing up."

In the world of diving, the word baulking means starting but not finishing the dive out of fear or messing up your hurdle, which is one of the biggest reasons for disqualifications in high school diving meets.

Although the belts are very helpful when learning new dives and with building confidence on the board, they sometimes can cause you to become "dependable on the belts and can create bad habits," said Elle Mixa, a senior at Saint Petersburg Catholic High School.

Even if bad habits are created, with Walker coaching the chances of those habits sticking are not likely.

"I correct my divers form everyday, we make sure they have it as perfect as possible before we take the dives to water." Walker said.

Walker's divers are all very thankful for the dry land center and enjoy knowing that when their season starts back up in the fall, they will be ready to take on the competition with some fierce new dives and a winners attitude to match.

Want a diver's body?

Here are the tips and tricks to getting those defined muscles.

Work out plan

- Stretch 15 minutes
- Run between 2-5 miles
- Light Weights (legs/arms)
- Abs between 200-500 daily
- Stadium steps 15 minutes
- Stretch 15 minutes



Candle Stick

Step 1: Start sitting, then roll onto upper back, keeping your arms straight by your side for support.

Extend as much as you can at top.

Step 2: Bend legs to chest and roll to stand, keeping feet flat on the ground.

Step 3: Once you are off the ground, legs still bent, push off and jump, keeping your balance while doing so. After jump is complete roll softly back to the ground and begin with step 1.

Repeat 12x, 2 reps.

Pike Ups

Step 1: Start laying on the ground, arms above your head and legs out straight, about 6 inches from the ground. Keep your body in a hallow position.

Step 2: Bring your arms and legs up at the same time, touching your fingers to your toes, keeping your legs straight.

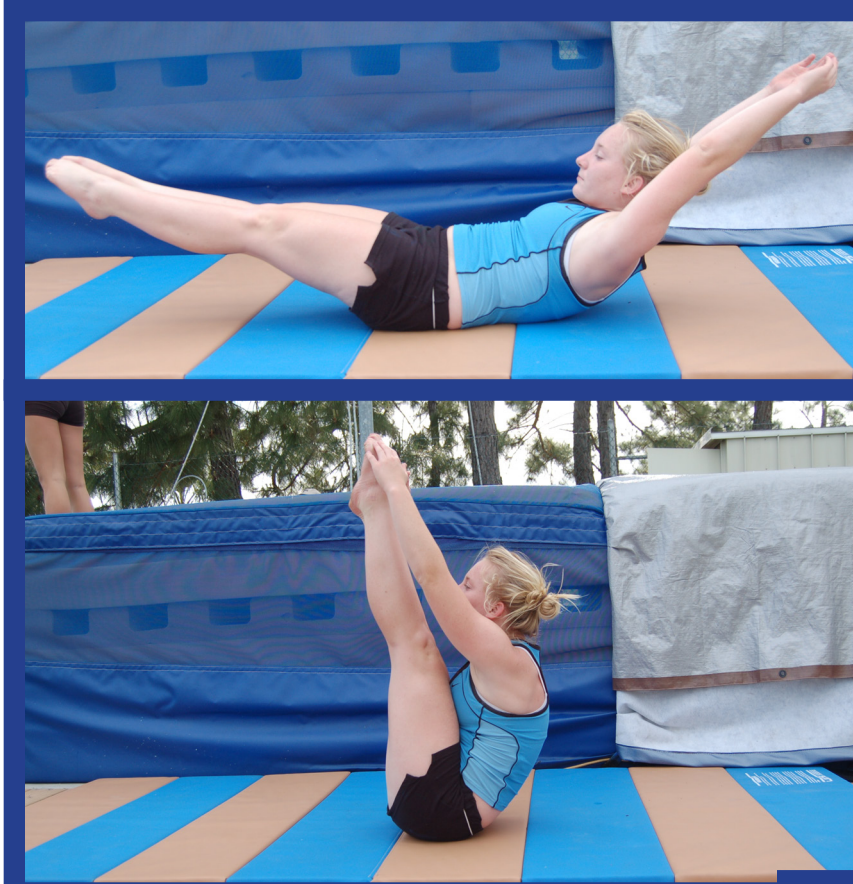
Repeat this 10x , 3 reps.

Pike Downs

Step 1: Start in a headstand (use wall if needing support) make sure your legs are straight, stomach tight, and hands at a good distance to keep your balanced.

Step 2: With stomach tight and butt squeezed, bring legs towards the ground with toes pointed. Slowly bring toes to ground in front of you, touching them lightly to stop yourself. Once toes touch ground, bring them back up till your body is completely in alignment with legs straight over your head.

Repeat 10x , 2 reps.



Best friends v. bi



By Jordan Weber

Best friends forever (BFF) is the saying you use when you're in elementary school with whoever you play with most, and those best friends usually change throughout the years, but with these two young ladies, the phrase stuck and still remains.

Madalyn Golightly and Dannie Edmonds started off their relationship at LaFleurs Gymnastics when they were about 10-years-old.

However, at first Edmonds did not like Golightly since Edmonds had started

gymnastics young while Golightly only started at age nine but was quickly in the same level as Edmonds.

"I thought, 'who is this girl who thinks she's awesome enough to just skip a bunch levels?' I actually use to hate her." Edmonds said laughing.

After they got to know each other though, Edmonds and Golightly became inseparable. "Ya, were pretty much sisters," Golightly said.

Since those gymnastics days, the girls have gone through all changes in their lives together, having each other's backs no matter what.

When starting their high school years attending Lakewood High School, the girls both started thinking about gymnastics and their future. Realizing that gymnastics may not be the sport that gets them to any college they want. So they began the quest of trying other sports.

Since Golightly's twin sister, Hannah, was going out for swim team, the girls figured they'd give it a shot, when they realized their school had a diving team. Then the decision was simple, both girls tried diving and fell in love.

Seeing that they both have natural talent for the sport, St. Petersburg Catholic High School coach, Bill Walker, snatched the girls up to make them part of his club team, St. Pete Diving, and started giving them the training to get them on the champion level of diving.

"They're both very talented in different ways, but they also push each other in a way I can not do as their coach. Pier competition and motivation is the best, and as close friends, these girls have that," Walker said.

Pier motivation and competition, in healthy doses, is great for pushing any athlete to their full potential,

iggest competitors:

while sparking a flame for competitions, but when does it become too much?

Edmonds and Golightly know that the other is their main competitor during season, but these two friends know that at the end of the day, win or lose, it's not going to matter because they will be happy for the other either way.

"We know each other's strengths and weaknesses, and usually were complete opposites with that. So, the scoring can go either way, I may have an off day, when Dannie has a great day. I would still be happy if she beat me, because I rather be beat by my best friend than someone I didn't like," Golightly said.

As sophomore year comes to an end, the girls look back on their first two seasons of high school diving, seeing their great improvement and remembering the fun times they had.

"The team is really fun, we have a great diving team and always have a blast at meets. We take it seriously, but at the same time we know laughing and goofing around some helps lighten the tension of a competition," Edmonds said.

Since these girls have been with Walker for almost two years now, many can see a

great improvement in their diving and know they will only improve more over the next two years.

"The girls have learned some awesome new dives this off-season in belts and will be practicing them in water over the summer. No one is going to know what to do when they whip out these dives in competition in the fall," Walker said.

Walker has had these girls practicing in belts at St. Petersburg Catholic's dry land center Walker had built a few years ago. They go straight to practice from school, and now

since they both drive, they usually carpool.

"Ya, even though we have our own cars, we enjoy riding together, blaring music, and escaping death," jokingly Golightly said, "Not really, we make sure we drive safe, but we do have a way to much fun just riding in the car."

Whether they are diving at practice or "escaping death", these two best friends share not only their secrets, but also their passion for the sport of diving. Supporting each other, win or lose, good or bad, these two will always have each other's backs.



Madalyn Golightly (right) and Dannie Edmonds (left) playing with multiple kittens one day on their free time.

Meet the editor...

Jordan Weber



As the current record holder for springboard diving at North East High School, my passion for the sport of diving goes farther than just something to keep busy. After breaking both big toes three days before districts my senior year in high school, I still managed to have a great season and gain a scholarship to Marshall University in West Virginia, home of the Thundering Herd. Although I loved collegiate diving, the dream was short lived when I was injured which forced me to come back to St. Pete, Florida and transfer to University of South Florida. Coming back home was a big adjustment, but being able to go back to my high school and watch students who use to look

up to my diving, it sparked something in my soul. I then volunteered to be Lakewood High School's diving coach and show my passion through the art of coaching. My divers proved their love for the sport as well as making me know that they enjoyed me as their coach, which made me realize I can show my passion of diving through coaching, not only through competing. I live by the phrase "where one door opens, another one closes." Since, if I had not gotten injured, I would not have been able to help Lakewood's divers reach their full potential and their diving goals.

Although it may seem my diving career is over, I am practicing on my free time with my old high school coach, since the drive is not out of my system yet. I created this magazine to help others see my passion for diving and to help them grow as they become high school, USA Diving, or even collegiate divers.

Hope you all enjoy the magazine and learn some new and interesting things!

Sincerely,

Making this
Issue

Divers **ALWAYS** have more fun!

BLOOPERS



“DIVING: One part Acrobat,
two part Test Pilot”



“If **DIVING** were easy, they'd call it **BASEBALL**”

DREAM.
BELIEVE.
ACHIEVE.

USA Diving

