



GIRLS SPORT VICTORIA

Sports Skills Program

2019

INTRODUCTORY DIVING INFORMATION PACKAGE





2019 Introductory Diving Clinics General Information

What is it all about?

GSV, in association with Diving Victoria, conducts beginner Diving clinics to assist GSV schools in developing their Diving program. The clinics are open to all students from Year 7-9 with limited or no diving experience.

Week One	Week Two	Week Three	Week Four
Body positions, arm swings, basic jumps, fall in dives from side & from board	Front jumps, back jumps, introduce hurdle step, dives with a push, fall in back dives	Somersaults, further dive progressions as appropriate	Further dive progressions as appropriate, consolidation of skills

How do I register?

Please see your Head of Sport for the appropriate link to the online registration and medical form. These must be submitted online by **Friday 6 September 2019** to secure a place in the program (first in first served). Numbers are limited to 20 participants.

When:

Session 1: Friday 11 October 4.30pm – 6.00pm
Session 2: Friday 18 October 4.30pm – 6.00pm
Session 3: Friday 25 October 4.30pm – 6.00pm
Session 4: Friday 1 November 4.30pm – 6.00pm

Where:

Methodist Ladies' College
207 Barkers Rd, Kew 3101
Enter pool complex via Fitzwilliam Street
Melways Reference: 45 E8

Meeting Point:

Meet Diving Victoria coaches at the MLC Diving Pool 10 minutes prior to the start of each session. A GSV staff member will be in attendance for the duration of each session and this person will assist with the administration and organisation of the program.

Cost:

\$165.00

GSV does not accept individual payments but will invoice schools. Please see your Head of Sport regarding payment procedure for your school.

What do I need?

- School bathers
- Water bottle, snack (if needed)
- Any medication you may require (Ventolin/Epipen)

First Aid:

Provided by a representative from Colbrow Medics.

Cancellations/Withdrawals:

GSV will confirm your registration with your Head of Sport. Please check with them to verify your place in the program after the closing date.

On the date of close of entry, GSV is required to confirm numbers and staffing with the service provider (Diving Victoria) and, as such, no refunds can be given after this date.

Minimum numbers apply for the program to proceed. Should the program be cancelled due to lack of numbers, registered participants will be notified shortly after the closing date of entries. A full refund will be given in this case.

GSV Contact Details:

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