

# Severn River Sharks

## Dive Team



**2010 Handbook**

# Severn River Dive Team

Welcome to the Severn River Dive Team! We compete in one of the two divisions within the Central Maryland Dive League (CMDL). Dive team is all about having fun and learning how to dive safely.

## CMDL Mission Statement

The Mission of the Central Maryland Dive League is to provide instruction for and competition in springboard diving to children of all ages in a safe, fun environment and to teach and demonstrate good sportsmanship and integrity.

## Sportsmanship Statement

The Central Maryland Dive League believes that good sportsmanship is a vital element of competition. In order for good sportsmanship to prevail, divers, coaches and fans must display respect, fairness, courtesy and responsibility before, during and after all meets. Negative remarks of any kind directed towards divers, coaches and officials will not be allowed. We encourage all of you to support your team, acknowledge the performance of your opponents, value the rich diversity of our diving families and always demonstrate good sportsmanship through your words and actions.

## Parent Volunteers

Parent volunteers are needed to serve as referees, judges, table workers, announcers and ribbon writers at home and away meets. Each dive team family is expected to sign up to volunteer in some capacity at two or more meets.

## Coaching Staff

### Head Coach:

Kelly Murray	murraysp@verizon.net	410-647-5087 (H)	240-417-7294 (C)
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### Assistant Coach:

Jill McKay	jmckay@aacps.org	410-647-6221 (H)	410-530-0224 (C)
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### Dive Team Reps:

Mindy Hand	hand4@verizon.net	410-647-7069 (H)	410-370-7345 (C)
Rebecca Binstock	rebecca@drbinstock.com	410-544-3636 (H)	301-758-2601 (C)

## 2010 CMDL Dive Meet Schedule Red Division

### Tuesday, June 29

#### **Front Dive/101**

**Crofton @ Severn River**

St. Andrews @ Dulaney

Waugh Chapel @ Padonia

(BYE) Aberdeen

### Thursday, July 1

#### **Front Dive/101**

**Severn River @ Dulaney**

St. Andrews @ Crofton

Padonia @ Aberdeen

(BYE) Waugh Chapel

### Tuesday, July 6

#### **Back Dive/201**

**Waugh Chapel @ Severn River**

Aberdeen @ Dulaney

Crofton @ Padonia

(BYE) St. Andrews

### Thursday, July 8

#### **Front Dive/101**

**Padonia @ Severn River**

Crofton @ Aberdeen

St. Andrews @ Waugh Chapel

(BYE) Dulaney

### Tuesday, July 13

#### **Back Dive/201**

Aberdeen @ St. Andrews

Waugh Chapel @ Crofton

Dulaney @ Padonia

**(BYE) Severn River**

### Thursday, July 15

#### **Front Dive/101**

**Severn River @ Aberdeen**

Dulaney @ Waugh Chapel

Padonia @ St. Andrews

(BYE) Crofton

### Tuesday, July 20

#### **Back Dive/201**

**Severn River @ St. Andrews**

Aberdeen @ Waugh Chapel

Dulaney @ Crofton

(BYE) Padonia

### Sunday, July 18

**Dunleavy Novice Meet @ Five Oaks**

### Thursday, July 22

**Make up meet (if needed)**

### Sunday, July 25 (Rain Date Monday, July 27)

**CMDL Championships @ Waugh Chapel**

## **Important Information**

### **Dive Team Practice**

Afternoon practices will be held from 4 - 6 pm on Monday - Thursday beginning Tuesday, June 1st through Monday, June, 14th. Morning practices will begin on Wednesday, June 16 and will be held Monday, Wednesday, and Friday from 8:00 - 10:30 am and Tuesday and Thursday from 8:00 - 11:00 am. Divers may choose to attend at the time that is most convenient for them and should plan to practice for approximately 45 minutes. Keep in mind that it is generally least crowded early in the morning. Additions or changes to the practice schedule, including special practices for the Novice and Championship meets, are communicated by email.

### **Judge's/Referee's Clinic**

**Wednesday, June 16, 6:00 - 8:00 pm, St. Andrews Swim Club**

Parents who have had divers on the team for at least a year are encouraged to attend training to become a certified judge. Even if you don't end up judging, this training will help you to better understand how dives are evaluated. Judges certification is valid for two years. If you last attended training in 2008, you must attend a training session again this summer to be recertified.

In addition, each swim club must have at least one volunteer certified as a referee to assist in running the meet. To be certified as a referee, individuals must attend the judges clinic and stay for the referee portion of the program (which will be approximately the last hour). Anyone who has had prior experience judging dive meets for two years or more is encouraged to attend training to become a referee.

### **Practice Meet/Pep Rally**

**Tuesday, June 22, 6:00 - 8:00 pm**

A Practice Dive Meet and Pep Rally will be held prior to our scheduled dual meets. All divers and their parents, especially those new to the dive team, are urged to attend. At this time we will run through an abbreviated meet to provide divers, judges, and table workers a chance to get some experience.

### **Dive Team Picnic**

**Monday, July 26, 6:00 - 8:30 pm**

A team picnic will be held at the end of the dive season. Awards will be presented at this time. All divers are recognized, regardless of the number of meets in which they have participated.

## Dual Meets

The Central Maryland Dive League consists of thirteen teams within two divisions:

### Red Division

Aberdeen Swim Club  
Crofton Swim & Tennis Club  
Dulaney Swim Club  
Padonia Park Club  
Severn River Swim Club  
St. Andrews Swim & Tennis Club  
Waugh Chapel Swim Club

### Blue Division

Five Oaks Swim Club  
Forest Hill Swim & Tennis Club  
Frederic Area Divers  
Lochearn Crossing Team  
North St. Johns Swim Club  
West Howard Swim Club

Each team competes against the other teams in their division during six dual meets during the regular season. Points are awarded to the top three finishers in each gender/age category (with the exception of 6 & Under, which is considered unofficial) to determine a winning team for each meet. The team with the best record during the regular season will be declared the division champion.

## James Dunleavy Invitational Novice Meet

**Sunday, July 18, 8:00 am - 1:30 pm, Five Oaks Swim Club**

The Dunleavy Novice Meet is for divers who do not obtain the necessary scores to complete in Championships. It is attended by divers from both divisions across the league. This meet is judged like any other CMDL meet., however it is a non-official meet and scores do **NOT** count toward Championship qualification and team scores are not kept. Large age groups are usually broken down into separate divisions to allow the opportunity for more children to place. Large ribbons are awarded to participants at this meet.

## CMDL Individual Championships

**Sunday, July 25, 8:00 am - 4:00 pm, Waugh Chapel Swim Club**

Divers who meet or exceed the qualifying scores for their age group (see page 8) in at least two regular season dual meets are eligible to participate in the CMDL Individual Championships. Divers from all thirteen teams within the league participate. Trophies are awarded for places one through six and Honorable Mention trophies to all other divers.

## Ruth L. Smith Award

Every year, each team within the Central Maryland Dive League selects one diver to receive the Ruth L. Smith Award. This individual must exhibit dedication, tenacity, loyalty, and a general love for the sport of diving. A plaque is presented to each Ruth L. Smith Award recipient during the CMDL Championships.

# What to Expect at Dive Meets

## Meet Warm-Up Schedule

During the warm-ups prior to a meet, divers should run through each of the dives they will be doing in the meet one time. We do not have much time on the boards during these warm-ups. At away meets, the idea is to get a feel of the other team's boards.

**Home Meets:** On the day of a home meet, the team warm-ups will be:

8 & under	3:15 - 3:30 p.m.
9-10 & 11-12	3:30 - 4:10 p.m.
13-14 & 15-18	4:10 - 4:30 p.m.

**Away Meets:** For away meets, divers should plan to be at the host team's pool by 4:15 p.m. Directions and travel times to other pools are provided at the end of this handbook.

## Dive Meets

Divers are organized into age groups for competition as follows (age of competition is the diver's age on May 31st of the current year):

6 & under Girls; 6 & under Boys  
7-8 Girls; 7-8 Boys  
9-10 Girls; 9-10 Boys  
11-12 Girls; 11-12 Boys  
13-14 Girls; 13-14 Boys  
15-18 Girls; 15-18 Boys

**Meets generally begin at 5:30 p.m. (5:00 p.m. for 90+ divers),** beginning with the 6 & under girls, and progressing in the above order until the meet is over. There is a break after the 11-12 divers to allow the older divers additional time to warm up just prior to their competition. Ribbons are awarded to the 6 & under through 11-12 divers at this point during the meet. While the younger divers *may* leave after these awards, they are encouraged to stay to cheer on the older divers and to watch the execution of these dives. Meets are usually over between 8:00 and 8:30 pm.

**Missing a Meet?** Divers are encouraged to attend as many meets as possible, but we know you may have to miss some. If you will be missing a meet, you must sign out on the Missing a Meet? sheet or notify the dive representative or coaches in advance. Otherwise, we will assume you will be diving. Also, if you will be missing *practices* during a week (for example, due to camp attendance) but you will be at a meet that week, please let us know this or we may assume you will not be at the meet as well.

## Categories (Groups) of Dives

Line-ups (001 & 002)  
Forward Dive (100)  
Back Dive (200)

Reverse Dive (300)  
Inward Dive (400)  
Twisting Dive (500)

The name of the group identifies which way the diver will approach and execute the dive. Line-ups, previously *referred to as a "Fall-in"*, are dives where there is no obvious attempt to perform an approach, a hurdle, a press, or other preliminary dive entry technique. Divers who perform a "Line Up" have no lift (spring) from the board. Forward is pretty obvious, the diver walks from the back of the board towards the end and executes the dive. Back means that the diver will stand on the end of the board with his/her back to the water and execute a backward rotating dive to the water. Reverse indicates that the diver will make a forward approach and do a dive, which will rotate back in the direction of the board. Inward means that the diver will stand as in a back dive but will execute a dive which will rotate towards the board. The twisting group is dives that are executed with a twisting motion.

## Parts of the Dive

**Approach:** The start of the dive; commences when the diver takes the first step to the end of the board, and prior to the hurdle. There is no maximum number of steps.

**Hurdle:** The final segment of a diver's approach to takeoff. Consists of a jump to the end of the springboard; taking off from one foot, and landing on two feet at the end of the board.

**Press:** Act of depressing the board, usually during a rear-facing dive. The arms are generally raised to horizontal at the start of the press, and then go over the diver's head during the takeoff.

**Takeoff:** A diver's lift from the board prior to execution of the dive. May be done from a forward (running or standing) or backward approach.

**Entry:** The conclusion of a dive as a diver makes contact with the water. Upon entry, body should be near vertical with feet together and toes pointed. In a head-first entry, arms should be stretched above head in line with body and hands close together or clasped. On a feet-first entry, arms should be close to the body without bending elbows.

## Positions During the Dive

**Straight (layout):** The body is straight without bending at the waist, hips, or knees.

**Pike:** The body is bent at the hips, but the legs must be kept straight at the knees.

**Tuck:** The body is bent at the knees and hips with the tuck as compact as possible.

**Free:** This is a combination of positions, used when performing a twisting dive. A combination of straight and pike is common, which facilitates the twisting action. The legs are generally held straight, thus giving the dive a clean appearance.

**Required Dives**

Divers in each age group are required to complete dives in various categories. In addition, each meet is designated as either a “front dive” or “back dive” meet.

**Table 1 - Meet Required Dives and Groups**

Age Group	Number of dives	Number of groups	Required dive(s)
6 & Under	2 entries, dives or jumps	N/A	N/A*
8 & U 9 – 10	3 dives, or 2 dives & 1 jump	2	001/101 or 002/201
11 – 12	4 dives, or 3 dives & 1 jump	3	001/101 or 002/201
13 – 14	5 dives	3	any x01 dive where x=1,2,3 or 4
15 – 18	6 dives	4	any x01 dive where x=1,2,3 or 4

\*6 & Under is an unofficial competition and thus does not have to perform a “Meet Required” dive.

**Degree of Difficulty (DD)**

This is a numerical rating, from 1.0 to 3.6, for executing a specific dive. The degree of difficulty is *not* taken into consideration when judging the dive. However, the DD is multiplied by the sum of three of the five judges scores (high and low scores are discarded) to calculate the total score for a dive. A degree of difficulty table can be found on page 9.

Current FINA degree of difficulties shall be used for all meets with the exception of the following dives for age groups 12 & under:

001 Front Line Up with a DD of 1.2  
002 Back Line Up with a DD of 1.4

101 Forward Dive (all positions) with a DD of 1.4  
201 Back Dive (all positions) with a DD of 1.7

## Judges Awards

Very Good	8 ½ to 10 points
Good	6 ½ to 8 points
Satisfactory	5 to 6 points
Deficient	2 ½ to 4 ½ points
Unsatisfactory	½ to 2 points
Failed Dive	0 points

## Calculation of Scores

Each dive is scored by five judges. These are parent volunteers who have received training at a Judges Clinic held at the start of each dive season. The highest and lowest scores are thrown out. The sum of the remaining three scores are multiplied by the degree of difficulty (DD) of the dive to receive a score for the dive. The scores for all of a diver's dives are added together to determine a total score. These scores for all divers in each age/gender category are compared and the divers are placed in order of their scores. Ribbons are given for places one through six and divers who do not place in the top six are awarded achievement ribbons.

To determine team scores, the first place diver in each age/gender category earns 5 points for their team, the second place diver earns 3 points, and the third place diver earns 1 point. The divers who compete in the 6 and under category and exhibition divers (who do not complete all required dives) do not earn points toward the team total.

## Qualifying for Individual Championships

Divers who achieve qualifying scores (see below) at two or more meets during the regular season are eligible to compete at the CMDL Individual Championships at the end of the season. **Qualifying scores must be achieved without using jumps.** All other divers (including all six and under divers who are unofficial and cannot qualify for championships) may compete at the Dunleavy Novice Championship Meet to be held the week prior the individual championships. Scores achieved at this novice meet cannot count as qualifying scores for championships.

### **2010 Qualifying Scores:**

<u>Girls - Qualifying Scores - Boys</u>		
56	8 & U	56
68	9 -10	68
96	11-12	92
127	13 -14	125
165	15 -18	170



DIVE NO.	DESCRIPTION	POSITION			
		A Strt	B Pike	C Tuck	D Free
<b>FORWARD GROUP</b>					
100	Forward Jump	1.0	1.0	1.0	---
101	Forward Dive	1.4	1.3	1.2	---
102	Forward 1 SS	1.6	1.5	1.4	---
103	Forward 1½ SS	2.0	1.7	1.6	---
104	Forward 2 SS	2.6	2.3	2.2	---
105	Forward 2½ SS	---	2.6	2.4	---
106	Forward 3 SS	---	3.2	2.9	---
107	Forward 3½ SS	---	3.3	3.0	---
112	Forward Flying 1 SS	---	1.7	1.6	---
113	Forward Flying 1½ SS	---	1.9	1.8	---
<b>BACK GROUP</b>					
200	Back Jump	1.0	1.0	1.0	---
201	Back Dive	1.7	1.6	1.5	---
202	Back 1 SS	1.7	1.6	1.5	---
203	Back 1½ SS	2.5	2.3	2.0	---
204	Back 2 SS	---	2.5	2.2	---
205	Back 2½ SS	---	3.2	3.0	---
212	Back Flying 1 SS	---	1.7	1.6	---
<b>REVERSE GROUP</b>					
301	Reverse Dive	1.8	1.7	1.6	---
302	Reverse 1 SS	1.8	1.7	1.6	---
303	Reverse 1½ SS	2.7	2.4	2.1	---
304	Reverse 2 SS	2.9	2.6	2.3	---
305	Reverse 2½ SS	---	3.2	3.0	---
312	Reverse Flying 1 SS	---	1.8	1.7	---
<b>INWARD GROUP</b>					
401	Inward Dive	1.8	1.5	1.4	---
402	Inward 1 SS	2.0	1.7	1.6	---
403	Inward 1½ SS	---	2.4	2.2	---
404	Inward 2 SS	---	3.0	2.8	---
405	Inward 2½ SS	---	3.4	3.1	---
412	Inward Flying 1 SS	---	2.1	2.0	---
413	Inward Flying 1½ SS	---	2.9	2.7	---

DIVE NO.	DESCRIPTION	POSITION			
		A Strt	B Pike	C Tuck	D Free
<b>TWISTING GROUP</b>					
5111	Forward Dive, ½ Twist	1.8	1.7	1.6	---
5112	Forward Dive, 1 Twist	2.0	1.9	---	---
5121	Forward 1 SS, ½ Twist	---	---	---	1.7
5122	Forward 1 SS, 1 Twist	---	---	---	1.9
5123	Forward 1 SS, 1½ Twists	---	---	---	2.1
5124	Forward 1 SS, 2 Twists	---	---	---	2.3
5125	Forward 1 SS, 2½ Twists	---	---	---	2.5
5126	Forward 1 SS, 3 Twists	---	---	---	2.7
5131	Forward 1½ SS, ½ Twist	---	---	---	2.0
5132	Forward 1½ SS, 1 Twist	---	---	---	2.2
5134	Forward 1½ SS, 2 Twists	---	---	---	2.6
5136	Forward 1½ SS, 3 Twists	---	---	---	3.0
5141	Forward 2 SS, ½ Twist	---	2.5	2.4	---
5142	Forward 2 SS, 1 Twist	---	2.7	2.6	---
5143	Forward 2 SS, 1½ Twists	---	2.9	2.8	---
5144	Forward 2 SS, 2 Twists	---	3.1	3.0	---
5152	Forward 2½ SS, 1 Twist	---	3.2	3.0	---
5154	Forward 2½ SS, 2 Twists	---	3.6	3.4	---
5211	Back Dive, ½ Twist	1.8	---	---	---
5212	Back Dive, 1 Twist	2.0	---	---	---
5221	Back 1 SS, ½ Twist	---	---	---	1.7
5222	Back 1 SS, 1 Twist	---	---	---	1.9
5223	Back 1 SS, 1½ Twists	---	---	---	2.3
5224	Back 1 SS, 2 Twists	---	---	---	2.3
5225	Back 1 SS, 2½ Twists	---	---	---	2.7
5226	Back 1 SS, 3 Twists	---	---	---	2.9
5227	Back 1 SS, 3½ Twists	---	---	---	3.1
5231	Back 1½ SS, ½ Twist	---	---	---	2.1
5233	Back 1½ SS, 1½ Twists	---	---	---	2.5
5235	Back 1½ SS, 2½ Twists	---	---	---	2.9
5237	Back 1½ SS, 3½ Twists	---	---	---	3.3
5251	Back 2½ SS, ½ Twist	---	2.9	2.7	---

DIVE NO.	DESCRIPTION	POSITION			
		A Strt	B Pike	C Tuck	D Free
<b>TWISTING GROUP</b>					
5311	Reverse Dive, ½ Twist	1.9	---	---	---
5312	Reverse Dive, 1 Twist	2.1	---	---	---
5321	Reverse 1 SS, ½ Twist	---	---	---	1.8
5322	Reverse 1 SS, 1 Twist	---	---	---	2.0
5323	Reverse 1 SS, 1½ Twists	---	---	---	2.4
5324	Reverse 1 SS, 2 Twists	---	---	---	2.4
5325	Reverse 1 SS, 2½ Twists	---	---	---	2.8
5326	Reverse 1 SS, 3 Twists	---	---	---	3.0
5331	Reverse 1½ SS, ½ Twist	---	---	---	2.2
5333	Reverse 1½ SS, 1½ Twists	---	---	---	2.6
5335	Reverse 1½ SS, 2½ Twists	---	---	---	3.0
5337	Reverse 1½ SS, 3½ Twists	---	---	---	3.4
5341	Reverse 2 SS, ½ Twist	---	3.0	2.7	---
5342	Reverse 2 SS, 1 Twist	---	3.0	2.7	---
5343	Reverse 2 SS, 1½ Twists	---	3.4	3.1	---
5344	Reverse 2 SS, 2 Twists	---	3.4	3.1	---
5351	Reverse 2½ SS, ½ Twist	---	2.9	2.7	---
5411	Inward Dive, ½ Twist	2.0	1.7	---	---
5412	Inward Dive, 1 Twist	2.2	1.9	---	---
5421	Inward 1 SS, ½ Twist	---	---	---	1.9
5422	Inward 1 SS, 1 Twist	---	---	---	2.1
5423	Inward 1 SS, 1½ Twist	---	---	---	2.5
5424	Inward 1 SS, 2 Twists	---	---	---	2.5
5432	Inward 1½ SS, 1 Twist	---	---	---	2.7
5434	Inward 1½ SS, 2 Twists	---	---	---	3.1
5436	Inward 1½ SS, 3 Twists	---	---	---	3.7
5441	Inward 2 SS, ½ Twist	---	3.2	3.0	---
5442	Inward 2 SS, 1 Twist	---	3.2	3.0	---
5443	Inward 2 SS, 1½ Twists	---	3.6	3.4	---
5444	Inward 2 SS, 2 Twists	---	3.6	3.4	---

Exceptions for 12 & U:

001 Front Line Up is a DD of 1.2, 002 Back Line Up is a DD of 1.4, 101 Forward Dive is a DD of 1.4, 201 Back Dive (all positions) is a DD of 1.7

## **Aberdeen Swim Club**

www.aberdeenswimcenter.com

615 Old Robin Hood Road

Aberdeen, MD 21001

410-272-3185

**Estimated Travel Time: plan for 1 hour and 15 minutes with traffic**

**Dive Representative:** Rhonda Culbertson      Ph: 410-575-6025      Cell: 410-458-8547

**Head Coach:** Rick Culbertson

**Directions:** From 695, take I 95 north to exit 85, Aberdeen. Take Rt. 22 East (toward Aberdeen). Go to 3rd traffic light and turn left onto Paradise Road. Go about 1 mile and make a sharp right onto Old Robin Hood Road (go very slowly as Robin Hood Road is a very narrow, winding road). Go about 1/2 mile on Old Robin Hood Road and turn left into the Aberdeen Swim Club.

### **NOTES / Amenities**

Concessions sold to benefit the Aberdeen Dive Team. Visiting dive team families should bring chairs for viewing the dive meet. Large pavilion to provide shade, many picnic table available under the pavilion.

## **Crofton Swim and Tennis Club**

www.croftonswimandtennis.org

1719 Reynolds Street

Crofton, MD 21114

410-721-0699

**Estimated Travel Time: approximately 30 minutes**

**Dive Representative:** Jennifer Schlosser      Ph: 410-721-3644      W: 202-305-4163      Cell: 443-790-7645

**Head Coach:** Justin Eakins

**Directions from I-97:** Take Exit # 7 (Rt 32 West /Route 3) towards Bowie/Odenton for ~ 1/2 mile, then **stay to the left for RT 3** (Crain Hwy) towards Crofton (Do **NOT** get on Rt 32 West). Follow RT 3 for ~ 4 miles & after passing a McDonald's on the left, and going through light at Rt. 424, take left @ next light onto Crawford Blvd. Bear to the right at the fork and merge onto Crofton Pkwy for approx 1 mile & turn right on Reynolds Street. (Street sign for Reynolds hard to see - it's the 1<sup>st</sup> right after Tarrytown Ave). Pool entrance is ~.3 mile on the right (5<sup>th</sup> right).

### **NOTES / Amenities**

Concessions sold to benefit the Dive Team. Plenty of chairs and shade are available. Do not park in Fire Zones. Handicapped Accessible; except bathrooms.

## **Dulaney Swim Club**

www.dulaneyswimclub.com  
234 East Ridgely Road  
Timonium, MD 21093  
410-252-2125

**Estimated Travel Time: plan for 1 hour and 15 minutes with traffic**

**Dive Representative:** Tammie Phillips      Ph: 410-821-1658      Cell: 410-804-2825  
**Alternate:** Mary Beth Morekas      Ph: 410-560-1649      Cell: 443-610-9037

**Head Coach:** Maureen Mead

### **Directions from Baltimore Beltway (I-695):**

Take Exit 26 at York Road going North towards Lutherville. Follow York Rd. to Ridgely Road (approx. 1-2 miles). Go right at Ridgely Road. Go through light to Charmuth Road. After Margate Road, look for pool entrance on left.

### **NOTES / Amenities**

Full service snack bar. Plenty of chairs. Handicapped accessible.

## **Five Oaks Swim Club**

www.fiveoaksswimclub.org  
1817 Frederick Road  
Catonsville, MD 22118  
410-747-5122

**Estimated Travel Time: about 30 minutes**

**Dive Representative:** Kim Schmulowitz      Ph: 410-744-5877      Cell: 443-506-2437

**Coaches:** Christina Parr and Sue Capozzi

### **Directions to Five Oaks:**

Head North on 695 towards Towson. Take exit #13, Frederick Road. Turn left onto Frederick Road. Pass five lights, the last one being South Rolling Road. (Hillcrest Elementary is at the intersection on the right.) Travel ahead about 1/4 mile and the pool will be on the left just prior to the next light, which is North Rolling Road.

### **NOTES / Amenities**

Concessions sold to benefit Dive Team. MUST BRING OWN CHAIRS. Handicapped accessible, except rest-rooms.

## **Padonia Park Club**

www.padoniapark.com  
12006 Jenifer Road  
Cockeysville, MD 21030  
410-252-2046

**Estimated Travel Time: plan for 1 hour and 15 minutes with traffic**

**Dive Representative:** Robin Cauley      Ph: 410-321-7955      Cell: 410-409-1778

**Head Coach:** Katryn Valladares

### **Directions:**

Follow I 83 North from I-695. Take the Padonia Road exit. Stay left on ramp. At stop light turn left on to Padonia Road. Go approximately 1.5 miles and turn left onto Jenifer Rd. Pool entrance is on right just past tennis courts.

### **NOTES / Amenities**

Full service snack bar and bake table to support the dive team. Plenty of chairs and Cabana Bar open during Thursday dive meets.

## **St. Andrew's Swim and Tennis Club**

www.sastc.com  
490 Yorkshire Dr.  
Severna Park, MD 21146  
410-672-5225

**Estimated Travel Time: approximately 15 minutes**

**Dive Representative:** Melissa Albers      Ph: 410-729-3499      Cell: 443-257-0782

**Head Coach:** Kristen Hicks

**Directions:** From Evergreen Road, make a left onto Benfield Blvd. Make a right onto Lynwood Drive. Make a Right onto Maryleborne Road (second right). Go to stop sign at Yorkshire Dr. Make a left into SASTC parking lot.

### **NOTES / Amenities**

Concessions sold to benefit the Dive Team. Plenty of chairs available. Handicapped accessible.

## Waugh Chapel Swim Club

www.wcswimclub.com  
P.O Box 212  
Gambrills, MD 21054  
410-672-5225

**Estimated Travel Time: approximately 30 minutes**

**Dive Representative:** Kim Champagne      Ph: 443-534-5929

**Head Coach:** Seth Fenton

**Directions:** (from Baltimore Beltway I-695):

Follow I-97/301 south to 301 exit (about one mile south of Benfield Blvd.) marked Bowie/Odenton. (Caution: if you miss this exit, you will end up in Annapolis!). About ¼ mile past this exit, bear left to go south to Bowie. You will see Severn Valley Racket Club on right just before reaching Waugh Chapel Road. There is a 7-11 and Texaco Station at intersection of Waugh Chapel Road and Rt. 3. Turn right onto Waugh Chapel Road. The pool is about 1.5 miles on the right on Waugh Chapel Road.

**NOTES / Amenities**

Concessions sold. Handicapped accessible.