

Severn River Sharks

Dive Team



2011 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	terpdiver@yahoo.com	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)

2011 CMDL Diving Schedule Red Division

Tuesday, June 28

Waugh Chapel @ St. Andrew's
Aberdeen @ Crofton
Severn River @ Padonia

Thursday, June 30

Padonia @ Crofton
Severn River @ Aberdeen
(BYE) Waugh Chapel
(BYE) St. Andrew's

Tuesday, July 5

No Meets

Thursday, July 7

Waugh Chapel @ Padonia
St. Andrew's @ Aberdeen
Crofton @ Severn River

Tuesday, July 12

Aberdeen @ Waugh Chapel
Crofton @ St. Andrew's
(BYE) Padonia
(BYE) Severn River

Thursday, July 14

Waugh Chapel @ Crofton
St. Andrew's @ Severn River
Aberdeen @ Padonia

Sunday, July 17

Dunleavy Novice Meet @ Five Oaks

Tuesday, July 19

Padonia @ St. Andrew's
Severn River @ Waugh Chapel
(BYE) Aberdeen
(BYE) Crofton

Thursday, July 21

St. Andrew's @ Waugh Chapel
Crofton @ Aberdeen
Padonia @ Severn River

Week of July 25th

Make Ups

Sunday, July 31 (Rain Date Monday, August 1)

CMDL Championships @ West Howard

Important Information

Dive Team Practice

Afternoon practice will be held from 4 - 6 pm on Monday - Thursday beginning Tuesday, May 31st through Monday, June, 13th. Beginning on Wednesday, June 15th, practice will be held on Mondays from 4 - 6 pm, on Tuesdays and Thursdays from 8 - 11 am, and on Wednesdays and Fridays from 8 - 10:30 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

Thursday, 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 2009, 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 21, 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, August 1, 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 currently consists of twelve teams within two divisions:

Red Division

Aberdeen Swim Club
Crofton Swim & Tennis 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
Frederick Area Divers
Lochearn Community Club
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 17, 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 31, 8:00 am - 4:00 pm, West Howard 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 either the Novice or Championship Meet.

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. Beginning in 2011--meets will not be designated as front or back dive meets. All divers 8 and older may complete any x01 dive as the meet required dive.

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	any x01 dive where x=1,2,3 or 4
11 – 12	4 dives, or 3 dives & 1 jump	3	any x01 dive where x=1,2,3 or 4
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 prior the individual championships. Scores achieved at this novice meet cannot count as qualifying scores for championships.

2011 Qualifying Scores:

<u>Girls - Qualifying Scores - Boys</u>		
56	8 & U	56
72	9 -10	68
100	11-12	96
127	13 -14	129
165	15 -18	170

2011 CMDL Diving Form

Dive Order	Diver's Name		Club Represented		Boy	Girl
					6 & U	8 & U
					9-10	11-12
					13-14	15-18
	V.		Home Team			

Dive #	Dive Description		DD	JUDGES' SCORES					5 Net Total	TOTAL AWARD				
	FWD	BACK		REV	INW	JUMP	TW	FREE			1	2	3	4
1	DIVE		SOM											
	LINE UP	TUCK	PIKE	STR	FREE									
2	FWD	BACK	REV	INW	JUMP									
	DIVE		SOM		TW									
3	LINE UP	TUCK	PIKE	STR	FREE									
	FWD	BACK	REV	INW	JUMP									
4	DIVE		SOM		TW									
	LINE UP	TUCK	PIKE	STR	FREE									
5	FWD	BACK	REV	INW	JUMP									
	DIVE		SOM		TW									
6	LINE UP	TUCK	PIKE	STR	FREE									
	FWD	BACK	REV	INW	JUMP									
	LINE UP	TUCK	PIKE	STR	FREE									
TOTAL SCORE:														

Diver's signature:		Qualifying score: Y or N	
Official's signature:		Exhibition or Final Place	

DIVE NO.	DESCRIPTION	POSITION			
		A Strt	B Pike	C Tuck	D Free
FORWARD GROUP					
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	---
BACK GROUP					
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	---
REVERSE GROUP					
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	---
INWARD GROUP					
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
TWISTING GROUP					
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
TWISTING GROUP					
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

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

Directions from I-97: Take Exit # 7 (Rt 32 West /Route 3) towards Bowie/Odenton for ~ ½ 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 1st right after Tarrytown Ave). Pool entrance is ~.3 mile on the right (5th 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

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

Directions: 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 about 1/4 mile and pool will be on the left just prior to the next light, which is North Rolling Road.

NOTES / Amenities

Concessions are sold to benefit the Dive Team. **MUST BRING YOUR OWN CHAIRS.** Handicapped accessible, except restrooms.

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

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

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

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.

West Howard Swim Club

www.westhowardswimclub.com
16131 Old Frederick Road
Mt. Airy, MD 21771
410-489-7350

Estimated Travel Time: approximately 1 hour

Directions:

From I-70 (Rte 40 W), take exit 73, MD-94 towards Woodbine/Lisbon. Bear right at exit and take Route 94 North towards Woodbine (approximately a third of mile). Enter roundabout and take 3rd exit onto Old Frederick Road (West). Pool is on the left.

NOTES / Amenities

Concessions sold to benefit the dive team.

