

High Quality 24/7



Although FUN is always the focus, we have a unique ability to maintain a VERY high level of quality within our training sessions and dive meets.

The coaching staff here is packed full with experience, training the beginner level diver all the way to the World Team.

Our coaches are continuously developing, studying, reviewing and applying the latest and most “cutting edge” training techniques.

Training Sessions and Schedules

Day 1 December 27th

OSU (Both Groups) 11:45am-3:00pm

Day 2 December 28th

CAC pool Group A 9am-11:00am

CAC pool Group B 10:00am-Noon

Break

OSU (Both Groups) 5:45pm -8:30pm

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Day 3 December 29th

CAC pool Group A 10:00am-Noon

CAC pool Group B 9am-11:00am

Break

OSU (Both Groups) 6:15pm -9:00pm

Day 4 December 30th

OSU (Both Groups) 5:45pm-9pm

Costs:

\$250 per athlete

(Special arrangements may be made if all 4 days cannot be attended)

Group “A” – 14yrs old – 18yrs old

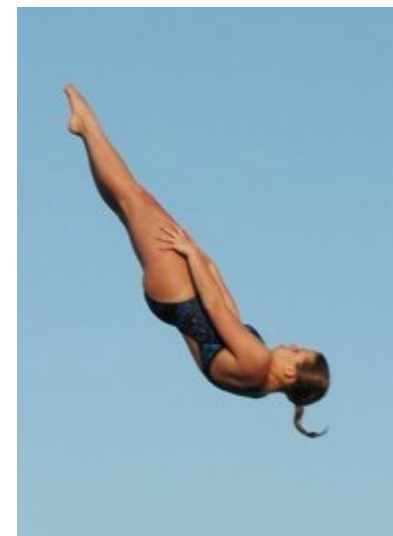
Group “B” – 13yrs old & Younger

**For more info or to register,
please call: 614 668 2761**

Or visit

www.EliteDiveTeam.com

US Elite Diving Academy Columbus, Ohio



In Quest of Your Personal Best

2009-2010 Winter Training Camp

December 27th – 30th

**-Build your skills
-Improve your scores**

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Winter Training Camp

The U.S. Elite Diving Academy is offering a Winter Training Camp for all divers!

The week before the New Year is an ideal time to take advantage of NO SCHOOL and get as much practice as possible.

Learn new dives on 1 meter, 3 meter and Platform!

High School Divers! Attend Camp to prepare for the upcoming Championship season (Conference championships, Districts and States). This week can be the difference between having a full list (11 dives) and being a STATE QUALIFIER!

Age Group Divers! Capitalize on this time to hone your skills for the upcoming spring diving season. This week can help you get a leg up on your competitors and increase your chances of qualifying for nationals!

Costs:

4 days- \$250.00

(Special arrangements may be made if all 4 day cannot be attended)

World Class Facilities



The Ohio State University's new aquatic pavilion is one of the greatest diving facilities in the world with:

- (5) 1meter springboards
- (5) 3meter springboards
- Platforms: 1,3,5,7.5 & 10meters
- "Bubbler system" that allows new dives to be learned over a large, soft pad of bubbles!
- Safety spotting harness over 3meter springboard!
- 25-person hot tub makes it easy to stay loose and comfortable.

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Columbus Aquatic Center

The Columbus Aquatic Center is another pool that has been a key player in the success of our team. (CAC) has been working with US Elite for many years. Together, we have been able to create an environment for learning dives SAFER and FASTER! The CAC has a separate diving well allowing swimming and diving classes to happen concurrently. We have installed "safety spotting harnesses" over both the 1meter and 3meter springboards. A coach can hand spot the athlete from the approach, all the way to the water! This allows divers to learn and attempt new skills without the fear of the board or smacking the surface of the water!

Training back and forth between the Columbus Aquatic Center and The Ohio State University pool is a recipe for success!

What would **you** do, if you knew you could not fail?

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