



and



**DIVER CONDITIONING PROGRAM:
TRAMPOLINE DRILLS • STRENGTH TRAINING • DIVING MECHANICS
WITH COACH JOSH AND COACH TONY
AT
XTREME GYMNASTICS SATURDAYS
7:30 - 9:00 AM
STARTING SEPTEMBER 4, 2010**

Our very successful summer dryland conditioning program at the Xtreme Gymnastics facility has been extended to become a year-round feature of the Clavadistas del Sol dive team!

In recent years, the sport of diving has benefited from research that shows that increased dryland conditioning enhances diver performance in the water. USA Diving, the Olympic Development Program, and many clubs around the country have expanded their programs to include more time out of the water focused on drills and strength training specific to the mechanics of diving.

ALL divers expecting to perform at the Clavadistas del Sol GOLD and SILVER levels should consider this program an essential component of their ability to meet team criteria and compete successfully. Any divers who *aspire* to the Gold or Silver teams should also consider this program essential to their progress towards that goal. The program is open to all divers who are willing to work hard, and put forth their best effort to become a better diver. Though intensive, divers enjoy improving and striving to reach their greatest potential.

We are especially pleased to be able to offer a program fee of only **\$15 per month**. All athletes must register with Xtreme Gymnastics and pay a one-time insurance fee of \$30 good for access to Xtreme Gymnastics for 12 months. *This means that if you participated in the summer conditioning program, you do not need to register with Xtreme Gymnastics again.*

Xtreme Gymnastics is located just 5 minutes north of Cactus Pool at 15821 N 79th Street ([Map](#)). The facility features *2 spring floors, 2 trampolines, a tumble track and foam pit.*

**Contact your coach on deck for more information or to sign up by
August 30, 2010:
cdsdiving@yahoo.com**