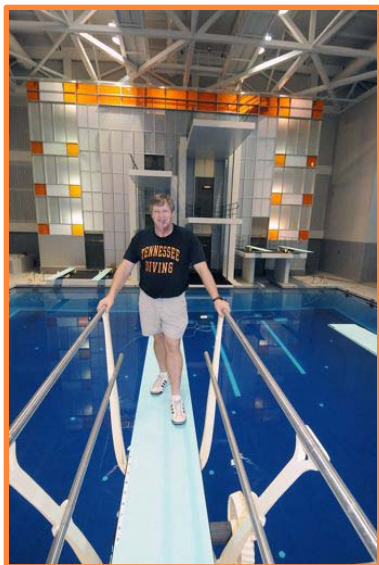


2010 Tennessee Diving Camps



Coach Dave Parrington and the University of Tennessee are hosting 3 weeks of residential and day camps at the site of the USA Diving 2008 Olympic Diving Team Selection Camp!



Coach Dave Parrington

Dave Parrington

Head Diving Coach at the University of Tennessee

- Three time Olympian, once as a diver and twice as a coach
- Many time International team coach
- Coach of 6 NCAA Champions, 28 SEC Champions
- Coach of one World Championship Gold medalist and a bronze medal
- Coach of 9 USA Diving National Champions most recently 2010
- Coach of 2 Commonwealth Games Gold medalists, a silver and bronze
- Eight time Southeastern Conference Diving Coach of the Year
- 1997 USA Diving Award of Excellence winner
- 1988 WHOSAM Award winner
- 20 years as Head Diving Coach at the University of Tennessee

Brian Pritt

Associate Head Age Group Coach and UT Volunteer Assistant Coach

- UT Alumni and former University of Tennessee diver 1990-94
- Coached collegiately at West Virginia University
- Former assistant at Mission Viejo Nadadores
- For specific questions concerning camp, please contact Brian at 865-974-4644 or tennessediving@hotmail.com

What you'll learn:

- The importance of, and how to stretch
- Strength and conditioning for diving
- Specific techniques for somersaulting and twisting
- Ripping!
- Perfecting the hurdle
- Dry board belt work and tramp drills
- Goal setting & meet preparation
- Video analysis



Lauren Leroy
SEC 3 Meter Champion



Evan Stewart
World Champion



2010 Tennessee Diving Camps



The Facilities:

- Allan Jones Intercollegiate Aquatic Center
- 21 springboards across 3 pools
- Complete indoor and outdoor platform facilities
- Brand new indoor facility including weight room and dry land training equipment
- Two dry boards with overhead harnesses for spotting and skill progression and 3 trampolines
- Bubbler system under 3 meter springboard, 5, 7 and 10 meter platforms
- Tivo for visual aid

Housing and Meals:

- Campers will be housed in the UT dorms located mere minutes walking distance to the aquatic center
- Meals will be provided on a daily basis, 3 times a day both at the UT dining facilities, as well as catered healthy meals.

What to bring:

- Towel, chamois, swim suits, workout clothes (shorts and t-shirts), and any other required diving equipment, toiletries, alarm clock. Casual clothes are recommended for times away from the pool. Pocket money. All campers will receive a free Tennessee Diving Camp t-shirt!

Guest Coaches

2008 Olympian and USA National Diving Champion Jevon Tarantino in addition to other current USAD and collegiate coaches

Dates & Cost:

***Note - A (non refundable) deposit of \$150.00 is due with registration. Deposits apply to the final camp fee.**

•Make checks payable to The University of Tennessee

- Week 1 = June 13th - June 18th
- Week 2 = June 20th - June 25th
- Week 3 = June 27th - July 2nd
- Costs for residential camps include housing, meals, and daily supervision, and are;
- Residential: 1 week = \$570, 2 weeks = \$1140, all 3 weeks = \$1710
- Day camp: \$440 each session
- \$65.00 per day for early arrivals, stay overs or late departures.

***Refund policy: The \$150.00 is non-refundable for any reason at any time. Cancellations prior to May 20th will receive a full refund minus the \$150.00 deposit. There are no refunds or credits of any portion of the camp fee after May 20th for reasons other than documented medical conditions.**

•All camp sessions are open to any and all applicants