

Regional Squad Selection Procedure

AIM: To identify athletes with the realistic physical and technical potential to perform competitive Senior lists, examples of this;

Women:

| | | | |
|-----|--------------------|-----|--------------|
| 3m: | 107C/B | Hb: | 107B |
| | 405B | | 407C |
| | 205B | | 207C |
| | 205B | | 6243D |
| | 5152B/5335D | | 5253D |

Males:

| | | | |
|-----|--------------------|-----|-------------------|
| 3m: | 107B | Hb: | 107B/109 C |
| | 405B/ 407 C | | 407C |
| | 205B/ 207 C | | 207C/B |
| | 305B/ 307 C | | 307C |
| | 5154D/5353D | | 5255B |
| | | | 626C |

A diver with the realistic physical and technical potential to perform the above lists need to possess a number of attributes. We are looking for divers with the potential to go to the next level; they will by no means be finished articles. The aim of the Regional Programme is to support the development of these divers.

Divers & Coaches demonstrating the following will be considered for selection

1. Ability to rip entries
2. Group Coverage
3. Quality before D.D
4. Physical ability
5. Annual Planning
6. Training attitude/ethic

Selections

All divers identified for the England Talent Programme will be:

- Selected for 1 year subject to a commitment to regular training and competition programme, consistent with the principles of long-term athlete development (LTAD)
- Required to attend all programmed camps and clinics outlined by the Talent Develop Officers (TDO's)
- Required to access monthly training and support with coach at designated Training Centre if applicable.
- Provided with Support in their home environment through Club visits reviewing training programmes and progressions towards specific goals.
- A coach willing to be mentored and/or mentor other clubs within the ETP including support and monthly contact and goal setting
- Demonstrate Annual Planning for ALL ASPECTS of training to be developed through support from TDO and ETP staff
- Divers in Group A & AASE can be on the Talent Programme if they are exceptional and will be at the discretion of the TDO's.

NB//If your diver came top 6 at Junior Elites they will automatically be invited to attend the selection day.

Technical Levels

See technical levels, divers are expected to perform each skill with excellent form once each level is passed successfully they will develop skills from the next level. An athlete should be competent in all skills at all levels.

| | Group D & Below | Group C | Group B | Group A |
|--------------|----------------------------|----------------|----------------|----------------|
| Level | 1-2 | 1-4 | 1-5 | 1-7 |

These Levels are a guideline and are flexible in areas that are out of the divers control. For example 7m dives if the diver has wrist problems or if the diver trains at a 5m facility etc.

Training times

| | | Group D & Below | Group C | Group B | Group A |
|----------------|----------------|----------------------------|----------------|----------------|----------------|
| Pool | | 3 hours | 5 hours | 6 hours | 6 hours |
| Dryland | Rig | 1 session | 2 sessions | 4 sessions | 4 sessions |
| | S/s/Gym | 1 hour | 2 hours | 2 hours | 3 hours |
| | Conditioning | 1 hour | 2 hours | 3 hours | 4 hours |
| | Tramp/Dryboard | 1 hour | 2 hours | 3 hours | 3 hours |

Divers will be expected to be competing at Junior Elites (however National Age Groups will be accepted with justified reasoning). Once on the Regional Squad divers will be expected to compete at Junior Elites in 2010 and the three best performances will be tracked from the following National Circuit events leading up to it:

- Southampton Invitational
- Luton Challenge
- Armada Cup
- G Star

If you believe your divers is achieving the above criteria please contact your Talent Development Officer (Katie Hazelton-South, Rebecca Burrows-North) who will arrange an informal meeting with yourself and observation of your diver to confirm their invitation to the Regional Squad Testing Day June/July 2010. This goes for all for new divers and also existing divers on the programme.