

OTTAWA'S

# FIRST CHOICE FOR DIVING



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PROGRAM

# who we are

## The Ottawa National Diving Club

is proud to be entering our 15th year of success. Home to 15 competitive divers and over 250 Learn to Dive students, our diving programs are available at 3 locations within the greater Ottawa area: Nepean, Barrhaven, and Orleans. We continue to grow in numbers, determination, and talent.



## Unique To Ottawa

Our entire coaching staff is certified by the NCCP National Coaching Certificate Program and recognized by the Coaches Association of Canada.

*Celebrating*



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# our goals

## The Ottawa National Diving Club's

goal is to provide quality technical springboard and platform diving instruction in a safe, controlled, and fun environment.

We provide instruction through

**3 SKILL LEVELS**

**LEARN TO  
DIVE**

**ADVANCED RECREATIONAL  
COMPETITIVE**



**Summer  
LEARN TO  
DIVE  
PROGRAM**  
*at the Sportsplex!*  
info@ottawanationaldiving.ca

**REGISTRATION  
OPENS JUNE 1st**

JULY 5 - 28 (8 LESSONS)  
TUESDAYS & THURSDAYS  
9:30 - 11:00 AM  
NEPEAN SPORTSPLEX  
COST: \$200

**HURRY!  
REGISTER  
on our website**  
We fill up quickly!



*Bruce Wants You!*

## Our directives:

- instruct our competitive divers to reach their full potential & participate in competitions across the country.
- host Learn to Dive classes
- improve our competitive program
- introduce coaching clinics for teens

Natural Flexibility Core Strength Leg Strength Agility Coordination Focus Natural Ability for Acrobatics

**ARE YOU A GYMNAST  
LOOKING FOR A NEW  
CHALLENGE**

*Try something  
Amazing*

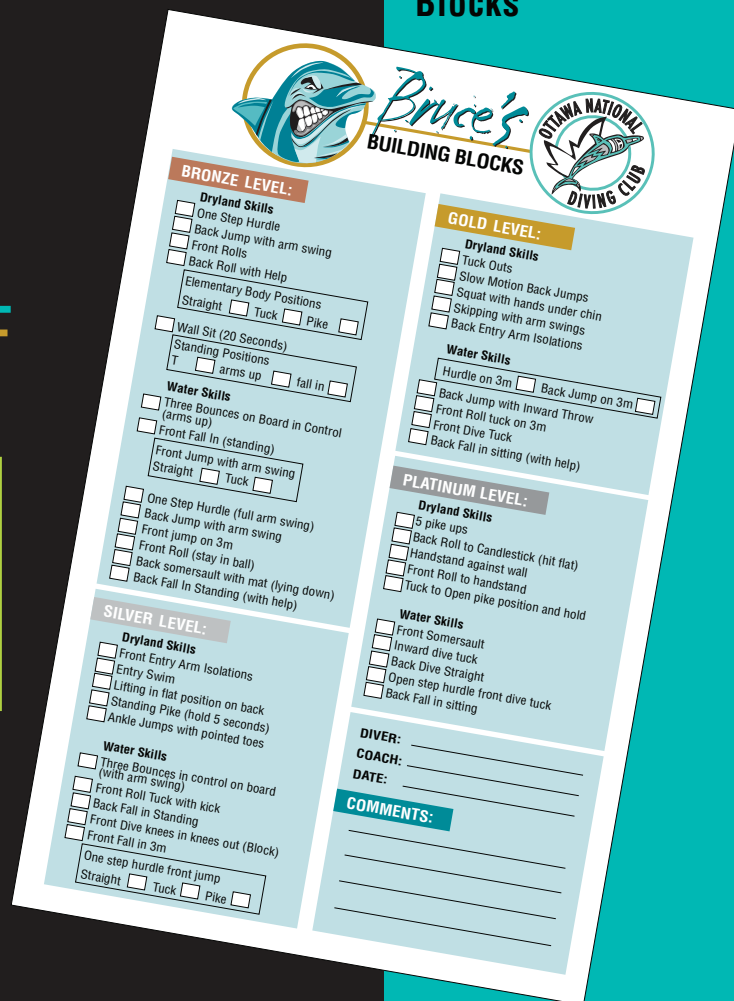
**DIVE**

Contact info@ottawanationaldiving.ca  
to arrange an assessment with one of our coaches.



On behalf of the children and families at the Ottawa National Diving Club, we are asking for your support. Details of our donations/sponsorship opportunities are attached.

The Ottawa National Diving Club's Program of Achievement called **Bruce's Building Blocks**



**BRONZE LEVEL:**

**Dryland Skills**

- ☐ One Step Hurdle
- ☐ Back Jump with arm swing
- ☐ Front Rolls
- ☐ Back Roll with Help
- ☐ Elementary Body Positions
- Straight ☐ Tuck ☐ Pike ☐
- ☐ Wall Sit (20 Seconds)
- Standing Positions
- T ☐ arms up ☐ fall in ☐

**Water Skills**

- ☐ Three Bounces on Board in Control (arms up)
- ☐ Front Fall In (standing)
- ☐ Front Jump with arm swing
- Straight ☐ Tuck ☐
- ☐ One Step Hurdle (full arm swing)
- ☐ Back Jump with arm swing
- ☐ Front jump on 3m
- ☐ Front Roll (stay in ball)
- ☐ Back somersault with mat (lying down)
- ☐ Back Fall In Standing (with help)

**SILVER LEVEL:**

**Dryland Skills**

- ☐ Front Entry Arm Isolations
- ☐ Entry Swim
- ☐ Lifting in flat position on back
- ☐ Standing Pike (hold 5 seconds)
- ☐ Ankle Jumps with pointed toes

**Water Skills**

- ☐ Three Bounces in control on board (with arm swing)
- ☐ Front Roll Tuck with kick
- ☐ Back Fall in Standing
- ☐ Front Dive knees in knees out (Block)
- ☐ Front Fall in 3m
- ☐ One step hurdle front jump
- Straight ☐ Tuck ☐ Pike ☐

**GOLD LEVEL:**

**Dryland Skills**

- ☐ Tuck Outs
- ☐ Slow Motion Back Jumps
- ☐ Squat with hands under chin
- ☐ Skipping with arm swings
- ☐ Back Entry Arm Isolations

**Water Skills**

- ☐ Hurdle on 3m ☐ Back Jump on 3m ☐
- ☐ Back Jump with Inward Throw
- ☐ Front Roll tuck on 3m
- ☐ Front Dive Tuck
- ☐ Back Fall in sitting (with help)

**PLATINUM LEVEL:**

**Dryland Skills**

- ☐ 15 pike ups
- ☐ Back Roll to Candlestick (hit flat)
- ☐ Handstand against wall
- ☐ Front Roll to handstand
- ☐ Tuck to Open pike position and hold

**Water Skills**

- ☐ Front Somersault
- ☐ Inward dive tuck
- ☐ Back Dive Straight
- ☐ Open step hurdle front dive tuck
- ☐ Back Fall in sitting

**DIVER:** \_\_\_\_\_

**COACH:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**COMMENTS:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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# our packages

## Thank you for your support of the ONDC

Your dollars go a long way to provide the opportunity for our athletes to train and compete in a safe, inspiring atmosphere.

On behalf of the children and families at the Ottawa National Diving Club, we are asking for your support.

Details of our sponsorship opportunities are attached.

### \$500 DONATION



- Sponsor one full week of pool time for our divers
- Your company can pick the week and the month during our 2023 season
- Chosen week will be displayed on our website with your company logo



- OR sponsor a whole month for

### \$2000 DONATION \$500 x 4

- Chosen month will be displayed on our website with your company logo

### \$2500 DONATION

#### SPONSOR 1 MONTH WHICH INCLUDES A COMPETITION

- For a \$2500 donation, your company can choose a month where we are hosting a competition, and ONDC will be honored to display your company's logo on special event signage at the Nepean Sportsplex during the competition in addition to 1 year's display and link on the ONDC website

#### OTTAWA NATIONAL DIVING CLUB ONDC DONATION / SPONSORSHIP FORM

BUSINESS NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CONTACT NAME: \_\_\_\_\_ TITLE: \_\_\_\_\_

TELEPHONE NUMBER: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

DESCRIPTION OF DONATION / SPONSORSHIP:

GOODS OR SERVICES WITH AN ESTIMATED VALUE OF \$ \_\_\_\_\_

DESCRIPTION OF GOODS/SERVICE \_\_\_\_\_



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