

CARA DIVING MANUAL

Revised November 2009

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C.A.R.A. Diving Regulations

11-2009

1. Number of teams:
 - a. C.A.R.A. will allow as many teams as there are C.A.R.A. swim teams. Insomuch as that the dive teams will not exceed the number of swim teams in the league. Unless a motion is made to open the diving to more teams, at which time a vote must be taken by all teams and a majority must agree to the motion.
2. Age groups:
 - a. There will be 4 competing age groups. 8 and Under; 9-11, 12-13, 14 and up.
 - b. Each category will be required to execute a set number of dives that are specific to each category in each competition. (see Age Groups under Competitions)
3. Rules: (3 Rules of 3)
 - a. Divers will not receive a score higher than 3 if...
 1. On a feet first entry (excluding jumps) they enter the water with their hands above their head
 2. The dive is physically assisted in any way by a coach (including a dive without an approach, this is considered assisted)
 3. The diver breaks position
 - b. Any rule not specifically stated above will result in the diver receiving NO deduction.
 - c. All rules specific to running a C.A.R.A. meet as set forth by C.A.R.A. will be enforced.
 - d. All divers will be allowed to participate in all meets. However those who do not meet the age group requirements cannot receive a place (1st-6th) ribbon. The diver may receive a participation ribbon if available.
4. Competitions:
 - a. Meets will be TBA.
 - b. Meets times will be set up at the annual meeting along with teams that are to compete.
 1. Exceptions:
 1. If a home team is unable to host a meet then appropriate notice must be given in a prompt manner.
 - c. Age groups.
 1. Each age group will execute a certain number of dives for the appropriate age group.
 2. Age group categories are as follows.
 1. 8 and under
 - a. 8 and under will dive five (5) dives. These dives will reflect the following format:
 - i. 5 dives of any category as long as three (3) categories are represented (see categories)
 - ii. Jumps will be counted as a dive
 - iii. All dives will be computed at a degree of difficulty of 1.0
 2. 9 – 11

- a. 9 – 11 will dive five (5) dives. These dives will reflect the following format:
 - i. 5 dives of any category as long as three (3) categories are represented. (see categories)
 - ii. Jumps will be counted as a dive
 - iii. All dives will be computed at a degree of difficulty of 1.0

3. 12 – 13
 - a. 12-13 will dive five (5) dives. These dives will reflect the following format:
 - i. 5 dives of any category as long as four (4) categories are represented (see categories)
 - ii. Jumps will be counted as a dive
 - iii. All dives will be computed at a degree of difficulty as set forth on the USA D.D. Sheet (below)

4. 14 & up
 - a. 14 & up will dive six (6) dives. These dives will reflect the following format:
 - i. 6 dives of any category as long as five (5) categories are represented (see categories)
 - ii. Jumps will NOT be counted as a dive
 - iii. All dives will be computed at a degree of difficulty as set forth on the USA D.D. Sheet (below)

5. Categories: See enclosed dive numbers for specific dive numbers and D.D.s
 - a. 100 groups
 1. All forward dive Groups
 - b. 200 groups
 1. All back dive Groups
 - c. 300 groups
 1. All Reverse div Groups
 - d. 400 groups
 1. All Inward dive Groups
 - e. 5000 groups
 1. All Twisting dive Groups

6. Position Terms
 - a. A = Straight
 - b. B = Pike
 - c. C = Tuck
 - d. D= Free

7. Dive Sheets
 - a. Use the enclosed dive sheets/cards for the every dive meets and each diver.

Dive	IM	Description
001A	1.0	Forward Fall
100C	1.0	Forward Jump
101A	1.4	Forward Dive Straight
101B	1.3	Forward Dive Pike
101C	1.2	Forward Dive Tuck
102A	1.6	Forward Somersault Straight
102B	1.5	Forward Somersault Pike
102C	1.4	Forward Somersault Tuck
103A	2.0	Forward 1-1/2 Somersault Straight
103B	1.7	Forward 1-1/2 Somersault Pike
103C	1.6	Forward 1-1/2 Somersault Tuck
104A	2.6	Forward Double Somersault Straight
104B	2.3	Forward Double Somersault Pike
104C	2.2	Forward Double Somersault Tuck
105B	2.6	Forward 2-1/2 Somersault Pike
105C	2.4	Forward 2-1/2 Somersault Tuck
106B	3.2	Forward Triple Somersault Pike
106C	2.9	Forward Triple Somersault Tuck
107B	3.3	Forward 3-1/2 Somersault Pike
107C	3.0	Forward 3-1/2 Somersault Tuck
112B	1.7	Forward Flying Somersault Pike
112C	1.6	Forward Flying Somersault Tuck
113B	1.9	Forward Flying 1-1/2 Somersault Pike
113C	1.8	Forward Flying 1-1/2 Somersault Tuck

002A	1.0	Back Fall
200C	1.0	Back Jump
201A	1.7	Back Dive Straight
201B	1.6	Back Dive Pike
201C	1.5	Back Dive Tuck
202A	1.7	Back Somersault Straight
202B	1.6	Back Somersault Pike
202C	1.5	Back Somersault Tuck
203A	2.5	Back 1-1/2 Somersault Straight
203B	2.3	Back 1-1/2 Somersault Pike
203C	2.0	Back 1-1/2 Somersault Tuck
204B	2.5	Back Double Somersault Pike
204C	2.2	Back Double Somersault Tuck
205B	3.2	Back 2-1/2 Somersault Pike
205C	3.0	Back 2-1/2 Somersault Tuck
212B	1.7	Back Flying Somersault Pike
212C	1.6	Back Flying Somersault Tuck

301A	1.8	Reverse Dive Straight
301B	1.7	Reverse Dive Pike
301C	1.6	Reverse Dive Tuck
302A	1.8	Reverse Somersault Straight
302B	1.7	Reverse Somersault Pike
302C	1.6	Reverse Somersault Tuck
303A	2.7	Reverse 1-1/2 Somersault Straight
303B	2.4	Reverse 1-1/2 Somersault Pike
303C	2.1	Reverse 1-1/2 Somersault Tuck
304A	2.9	Reverse Double Somersault Straight
304B	2.6	Reverse Double Somersault Pike
304C	2.3	Reverse Double Somersault Tuck
305B	3.2	Reverse 2-1/2 Somersault Pike
305C	3.0	Reverse 2-1/2 Somersault Tuck
312B	1.8	Reverse Flying Somersault Pike
312C	1.7	Reverse Flying Somersault Tuck

401A	1.8	Inward Dive Straight
401B	1.5	Inward Dive Pike
401C	1.4	Inward Dive Tuck
402A	2.0	Inward Somersault Straight
402B	1.7	Inward Somersault Pike
402C	1.6	Inward Somersault Tuck
403B	2.4	Inward 1-1/2 Somersault Pike
403C	2.2	Inward 1-1/2 Somersault Tuck
404B	3.0	Inward Double Somersault Pike
404C	2.8	Inward Double Somersault Tuck
405B	3.4	Inward 2-1/2 Somersault Pike
405C	3.1	Inward 2-1/2 Somersault Tuck
412B	2.1	Inward Flying Somersault Pike
412C	2.0	Inward Flying Somersault Tuck
413B	2.9	Inward Flying 1-1/2 Somersault Pike
413C	2.7	Inward Flying 1-1/2 Somersault Tuck

5111A	1.8	Forward Dive 1/2 Twist Straight
5111B	1.7	Forward Dive 1/2 Twist Pike
5111C	1.6	Forward Dive 1/2 Twist Tuck
5112A	2.0	Forward Dive 1 Twist Straight
5112B	1.9	Forward Dive 1 Twist Pike
5121D	1.7	Forward Som. 1/2 Twist Free
5122D	1.9	Forward Som. 1 Twist Free
5124D	2.3	Forward Som. 2 Twists Free
5126D	2.7	Forward Som. 3 Twists Free
5131D	2.0	Forward 1-1/2 Som. 1/2 Twist Free
5132D	2.2	Forward 1-1/2 Som. 1 Twist Free
5134D	2.6	Forward 1-1/2 Som. 2 Twists Free
5136D	3.0	Forward 1-1/2 Som. 3 Twists Free
5152B	3.2	Forward 2-1/2 Som. 1 Twist Pike
5152C	3.0	Forward 2-1/2 Som. 1 Twist Tuck
5211A	1.8	Back Dive 1/2 Twist Straight
5212A	2.0	Back Dive 1 Twist Straight
5221D	1.7	Back Som. 1/2 Twist Free
5222D	1.9	Back Som. 1 Twist Free
5223D	2.3	Back Som. 1-1/2 Twists Free
5225D	2.7	Back Som. 2-1/2 Twists Free
5231D	2.1	Back 1-1/2 Som. 1/2 Twist Free
5233D	2.5	Back 1-1/2 Som. 1-1/2 Twists Free
5235D	2.9	Back 1-1/2 Som. 2-1/2 Twists Free
5251B	2.9	Back 2-1/2 Som. 1/2 Twist Pike
5251C	2.7	Back 2-1/2 Som. 1/2 Twist Tuck
5311A	1.9	Reverse Dive 1/2 Twist Straight
5312A	2.1	Reverse Dive 1 Twist Straight
5321D	1.8	Reverse Som. 1/2 Twist Free
5322D	2.0	Reverse Som. 1 Twist Free
5323D	2.4	Reverse Som. 1-1/2 Twists Free
5325D	2.8	Reverse Som. 2-1/2 Twists Free
5331D	2.2	Reverse 1-1/2 Som. 1/2 Twist Free
5333D	2.6	Reverse 1-1/2 Som. 1-1/2 Twists Free
5335D	3.0	Reverse 1-1/2 Som. 2-1/2 Twists Free
5351B	2.9	Reverse 2-1/2 Som. 1/2 Twists Pike
5351C	2.7	Reverse 2-1/2 Som. 1/2 Twists Tuck
5411A	2.0	Inward Dive 1/2 Twist Straight
5411B	1.7	Inward Dive 1/2 Twist Pike
5412A	2.2	Inward Dive 1 Twist Straight
5412B	1.9	Inward Dive 1 Twist Pike
5421D	1.9	Inward Som. 1/2 Twist Free
5422D	2.1	Inward Som. 1 Twist Free
5432D	2.7	Inward 1-1/2 Som. 1 Twist Free
5434D	3.1	Inward 1-1/2 Som. 2 Twists Free

How To Host a Diving Meet

Preparation:

- A Week Before the Meet send out an email to all the contact agencies to remind them of the meet, date, warm up/meet start times, location of meet along with address and contact information, and any additional information requested or necessary
- Make sure you have enough coaches/volunteers to run the meet and your location is secure
- Make sure you have score cards
- Check to make sure you have ribbons for the meet

Equipment Needs:

Microphone and Speaker

4-5 chairs for judges

Table with 4-5 chairs

Calculator

Pencils

Score cards

Score sheets

Ribbons

Call all coaches for a pre-meet meeting – determine warm-up line up and meet line up

Start Warm-Up's 30-45 minutes prior to meet start

Go over rules with judges as well as scoring

Make sure score keepers understand how to score

Divers will be put into age groups and run in that order

8 and under

9-11

12-13

14 & up

Sample Letter To Parents

Dear CARA Diving Parents,

Welcome to the 2009 Cara Diving Season! We would like to thank those of you returning for another season and to welcome all of our new participants! We are excited about the season and hope that you and your kids will enjoy diving with us!

CARA is a fun, recreational program. We will focus on teaching the basic fundamentals of diving including the approach and hurdle, as well as jumps, and various dives at varying difficulty levels depending upon your child's skill level and ability. It is non-competitive in the sense that all meets are optional and are designed to give participants experience in the sport. Divers will be given the opportunity to compete in at least 3 local meets. There are a total of five different agencies competing in the program this year: Broomfield, Aurora, Longmont, Westminster, and Lakewood.

Now a little about your coaches:

My name is AJ Kass. I have been coaching diving for 12 years. I graduated from James Madison University in 2003 just before moving to Colorado. I have also been diving since I was 7 and retired from competition at the age of 23 after 4 years in college. I am a pool manager and diving coach for the City and County of Broomfield.

I will be assisted by Jensen and Sarah this summer.

Jensen will be a senior at Broomfield High School next year. This will be his second summer coaching with Broomfield.

Sarah is new to the Broomfield aquatics staff but comes from a long background of both coaching swimming and diving. She will be splitting her time with the Broomfield C.A.R.A diving team and a C.A.R.A. swim team with a different city.

I am happy to welcome back Jensen and welcome Sarah to the team.

There are going to be two different practices this summer. Both will run Tuesday, Thursday and Friday. One class will run from 2-3pm and one from 3-4pm. These classes are not interchangeable. If you signed up for one you must stay in that practice. Both classes are full. Tuesdays and Fridays will be devoted to diving only. Thursdays will be a combo of Diving and dry land. Dry land helps to develop strength and coordination along with body awareness. Please make sure your diver is prepared to dive and do dry land on Thursdays. This means on Thursday they will need a bathing suit and towel and sneakers, t-shirt/tank top and shorts.

The following will be the meets dates for this summer:

- Saturday June 21- Green Mtn Recreation Center in Lakewood- Warm ups start at 3:15pm, meet will start at 4pm
- Saturday July 12- Broomfield Community Center- warm ups at 3pm and meet will start at 4pm
- Sunday July 20- Meadow Hills Pool in Aurora- 8am warm up time and 9am meet start time.

I will give out directions before each meet. Please let the coach know if you are able to attend each meet or not.

We are all very excited for this season. If you have any questions please feel free to ask. I would prefer all questions to be asked before or after practice so that we may focus on diving during practice. I can be reached at the following phone numbers on the following days 303-460-6395 Tuesday/Thursday mornings, or 303-464-5513 on Monday/Wednesday afternoons.

My email is akass@broomfield.org.

Again we would like to welcome everyone!!!

AJ Kass, Jensen, and Sarah

Colorado Association



Recreational Athletics

INVOICE

Name of Sport **Diving**

Agency Name _____

CARA Supervisor Name _____

Number of Participants _____ **X \$2.00= \$** _____

***Late fee (if applicable) \$20.00** _____

Amount Enclosed \$ _____

*** Late fee is \$20 and will be assessed if payment is not postmarked by November 21**

Please remit a copy of this invoice as well as a current team roster with your payment.

Make check payable to CPRA

Send payment to CARA Swimming Chair:

**Toni Barritt
City of Thornton
11151 Colo. Blvd.
Thornton, Co. 80233
toni.barritt@cityofthornton.net**

If paying by credit card, make payment directly to CPRA office and send receipt and team roster to the above address.

2009 Contact Information

City	Contact Name	Phone #	Email	Facility
Broomfield	Dawn Rachjaibun	303-460-6918	drachjaibun@broomfield.org	Broomfield Comm Center
	Stephanie Stearns	303-464-5540	sstearns@broomfield.org	
	Dilan Orrino	coach	dorrino@live.com	
Lakewood	Joe Mallory	303-987-7837	josMal@lakewood.org	Carmody Pool
	Melissa Keller		melkel@lakewood.org	
	Josh Riley	303-987-5431	josRil@lakewood.org	
Longmont	Karen Charles		Karen.Charles@ci.longmont.co.us	Centennial Pool
	Alan Cobb		Alan.Cobb@ci.longmont.co.us	
	Trisha Marsh	coach	mountainmarsh@gmail.com	
Westminster	Joe Leduc	303-658-2956	Jleduc@cityofWestminster.us	Swim & Fitness Center
	Joann Schmidt	coach	Bitumi@mho.com	
	Veronica Broslawik		vbroslaw@CityofWestminster.us	
Aurora	Julie McIntosh	303-696-4305	jmcintos@auroragov.org	Utah Pool
	Jacob Butler (coach)	720-341-5502	jcbutler@auroragov.org	

2009 Meet Information

Cara Diving Meet Information

Facility	Address	Host Meet	Date of Meet	Warm up	Meet Start	# of Divers
Broomfield Community	280 Lamar Street Broomfield, 80020	X	Saturday, Dec 5	3:30pm	4:00pm	12
Centennial Pool	1201 Alpine Longmont, 80501	X	Sunday, Nov 15	7:30am	8:00am	10
Swim & Fitness Center	3290 West 76th Avenue Westminster, 80030	X	Saturday, Oct 10	12noon	12:30pm	5
Utah Pool	1800 S Peoria St Aurora, CO 80012-5360	X	Saturday, Oct 31	7:30am	8:30am	6