



WINDY CITY DIVING

2-Day High School Clinic

September 9 & 10 2026 from 5:45-8:00 pm

Skills to be covered:

- take-off skills (board work, hurdle, back press)
- somersault skill,
- Kick-out skills
- entry skills.
- Divers also have a chance to learn new dives with the safety belt and water bubbles.

Daily Training:

- Warm-up/stretching, Conditioning & Modeling (arm-swing, hurdle, back press.)
- Dry board: Board work set, (non-arm-swing + arm-swing) one step hurdle, stand 102, 202, 302
- Trampoline: Arm-swing skills, (S, P, H jumps), front & back drops, standing flip.
- Tramp Belt work, forward doubles, 2 ½ SS, or back 1 ½ SS
- Water Dives, (board works, deck dive, line-ups, standing dives, flips)
- New dive learning

Cost:

- Athlete - \$75.00 per day or \$135.00 for both days
- Payment to Windy City Diving – Check, Cash, or Zelle
- All Divers must be registered in AAU Diving. <https://www.aausports.org>

Registration Form High School Clinic 2026

Diver Name: _____

Diver's Email: _____ Phone No _____

High School: _____

AAU Number: _____

Circle the days that you will attend:

Monday

Wednesday

Thursday

Parent Contact Information:

Name: _____

Email: _____ Emergency Contact #: _____

Circle the days that you will attend:

Wednesday

Thursday

Mail Registration Form to:

Windy City Diving
1139 Gordon Terrace
Deerfield, IL 60015

Questions:

Contact: Caiming Xie
Caiming@windycitydiving.com



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