

FCDC NO SPLASH NEWS

Diving—A sport, that requires SKILL, GRACE, COURAGE AND STRENGTH!

A warm welcome to all our Learn To Dive athletes and their Families!

We hope you have enjoyed our Fall session and are keen to register for the fast approaching Winter Session, starting January 4th 2016. Use this link to get to the registration page! http://forestcitydiving.com/?page_id=669 Check it out and secure a spot for your aspiring diver! For current divers, please, do not miss registration for Mini Meet, held on December 19th! Also to plan ahead, please, register for our **March Break Camp**—a great way to spend the holidays and work on those dives! Registration Link:

<http://forestcitydiving.clubhost.ca/Classes.asp?Session=March%20Break%202016>



2015/2016 Precompetitive and Competitive FCDC -Team

Important FCDC Dates

Dec. 2nd to 5th CAMO Competition

Dec 12th FCDC Christmas Party

December 19th LTD Mini Meet

December 23rd Last Day of Fall Session

January 4th 2016 First Day of Winter Session

March Break Camp 2016 Online Registration starts **Dec 1st!**

Check out our website

www.ForestCityDiving.com

Coach's Corner

We are now three months into the new season and I am very happy how all my athletes are performing. There are always many things to work on to get everybody ready for the first competition. Especially as some of our divers have changed age groups.



I have exciting news to share with you! January is going to be a busy month for us!

Katelyn is invited by Dive Canada to participate in a High Performance Athlete Development Camp! Al'x, Faith, Anika, Josh and Camryn as well as myself are invited to a Dive Ontario Canada Games Training Camp! Also in January these six competitive divers from FCDC and myself will be part of an 18 diver group from Canada to train in China for two weeks. We have not done this before, but I am very excited about this amazing opportunity for all of us.

There have been many changes in our club but I think, parents, myself and our athletes have adjusted well and I am looking forward to great team work and an excellent year of diving!

Yours, truly *Luda*

In case you wonder -"Who thought of Diving"??

Diving as a modern competitive sport evolved from the 18th century in Germany and Sweden. During the 1800s "plunging became popular, competitions were held to see which diver could glide underwater the farthest after plunging head-first from various heights. Over the years diving has evolved into a unique athletic sport that requires skill, grace, courage and strength, it is a combination of gymnastics and ballet performed over water. It was not until 1904 that Diving made its Olympic debut. Men's platform diving and plunging were the only two events held. In 1912 women's platform diving was added. In 1920 Women's springboard even became part of the Olympic Games. However it was not until 1928 that women could perform so called "fancy dives" in an Olympic event. Dive complexity would progress dramatically and scoring would undergo many changes during the next 85 years, the events contested in the Olympic Games stayed the same until the addition of synchronized diving in the year 2000. The diving board itself has also under-

gone dramatic changes. The earliest boards were merely wood planks covered with mats. Over the years springier boards were developed, movable fulcrums, which divers use to add or take away bounce, were introduced. Today's fiberglass boards, give divers the ability to flex the board to the degree that gives them maximum potential for height and agility. The excitement and variety of make diving, platform or springboard, one of the most watched Olympic Sports.

