

# LUBBOCK DIVE CLUB

SUMMER PRACTICE SCHEDULE: JUNE 3<sup>rd</sup> – July 25<sup>th</sup>

Novice/Intermediate Groups: 3:00–4:00 pm Tuesday, Wednesday & Thursday

Junior Olympic (JO) Group: 4:00–6:00 pm Monday, Tuesday, Wednesday & Thursday

Senior Team: 9:00–10:00 am, Tues. & Thurs. 4:00–6:00 pm, Monday, Tuesday, Wednesday, Thursday  
(Senior team consists of divers whom have previously or currently qualified for a USA Diving Zone Meet.)

\*No practice on Thursday, July 4<sup>th</sup> in observance of Independence Day.

\* Practices may change during the week of AAU Nationals July 15–22.

Due to UIL Rules we will not be able to practice on July 9–10, 22,23 (Affects H.S. Coaches)

## Meet Opportunities

AAU Summer National Championships  
(Qualifying Scores needed to compete)

July 15<sup>th</sup>–July 22<sup>nd</sup> in Riverside, CA

(Days are determined by age group)

This meet is for advanced divers who attain a qualifying score in their specific age group.

(Age groups are 9 & under, 10,11,12,13,14,15,16,17,18,19 & up

Because there are limited meet opportunities this summer, we will host an intra-squad meet in late June to give those interested in competing a chance to qualify for the meet.

We will present additional meets if they become available. We will only attend these meets if there are enough families interested in attending



[www.lubbockdiveclub.org](http://www.lubbockdiveclub.org)

Contact Information:

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**\*\*We are aware that at time divers only want to attend the meets they can win. Winning is great, however, you have to learn how to compete at large meets with talented divers. You get better by competing with those who can push you to do your best. No one starts at the top; however, competing with the best and working to surpass them will always take you much farther than staying in your comfort zone**