

High School Diving Basics

Thank you for your interest in high school diving in the Issaquah School District! The Issaquah high schools, Skyline, Liberty, and Issaquah, have both swimming and diving programs for Girls and Boys. Each of the schools have a Head Swim Coach, however, there is only one Diving Coach for all three.

Practices

All the divers practice at the **Boehm** pool on Front Street in Issaquah, even if the swimmers practice at a different facility. Practice is after school at **2:45p.m.** The specific practice schedule varies depending on the number of divers on the teams and the skill level.

Transportation to and from the Boehm pool is **not** provided.

Minimum Requirements

Although we attempt to make diving a “no cut” sport, there are minimum requirements to turn out for diving. Diving is a complicated sport which requires some level of body control and awareness to start. No previous diving experience per se is necessary however, a candidate must:

1. Be able to jump up and down on the end of the diving board with a level of certainty and control
2. Dive in headfirst off the diving board or a starting block with body control
3. Have done a forward or backward somersault off the ground, trampoline, dock, or diving board

Number of Divers per Team

Board practice time is limited and thus there are a maximum number of divers we can accommodate across the three teams. If the total number of divers is too large for productive and efficient practices, then the following steps may be enacted.

- Split the divers into groups for separate board-time practice
- Reduce the number of divers per school to five (5)
- Reduce the number of JV divers per school to two (2)

Turning Out for Diving

The first day of diving practice is the same as the first day of practice for that season. For the girls, the first day of practice will be at the Edgebrook Swim and Tennis Club in Bellevue. For boys, the first practice is at the Boehm pool. If you are turning out for both swimming and diving, you should check in with the swim coach and proceed to diving as directed.

At the first practice individual skills will be evaluated. After the first two weeks another evaluation may be conducted to determine if appropriate progress is being made.

We will take new divers up to the first four days of practice, after that, new divers will be allowed on a case-by-case basis.

Contact Information

If you have questions, please contact Ellen Owen, eowen@comcast.net, 425-391-7880.