



Hendrix Diving Clinic

Saturday, April 4th

Space is limited

The Hendrix College Diving camp is designed to teach divers proper technique and provide quality skill progression. The Hendrix College Diving Camp is open to ALL abilities between the ages of 10 and 19. The Camp emphasizes technical skill, proper skill progression and dryland training as well as health and fitness in a structured, fun and enthusiastic Warriors environment. The divers participate in two diving sessions and an extensive exercise/stretching/ spotting sessions. Instruction is provided in all phases of competitive diving. Several lectures are presented in order to educate the divers about mechanics, movement, learning and mental focus.

Facilities to be used:

(2) one meter diving boards
(2) three meter diving boards
Sideline Scout video system
Poolside live video system

Cost: \$65

Age: 10-19 years

When: Saturday, April 4

First Session 9-11am

Lunch 11:15-12 (lunch will be provided)

Second Session 12-2pm

Where: Hendrix College Pool

Who: Advanced swimmers age 10-19

Price: \$65/ person

*****Coaches and Parents are encouraged to attend both sessions**

What to bring:

- Swimsuit
- Shorts
- Shirt
- Towel and/or shammy
- Water bottle

Contact us for more info: Coach Tony: Phone – 870-416-4600 Email- marleneanu@hendrix.edu

Coach Craig: phone – 501-620-9422 Email: cbarton4@cub.uca.edu