

1. Camp fees will **only** be prorated when practice is not being offered due to a cancellation or if a new diver starts after a camp has already begun. THERE ARE NO REFUNDS FOR MISSED PRACTICES. If you miss a scheduled practice due to vacation or illness, you may make it up on another day practice is offered DURING THE CURRENT SESSION.
***Exception: major illness or injury**
2. Please designate the number days you will be practicing when registering.
3. We have a wall drop-box for payments located on the pool deck next to the conditioning room.

***Please return your registration, liability, & concussion forms, a copy of USD membership card, registration fee & camp payment to:**

Legacy Diving
2347 Old Salem Ct.,
Auburn Hills, MI, 48326

ALL forms can be downloaded from:
www.legacydivingou.com

***United States Diving Membership:**
Divers **must** join USD and MDA (Michigan Diving Association) **in order to dive & practice in our program.** The USD membership cost is \$20.00.

Visit www.usadiving.org, click on Membership - Join Now-Competitive Blue Membership. Fill out all of the information including Association: Michigan & Team: Legacy Diving. **You must print off the membership card & present a copy.**

Oakland University Natatorium

Legacy Diving practice takes place at the recreation center on the campus of Oakland University in Rochester Hills, MI. We train in a beautiful 50m x 25yd indoor pool & utilize the following equipment for our diving program:

- 14' pool depth
- Two - 1 meter, Two- 3 meter springboards on concrete.
- 5 meter platforms with rough-tex surfacing.
- 1m springboard water spotting rig.
- 3m springboard water spotting rig.
- 1 trampoline with spotting rigs.
- 1 Dry Board with spotting rigs.
- Two 42 inch flat screens with Tivo systems for 1 meter and 3 meter.
- Stall bar.
- Pool side platform box.

*All Coaching/Training Questions will be directed to: Coach Larry Albright at 248-760-9676 or email: albrigh3@oakland.edu



Legacy Diving OU 2018-2019 Season

Open to **ANY and ALL** local area divers grades 9th-12th

FALL CAMPS

I: September 9th - October 4th
II: October 7th - November 1st
III: November 4th - November 29th

WINTER CAMPS

I: December 2nd -December 29th
II: January 6th -January 31st
III: February 3rd -February 28th

SPRING CAMPS

I: March 3rd - March 28th
II: March 31st - April 25th
III: April 28th - May 23rd

SUMMER CAMPS

I: May 29th - June 27th
II: TBA

Legacy Diving OU High School Team

- Open to **ANY and ALL** divers grades 9th-12th.
- Must be a Competitive Blue member of USD in order to participate. (Liability Insurance)
- Learn/improve High School diving list.
- Exposure to 3m springboard, and 1m and 5m Platform skills and dives.
- Longer practices allow more time for divers to improve and master essential technique and skills, and then utilize those skills to learn new dives or improve upon current dives.
- Dry-land training will enhance strength, flexibility, and model fundamentals of diving technique.
- Advanced training equipment such as trampoline belt, dry-board belt & water belts create a safer learning environment.
- Create new friendships while learning and having fun in a team environment.

DAYS & TIMES

**Sunday, Mon, Wed & Thursday
6pm-8pm**

FEES/CAMP

**1x Annual Registration fee:
\$75**

1x/week: \$150

2x/week: \$175

Unlimited: \$200

***\$35 drop-in fee**

PRIVATE LESSONS

AVAILABLE DURING SEASON- SPACE IS LIMITED.

\$50.00/HOUR

***WITH COACH ALBRIGHT BY APPOINTMENT**

[HTTP://WWW.SIGNUPGENIUS.COM/GO/20F0](http://www.signupgenius.com/go/20f0)

[B4FA9A62FA4FD0-PRIVATE](http://www.signupgenius.com/go/20f0b4fa9a62fa4fd0-private)

*** Fees are the same for each camp session & include pool rental/membership fee.**

***Fees may be submitted by check payable to Legacy Diving when registering your diver.**

***We also accept paypal payments at email address:**

karii69@gmail.com

Contact Information:

Head Coach Larry Albright

Office: 248-370-3134

Cell: 248-760-9676

Email: albrigh3@oakland.edu

All divers will focus on their High School diving list. They will learn the proper basics and mechanics of diving through the use of dry-land training: trampoline, dry-boards, mat drills, spotting rigs and water training. The use of spotting rigs and dry-board are coaching tools that will create a safe learning environment and reinforce the proper mechanics of diving.

*** ALL forms can be downloaded from our website:**

www.legacydivingou.com

*** Please send registration, liability & concussion forms, a copy of USD membership card, registration fee & camp payment to:**

**Legacy Diving OU
2347 Old Salem Court
Auburn Hills, MI 48326**

***All Billing Questions will be directed to: Kari Albright at 248-875-8377 or email:**

legacydivingou@gmail.com