

Introduction from Coach Dayna Azzopardi ~ Diving

Welcome back NHS Divers and Swimmers! I'm excited to start the 2007 season! A brief introduction of myself ~ I have been the diving coach at NHS for three years now coaching both men and women's as well as middle school for a few seasons. I started coaching in 2003 at Walled Lake Northern then came over to NHS. I started diving my freshman year of high school at Walled Lake Western under Buck Smith. From high school I received a scholarship to many colleges but went to Oakland University where I dove for two years and transferred to Eastern Michigan with Buck Smith where I finished my career.

Philosophy

I have learned a lot through diving as an athlete on how to be a coach as well as tweaking the way I coach with watching other coaches. In the beginning of my coaching career I took everything personally. I know now that I can coach to the best of my abilities and if an athlete doesn't want to work hard there is nothing I can do about it.

When it comes to diving I treat my team like a business. I am the CEO and they are the Employees. You work hard, attend practices and have a great attitude you will succeed otherwise you will be fired. I like to have fun and have my athletes enjoy the sport like I do however with fun there is work. Work hard and play hard my coach used to say!

I'm here to teach your diver the best possible mechanics in diving and be safe doing so. I will never have an athlete do something I do not think they are capable of or ready for. Diving is 90% mental, so regardless if they are ready physically does not mean they are mentally.

Academics come before athletics! I will stay after practice or even work with my athletes during practice with their school work. They will not fall below a C or they will have to get tutoring. My door is always open!

Respect, Integrity, Sportsmanship, Honor, Hard Work, Dedication...

I want my team to be known as great sportsmen with great attitudes as well as great in the pool!

Practice

My practices will run every day from 6pm to 8pm. Occasionally times will change at short notice. There will also be Tuesday and Thursday morning weight room practice with the swim team. It is not mandatory but recommended they attend morning workouts with the swim team on Tuesday and Thursdays from 5:45am to 6:45am.

Practice time starts at 6pm meaning suit on stretching ready to get on the board at 6pm and no later.

Shorts and a tee-shirt must be worn during dry land and stretching! Always bring tennis shoes.

Pack two suits in case one breaks or something goes wrong. A shammy is recommended and dries you off between dives. You can purchase these at Dicks, Dunham's or most sporting good stores.

Sandals are also recommended for the pool deck and the locker rooms!!!

Varsity Letter

The biggest reward at the end of the season is earning your varsity letter. Divers do not have a point system.

Requirements ~

- Learn all 5 categories of diving
- Dive in 5 varsity dual meets
- Dive in 2 ~ 11 dive meets
- Respectful, Hard working, Sportsmanship
- Attend majority of all practices and meets
- Attend all team functions

****Note*** even if you make all the requirements it's the coach's discretion if you receive your letter*

A varsity letter you should have pride in your school, your sport and yourself for earning it. It's not something that's just handed out.

Parents

As Coach McNeff stated parents are a big part of a winning team. We encourage all parents to take part in the Swimming and Diving team. Please take part in the meets, preparing food for the meets, fire up parties and even more. We always need help with the diving table so please let me know if you will be able to help.

If there is anything you would like to discuss my door is always open. Please keep the meetings for after practice. Practice time is for myself and your divers! If its something that can not wait please feel free call me on my cell or talk to me at practice.

If there are any questions or concerns please remember my door is always open!

Thank you

Dayna Azzopardi

248-613-4858

Daynalinn08@hotmail.com

RULES ~

*****HAT AND COAT MUST BE WORN!*****

Summer is coming to an end. No diver will be allowed out of the pool without clothes, shoes, hat and a coat on! No running out in a towel, sandals or with out a coat! We need to stay healthy during the diving season!

* Tee-Shirt & shorts must be worn during dry land work out

* There will be no disrespecting the other team, coaches, officials or YOUR own team! I will not coach a team that has no respect for their elders, fellow competitors or for their own team!

Attire for Meets ~

During school ~ you will dress as the team & whatever the captains designate for that day

For the Bus ~ THERE WILL BE NO SWEATS WORN TO AWAY MEETS!

We will dress up for the bus unless told otherwise.

Dressing up means ~ no tennis shoes, no jeans, no sweats ~ Skirts, Khakis and nice tops. Sweats are allowed to be worn home from the meet.

At Meets ~ bring your team suit, an extra suit in case. Parka, Team Warm-Ups must be worn at all times~ we are a team... look professional... act professional! Warm Ups are to be worn for the National Anthem as well as during the meet and after your event!

****If you do not have your Warm Ups that is mark against receiving your letter****

Responsibility at All Meets ~

Divers will cheer during the meets for the swimmers. We are one team!

Diving event is usually after the 50 free. I want all divers over to the boards before the 50 free stretching and preparing for your event. iPods are welcome and encouraged!!! Music is a great motivator and way to keep focused.

Divers will shake and tell the other team good luck prior to the event as well as tell them good job after the event.

Hands will be shaken after the event with the entire swimming and diving team

Keep area clean. Pick up trash even if its not yours. Same goes for the bus!

****These are a few rules, other unspoken rules apply and will be added if necessary****