



USA Diving Coaching Clinic at Dominion Dive Club

Date/Time

December 2, 2017 from 9 a.m. - 5 p.m.

Location

Oak Marr Recreation Center
3200 Jermantown Road
Oakton, VA 22124
9 a.m. - 12:45 p.m.

Dominion Dive Club Dryland Center
510 B Mill St NE
Vienna, VA 22180
1:30- 4:30 p.m.

Parking: Oak Marr Recreation Center is open parking. There will be someone directing clinic participants where to park at the Dominion Dive Club Dryland Center.

Registration

Registration can be completed on the USA Diving website at www.usadiving.org or at the door. The cost for the clinic is \$50 for current USA Diving members and \$75 for non-members.

Agenda for Junior Podium Center Clinic

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| 9-9:45 a.m. | Discussion on modeling and come out drills - Stephanie Sutton |
| 9:45-10 a.m. | Break |
| 10 a.m. - 12:45 p.m. | Teaching lineup drills and hurdle drills, come out drills - Stephanie Sutton/Jenni Brown |
| | Water belt work with different levels of athletes - George Perdue |
| | (Clinic participants will be divided in two groups for the above topics and will switch at 11:15 a.m.) |
| 12:45-1:30 p.m. | Lunch |
| 1:40 p.m. | Arrive for dryland |
| 1:45-2:15 p.m. | Keeping young kids interested in diving - Jenni Brown |

2:15-2:30 p.m.	Q&A on topics covered so far
2:30-3:45 p.m.	Conditioning and skill progressions - Jenni Brown and Stephanie Sutton
3:45-4:30 p.m.	Belt clinic - George Perdue
4:45-5 p.m.	Cool down, Q&A

Clinician Bios

Stephanie Sutton

- Head Diving Coach of Dominion Dive Club
- Coached 12 Junior National Champions and 1 Senior National Champion
- Team USA Coach at 4 Junior and 1 Senior International Meets since 2016 including Head coach Junior World Championships 2016, Junior Pan Am Championships and a Diving Grand Prix, in Madrid
- Coached 7 medalists at Junior and Senior International Meets
- Coach of Junior Team Men's champion's 2015-2016, Second Place Team at nationals 2016

Jennifer Brown

Coach at Dominion Dive Club, I bring 41 years of coaching experience. I excel at teaching skill development in a safe environment to all levels of diving. As a coach I strive to couple technical acuity with the exuberant feeling of jumping high in the air.

I grew up as a gymnast where I excelled in vault and tumbling. The thrill of the run and the jump! While playing at a public pool, I was spotted by a dive coach who invited me to a dive practice. With the first jump from three meter, I discovered the sheer joy of flying high in the air without worrying about landing on that pesky four inch beam. I was instantly hooked. Two years later, I was fortunate enough to be under the tutelage of legendary coach Julian Krug at the University of Pittsburgh where I was awarded "Big East Diver of The Year". After University, I had the opportunity to travel the world with a High Diving Show (think circus). I was the only female high-diver from 60'. I also performed fire dives from 10M and a trampoline show. So Fun!

USA Gymnastics Coach 1976-1997

USA Gymnastics Judge 1986-1994

Diving Coach 1981-present- off and on between children

University of Colorado Head Dive Coach (club) 1989-1991

NVSL Head Coach 2004- present

Dominion Dive Club 2012- present

AAU and USA Diving Safety Certified

Engineer HP 1992-2012

George Perdue

George has been coaching since 1990, starting with York Dive Club in Alexandria, Va. His career has taken him to New Zealand, Florida, and Texas where he has been the Head Coach with each team there. George has guided divers to nationals with each of his teams every year, with multiple top 5 finishers, and more top 10 placings.

His last eight years have been less involved with coaching as he is a stay at home dad. While choosing to spend more time at home with his family, he is still coaching with Dominion Dive club a couple days per week.

One of his strong skill sets is his ability to belt spot divers over dry board, trampoline, and water. He credits this skill to advancement his divers have been able to make over the years, as they can get familiar with new and scary dives in the safest way possible.