

Billing Procedures

1. We have a drop-box located in our dry-land area in order to submit your camp check.
2. Camp fees will **only** be pro-rated when practice is not being offered due to a cancellation or if a new diver starts after a camp has already begun. If you miss a scheduled practice due to vacation or illness, you can make it up on another day that practice is offered.
 - a. Exception: major illness or injury
3. Please designate the number days you will be practicing when registering.
4. Families with more than one diver in the camp will receive 10% off the 2nd child's camp fee. A family with more than two divers in the program will receive 20% off the 2nd child's camp fee.

***Please return the registration form, liability form, concussion form, and a copy of your USD membership card to: Legacy Diving 7430 Warwick Drive Ypsilanti MI 48197 ALL forms can be downloaded from our website: www.legacydiving.com**

***United States Diving Membership:** All Divers must join USD in order to dive in our program. The USD membership cost is \$20 and you go to www.usadiving.org. Click on Membership – Join Now – Competitive Blue Membership. Fill out all of the information including Association: Michigan and Team: Legacy Diving. You must print off the membership card and present a copy.

***All Billing Questions should be directed to: Kara Smith at 734-904-7250 or e-mail: kara.smith04@comcast.net**

***All Coaching/Training Questions should be directed to: Coach Matt Ventura at 440-670-3606 or e-mail: Ventura.Legacy@gmail.com**

World Class Facility

Eastern Michigan University

Jones Natatorium

We are located in the Michael H. Jones Natatorium on the campus of Eastern Michigan University. We train in a beautiful 50m x 25 yd. pool. We have the following equipment for our diving program:

- Indoor diving facility
- 17' pool depth
- Two- 1 meter (2013) Two- 3 meter (2014) springboards on concrete.
- 1, 5, 7.5 & 10 meter platforms with rough-tex surfacing.
- Bubbler system to accelerate learning
- 1m springboard water spotting rig
- 3m springboard water spotting rig
- 5m platform water spotting rig (first one in the nation)
- Four trampolines, two with spotting rigs
- Three Dry Boards, one with spotting rig
 - Floor/platform spotting rig
 - 30X6' carpeted spring floor
 - 8 sets of stall bars
- Two 30X6'carpeted foam floors
- Five 32 inch flat screens with TIVO systems on all dry-land and water stations
- Surround sound system in dry gym
- 120" Projector screen with 1080P HD Projector in dry-land



Eastern Michigan University

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

FALL CAMPS

- I: September 6th-October 2nd
- II: October 3rd-October 30th
- III: October 31st-November 27th

WINTER CAMPS

- I: November 28th-December 18th (3 weeks: pro-rated fee)
- II: January 9th-February 5th
- III: February 6th-March 5th

SPRING CAMPS

- I: March 6th-April 2nd
- II: April 3rd-April 30th
- III: May 1st-May 28th
- IV: May 29th-June 25th

SUMMER CAMPS

- I: June 26th- July 23rd
- II: July 24th –August 6th (2 weeks: pro-rated fee)

Details

- 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 belt, spring floor, and a bubbler system, creates a safer learning environment.
- Create new friendships while learning and having fun in a team environment.

2016/2017 Camp Schedule

DAYS & TIMES

Monday, Tuesday, Wednesday
7pm-9pm
Sunday
3-5pm

Fees/camp

1x/week: \$120

2x/week: \$175

3x/week: \$200

4x/week: \$225

*\$35 drop-in fee

*** Fees are the same for each camp and include a pool rental/membership fee.**
***Fees must be submitted by check and made out to Legacy Diving when registering.**

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Kara Smith at 734-904-7250 or e-mail:
kara.smith04@comcast.net

***All Coaching/Training Questions should be directed to:** Coach Matt Ventura at 440-670-3606 or e-mail: Ventura.Legacy@gmail.com

***Please return the registration form, liability form, concussion form, and a copy of your USD membership card to the address below or to the drop-box in our dry-land area.**

*** ALL forms can be downloaded from our website: www.legacydiving.com**

Mail to:
Kara Smith
7430 Warwick Drive
Ypsilanti, MI 48197

Staff

Coach Matt Ventura is a graduate of Eastern Michigan University where he was a collegiate diver for 4 years under Coach Buck Smith. Throughout his collegiate diving career, Matt has coached at Legacy Diving. He is currently the diving coach at Skyline High School and has been there for the past 4 years. Coach Ventura previously coached country club diving for Ann Arbor Country Club, Travis Pointe, and , Huron Valley. In addition, Coach Matt is the Assistant Coach for the EMU Men's and Women's diving team under Coach Buck Smith. Coach Matt looks forward to coaching at Legacy and being a part of a very successful program.

Contact

Information: Ventura.legacy@gmail.com & 440-670-3606

Camp Goal

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 the bubbler system are coaching tools that will create a safe learning environment and re-enforce the proper mechanics of diving.