

# 2025 Squad Structure



## Grades Squads

- Introduction to diving
- 1-4 progressive Grades;
  - Leap Squad - 30min Lesson
  - Bounce Squad - 45min Lesson
- Develop the foundation skill base to prepare for starting Skills Level 1
- Session for divers just wanting to dive recreationally (non-competitive)

## Skills Squads

- Progressive structure to develop dives for Skills levels 1-3
- Aim to take part in annual DNZ National Skills competition
- Split into three classes;
  - Skills level 1/2
  - Skills level 2/3
  - Skills +

## Comp Squads

## NZ Age Group Squads

- Develop Age Group dive lists
- Divers compete in national competitions and attend DNZ squad camps
- Divers introduced to international competitions

## Junior Elite Squad ... and beyond

- Develop World Aquatics dive lists

- Divers compete at national and international competitions

# Grades Squads

## Entry Requirements

Open to anyone, aged 6-15 years old, wanting to try out diving.

## Squad Structure

- Concentrated pool time
  - Leap Squad - 30 minutes, pool time only
  - Bounce Squad - 45 minutes, 10 minutes dry-land/poolside + 35 minutes pool time.
- Sessions on Wednesdays, Thursdays & Fridays
- Progression through WDC Grades 1-4
- Certificates presented at the completion of each grade.

## Session Times

	LEAP SQUAD	BOUNCE SQUAD
Tuesday	4.30-5pm	
Wednesday	4-4.30 pm	4.30-5.15 pm
Thursday	4-4.30 pm	4.30-5.15 pm
Friday	4-4.30 pm	4.30-5.15 pm
Saturday		
Sunday		

## Fees

Fees - Cost per 10 week term		
Number of sessions per week	LEAP SQUAD	BOUNCE SQUAD
1	\$120	\$150
2	\$192	\$208
3	\$252	\$315
Additional Fees	N/A	N/A

\*Please note - pool entry is in addition to the above fees. It is worth applying for a swim membership card if you are attending three or more sessions a week. Please contact the pool staff for more information.

There are no Poneke Gym fees or WDC membership fees for Grades Squad Divers.

# Skills Squads

## Entry Requirements

- Open to divers who are competent with the skills required to pass Grade 5 of the WDC Grades system.
- Coaches may assess a diver at any time and decide if they are eligible.
- Divers must be able to jump from the 1 metre and 3 metre boards, and ideally the 5 metre platform.

## Squad Structure

- Sessions:
  - Wednesdays 4.30-6pm for Skills Lvl1/2
  - Thursdays 4.30-6pm for Skills Lvl2/3
  - Saturdays 10am-12pm for Skills+ (by invitation)
- Sessions involve a mix of dryland/gym and pool training.
- Sessions are 1.5-2 hours long.
- For divers to progress, it is recommended that they follow the above structure, moving from Wednesdays to Thursdays and then adding in Saturdays as coaches recommend. This ensures

a steady development that challenges the divers without pushing them too far outside of their comfort zone before they are ready.

### Session Times

	Level 1/2	Level 2/3	Skills +
Tuesday			
Wednesday	4.30-6pm		
Thursday		4-5.30pm	
Friday	4.30-6pm	4.30-6pm	
Saturday			
Sunday			

### Fees

Number of sessions per week	Fees - Cost per 10 week term
1	\$240
2	\$384
3	\$504
Additional Fees	
Wellington Diving Club Membership	\$40/year - \$10/term
Diving New Zealand Affiliation Fee - Non-Competitive	\$57.50/year - \$14.50/term
<b>SKILLS+ only</b> Diving New Zealand Affiliation Fee - Competitive	\$97.75/year - \$24.45/term
<b>SKILLS+ only</b> Toitu Poneke Hub (gym) Fee	\$20/year - \$5/term

\*Please note - pool entry is in addition to the above fees. It is worth applying for a swim membership card if you are attending three or more sessions a week. Please contact the pool staff for more information.

There are only Poneke Gym fees for divers who are in the Skills+ squad.

## COMP SQUADS

## NZ Age Group Squads

### Entry Requirements

- Previously known as 'Inter-Age' and 'Competitive B/C' squads.

- Open to divers who are competent with the dives required for Skills Level 3.
- Coaches may assess a diver at any time and decide they are eligible.
- Divers must be able to jump from the 1 metre board, 3 metre board, and the 5 metre platform.

### **Competitions**

- Divers will be developing their inter-age dive lists with the aim of competing in national competitions.
- Divers will be introduced to international competition if there are suitable events scheduled during the year.
- Divers compete on 1 metre board, 3 metre board, and the 5 metre platform.
- Divers compete in their respective age groups;
  - D = 11 yrs and under
  - C = 12-13 yrs
  - B = 14-15 yrs
  - A = 16-18 yrs.

### **Squad Structure**

- Sessions on Tuesdays - Sundays.
- Sessions involve a mix of dryland/gym and pool training.
- Sessions are 2-2.5 hours long.
- For divers to progress, it is recommended that divers train 3-4x/week.

# **Junior Elite Squad ... and beyond**

### **Entry Requirements**

- Previously known as 'Fina' and 'Elite' Squads.
- Open to divers who are ready to start developing their age-group dive lists.
- Coaches may assess a diver at any time and decide they are eligible.
- Divers must be able to dive from the 1 metre board, 3 metre board, and the 5 metre platform.

### **Competitions**

- Divers will be developing their age-group dive lists with the aim of competing in national and international competitions.
- Divers compete on 1 metre board, 3 metre board, and the 5 metre platform.
- Divers compete in their respective age groups.

### **Squad Structure**

- Sessions on Tuesdays - Sundays.
- Sessions involve a mix of dryland/gym and pool training.
- Sessions are 2.5-3 hours long.
- For divers to progress, it is recommended that divers train 4-6x/week.

### Session Times

	<b>COMP SQUADS</b>
Tuesday (PM)	4-7pm
Wednesday (PM)	4-7pm
Thursday (PM)	4-5.30pm (Terms 1/4), 4-7pm (Terms 2/3)
Friday (PM)	4-6pm
Saturday (AM)	8-11am
Sunday (AM)	10am-12.30pm

### Fees

<b>Number of sessions per week</b>	<b>Fees - Cost per 10 week term</b>
1	\$240
2	\$384
3	\$504
4	\$600
5	\$672
6	\$744
<b>Additional Fees</b>	
Wellington Diving Club Membership	\$40/year - \$10/term
Diving New Zealand Affiliation Fee - Non-Competitive**	\$57.50/year - \$14.50/term
Diving New Zealand Affiliation Fee - Competitive	\$97.75/year - \$24.45/term
Toitu Poneke Hub (gym) Fee	\$20/year - \$5/term

\*Please note - pool entry is in addition to the above fees. It is worth applying for a swim membership card if you are attending three or more sessions a week. Please contact the pool staff for more information.

\*\*By request, if a diver genuinely wishes to train and not compete.