

# 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	\$145	\$180
2	\$230	\$250
3	\$302	\$378
Additional Fees - Wellington Diving Club Annual Membership**	\$40/year (\$10/term)	\$40/year (\$10/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.

\*\* The Wellington Diving Club Annual Membership is first charged in a divers second term of diving. This will be pro-rata for the amount of terms remaining at \$10/term. For example if a diver first joins in Term1 they will be charged \$30 in Term2, if they join in Term2 they will be charged \$20 in Term3. After their first year this fee is charged at the start of Term1 for the full annual fee.

There are no Ponake Gym fees or DNZ Affiliation fees for Grades Squad Divers.

# Skills Squads

## Entry Requirements

- Open to divers who are competent with the skills required to pass Grade 4 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 - 5.30pm 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	\$288
2	\$460
3	\$604
Additional Fees	
Wellington Diving Club Membership	\$40/year - \$10/term
Diving New Zealand Affiliation Fee - Non-Competitive	\$80/year - \$20/term
<b>SKILLS+ only</b> Diving New Zealand Affiliation Fee - Competitive	\$126/year - \$31.50/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 age group 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 1.5-3 hours long.
- For divers to progress, it is recommended that divers train 4-6x/week.

### Session Times

	COMP SQUADS
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	\$288
2	\$460
3	\$604
4	\$720
5	\$806
6	\$892
<b>Additional Fees</b>	
Wellington Diving Club Membership	\$40/year - \$10/term
Diving New Zealand Affiliation Fee - Non-Competitive**	\$80/year - \$20/term
Diving New Zealand Affiliation Fee - Competitive	\$126/year - \$31.50/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.