



COUGAR DIVING CLUB

Dear Coaches and Parents:

I would like to invite you all to the Jingle Bell Classic 2009 on December 12 - 13, 2009. We will be hosting this event in our awesome diving facility on the University of Houston campus. We hope you will come and enjoy this beautiful place and we hope to make this meet as fun as it always is.

Directions to the pool are on our website at www.cougardiving.com and/or use Yahoo Maps (not Map Quest)

Please register online at www.divemeets.com.

HOTELS

Holiday Inn - Astrodome 10 min drive
8111 Kirby
Phone number: 800-465-4329

Hyatt Regency Downtown 5 min drive
1200 Louisiana
Phone number: 713-654-1234

Medals for top 3 places and ribbons for 4-6 place finish

T-Shirts, Raffle Tickets, and Concessions will be available in the lobby.

Important Info: Entry into the diving facility is through the lobby only - we will have the meet entry table and registration table directly in the lobby. Please be aware that no athletes or parents may enter any other part of the facility. No parents will be allowed on deck - spectator stands only!!

T H E J I N G L E
B E L L C L A S S I C



JO INVITATIONAL / NOVICE

SATURDAY - SUNDAY, DECEMBER 12 - 13, 2009
UNIVERSITY OF HOUSTON
CAMPUS RECREATION AND WELLNESS CENTER
HOUSTON, TEXAS



COUGAR DIVING CLUB

- DATE:** Saturday - Sunday, December 12 - 13, 2009
- START TIME:** 10AM
- MEET SITE:** The University of Houston Campus Recreation and Wellness Center
4500 University Drive, Houston, TX 77204
713-743-PLAY
Park in the parking lot across the street from the pool or in the parking garage located on Calhoun Rd.
- FACILITY:** Two 1m Maxiflex, Model B diving board
Two 3m Maxiflex, Model B diving board
1m, 3m, 5m, 7.5m and 10m Platforms
Pool depth: 17 ft
- SANCTION:** AAU Pending
- ENTRY FEES:** Register at www.divemeets.com
\$25.00 per Event – Due: Wed, Dec. 9, 2009
- LATE FEE:** All deck entries will be charged a \$25.00 late-fee
- CHECK-IN:** There will be a check-in table in the pool lobby. All divers must check in!
All divers and coaches must be current AAU members!
- Meet Director:** Jane Figueiredo
E-mail: janefig@msn.com
Phone: 713-859-3868 cell
- RULES:** AAU Rules Apply. Divers' age is determined as of December 31, 2009.
Specific dive requirements for each event is enclosed
- AWARDS:** Medals for top 3 places and ribbons for 4-6 place finish
- WEBSITE:** www.cougardiving.com
- MEET APPAREL:** Meet apparel will be available for sale in the lobby. If you would like your child's name to appear on the competitors list, please register on www.divemeets.com before the deadline.
- WORKOUTS:** Friday, December 11
5 – 9PM - Open Workout
Sat, December 12 and Sun, December 13
7 – 9:30AM – Open Warm-up; 9:30 – 10AM – First event only

THE JINGLE BELL CLASSIC

SCHEDULE

SATURDAY, DECEMBER 12

<u>AGE</u>	<u>GROUP</u>	<u>SEX – BOARD</u>
#1	Future Champions – Silver and Bronze	Girls 1m / Boys 3m
#2	9 & Under	NOVICE
#3	10/11	NOVICE
#4	12/13	NOVICE
#5	14 & Over	NOVICE
#6	14 & Over	JO
#7	9/U and 11/U (combined)	JO
#8	13 & Under	JO
#9	16 - 18 / 14 - 15	JO
#10	16 - 18 / 14 - 15	JO

SUNDAY, DECEMBER 13

#11	13 & Under	JO	Boys & Girls Platform
#12	Future Champions – Silver and Bronze		Boys 1m / Girls 3m
#13	9 & Under	NOVICE	Boys 1m / Girls 3m
#14	10/11	NOVICE	Girls 1m / Boys 3m
#15	12/13	NOVICE	Girls 1m / Boys 3m
#16	14 & Over	NOVICE	Girls 1m / Boys 3m
#17	11 / U and 9 / U (Combined)	JO	Boys 1m / Girls 3m
#18	13 & Under	JO	Boys 1m / Girls 3m
#19	14 – 15 / 16 - 18	JO	Boys 1m / Boys 3m
#20	14 – 15 / 16 - 18	JO	Girls 1m / Girls 3m

NOVICE Requirements

9 & UNDER

1M and 3M

- 100, 200
- 3 dives from two different groups (1.0 DD)

10 - 11

1M

- 100, 200
- three dives from at least two different groups (D.D. 1.0)

3M

- 100, 200, 001D
- three dives from at least two different groups (D.D. 1.0)

12 - 13

1M

- 100, 200 (D.D. 1.0), 101A, B or C (D.D. 1.8)
- three optional dives from different groups (true DDs but not more than 2.3)

3M

- 100, 200 (DD 1.0), 101A, B or C (DD 1.9)
- three optional dives from different groups (true DDs but not more than 2.4)

14 & Over

1M

- 100, 200
- 5 dives from at least 3 different groups

3M

- 100, 200, 001D
- 5 dives from at least 3 different groups

Future Champions – Bronze

1 Meter & 3 Meter

1. Standing Front Jump Straight w/ No Press
2. Back Jump Straight w/ No Press
3. Front Line-Up Straight or Pike
4. 1 step hurdle w/ arms & knee up

Front Jump

5. 3 or 4 Steps and a Hurdle Straight Jump

Future Champions – Silver

1 Meter & 3 Meter

1. Standing Front Jump tuck w/ Arm Press
2. Back Jump Straight w/ Arm Press
3. 3-4 steps hurdle front jump
4. Back Jump Tuck w/ Press

5. One of the Following Skills:

101C, 101B, 102C, 102B, 401C, 401B

2005-2009 AAU JO Rules

	<u>GIRLS</u>	<u>BOYS</u>
	<u>1m and 3m</u>	<u>1m and 3m</u>
<u>9 & Under</u>	4 Dives	4 Dives
Voluntary Dives	3 dives from different groups	3 dives from different groups
	5.4 DD 1m and 3m	5.4 DD 1m and 3m
Optional Dives	1 dive	1 dive
<u>11 & Under</u>	5 Dives	5 Dives
Voluntary Dives	3 dives from different groups	3 dives from different groups
	5.4 DD 1m and 3m	5.4 DD 1m and 3m
Optional Dives	2 dives from different groups – no limit	2 dives from different groups – no limit
<u>12 – 13</u>	7 Dives	8 Dives
Voluntary Dives	5 dives from different groups	5 dives from different groups
	9.0 DD 1m	9.0 DD 1m
	9.5 DD 3m	9.5 DD 3m
Optional Dives	2 dives from different groups – no limit	3 dives from different groups – no limit
<u>14 – 15</u>	8 Dives	9 Dives
Voluntary Dives	5 dives from different groups	5 dives from different groups
	9.0 DD 1m	9.0 DD 1m
	9.5 DD 3m	9.5 DD 3m
Optional Dives	3 dives from different groups – no limit	4 dives from different groups – no limit
<u>16 – 18</u>	9 Dives	10 Dives
Voluntary Dives	5 dives from different groups	5 dives from different groups
	9.0 DD 1m	9.0 DD 1m
	9.5 DD 3m	9.5 DD 3m
Optional Dives	4 dives from different groups – no limit	5 dives from different groups – no limit

PLATFORM

<u>13 & UNDER</u>	<u>5m and 7m</u>	
	3 voluntaries (from different groups)	Max DD – 5.4
	3 optionals (from different groups)	
<u>14 & OVER</u>	<u>5m, 7m, and 10m</u>	
	4 voluntaries (from different groups)	Max DD – 7.6
	3 optionals (from different groups)	