

How do
you teach
a **backward**
and **inward**
dive tuck
without a
dryland
facility?

Learn how
at **U.S. Diving's**
grassroots
clinics,
coming
soon to
your area.

From correct
fundamental
techniques
to **hand-**
spotting
basic dives,
learn from
some of the
best
diving
coaches
in the U.S.



FUNDAMENTALS OF DIVING

You are invited to U.S. Diving's national series of grassroots-targeted clinics, titled "Fundamentals of Diving."

"Fundamentals" is a one-day clinic and is specially targeted to programs without dryland facilities. It is free and will be presented by a U.S. Diving safety training or dive safe instructor.

WHEN: _____

WHERE: _____

DIRECTIONS: _____

YOUR INSTRUCTOR: _____

TELEPHONE: _____

Registration is limited to only ten coaches per day.
Please contact the instructor to reserve your spot.



sponsored by
U.S. Diving