



UPPER DUBLIN AQUATIC CLUB

Swimming and Diving

UDAC Competitive Diving – starting Sep 2011



Starting in September, Upper Dublin Aquatic Club (UDAC) will enhance its current SAL Diving program and provide an opportunity for Upper Dublin diving athletes to get an early start on the season, continue throughout the year and participate in local AAU meets.

This offering is intended to augment UDAC's existing Suburban Aquatic League (SAL) diving program with the opportunity for age-group and high school divers to obtain additional training and meet experience on one-meter and three-meter boards. Training will take place at the new Upper Dublin High School Natatorium.

The benefits to UDAC divers are similar to the opportunity available to swimmers who participate in UDAC's USA Swimming program.

UDAC's AAU diving program is for divers who want the following:

- **get a head-start on the winter SAL & high school season**
- **improved performance - more coaching and board time**
- **participation in local AAU and USA Diving meets**

This program will be coached by Jim Davidson, with support from UDAC coaches Karen Walker & Jaci Brecht, on Tuesday & Thursday evenings from 7:00 to 8:30 pm (extension of SAL practices).



Jim Davidson brings a lifetime of competitive diving experience and guidance to this program. Jim has been diving president of Suburban Aquatic League and a proud member of USA Diving for twenty years. Jim has substantial experience both in the coach's seat and as a competitive diver himself. While attending Lafayette College, he placed first in the Patriot League Division, the Eastern Region Championships and qualified for the NCAA Championships. Jim coached Duke University's Men's Diving team for two seasons.

Locally, Jim coached at North Penn, Plymouth-Whitemarsh and Upper Dublin High Schools. Jim's three sons Tom, Jamie & Brendan all dove for Upper Dublin High School. Tom Davidson was a four-time PIAA state champion, NCAA Finalist, three-time US National Champion and qualified for the Olympic trials. Jim was instrumental in the efforts over the last fifteen years to bring a state-of-the-art aquatics facility to Upper Dublin and will continue to offer his expertise, dedication and love for the sport of competitive diving to the youth of our community while expanding UDAC's diving program.

Online UDAC 2011-2012 registration opens for Upper Dublin residents and returning non-residents on Aug 15th. Visit www.udac.us to register for UDAC's Diving program (SAL/AAU). Participation in UDAC's [AAU](http://www.udac.us) program requires a \$175 fee in addition to SAL registration plus AAU membership (\$14.00). Families are responsible for entry fees and associated meet costs, which depend on meet duration plus travel, meals and lodging required.

Questions? Contact Jim Davidson at audiving@udac.us or call 215-237-4771.

www.udac.us

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