

## Central Bucks Diving

Central Bucks Aquatics offers an age-group swim and dive team for community swimmers and divers. The team is part of the Suburban Aquatic League (known as the SAL) which is a dual meet league comprised of approximately 20 teams in the Pennsylvania suburbs of Philadelphia. The diving team is known as Central Bucks Diving (CB Diving) and is part of the Central Bucks Swim Team (CBST-SAL) for competitive purposes. Our dive team is designed for emergent competitive age group divers and includes both brand new divers and more experienced divers. We strive to improve the diving technique of our divers and to prepare each diver to perform the required dives for competition in their age group. Qualified individuals who are districted to Central Bucks School District and those divers who live in the communities surrounding CBSD may join Central Bucks Diving. Out-of-district athletes with an SAL diving team in their own districts are encouraged to participate with that team if possible.

### **Practices and Meets**

The CB Diving season begins with practices in early October and ends in late January or early February with championship meets. CB Diving groups its participants by age. Age is determined as of October 31 of the current year as defined by the league. Members of the dive team generally have practice available three weeknights at CB South High School. Click [here](#) for the typical practice schedule.

Dual meets, meets in which two teams compete against each other, are held on Friday evenings, Saturday mid-mornings/early afternoons, Sundays, or (less often) another weeknight. There are typically six or seven dual meets each season throughout the months of November, December, and January. The first four or five dual meets are regular season meets. The final one or two dual meets are championship dual meets and divers must have competed in a minimum of two of the regular season dual meets to attend. Divers in the SAL also may have access to a few invitational meets (meets with several teams during which divers compete on an individual, rather than team, basis) which are usually held on Sundays.

Divers should wear a one-piece racing suit (not a fashion suit or swim shorts). A swim cap may be worn if desired and may be necessary for divers with long hair. Goggles are typically not used as they can impede the diver's vision while on the board and may come off upon entry into the water.

**High school divers** may dive in meets with CB Diving (please note practices are done with their high school team only). Interested divers should email Jennifer Steinberg at [jsteinberg@cbsd.org](mailto:jsteinberg@cbsd.org).

## **Commitment**

Attending all practices is not required - divers are encouraged to attend two or three practices per week. The coaches understand that divers have other commitments so if they cannot make practice twice per week on occasion that is fine. If they routinely find themselves in that situation, however, they are likely to not progress as they would like. Fees cannot be prorated due to attendance.

Attendance at as many of the dual meets as possible is expected. Participation in invitational meets is completely optional. Parents should be prepared to volunteer at all meets in which their child participates.

## **Fees**

CB Diving members pay a program fee for the program (coaching, facilities, etc.) and an athlete recognitions/support fee, which covers items such as the team gift. Out of district residents pay an additional yearly per family fee for participation. See the [pricing tab](#) of the team website for fee details.

## **CB Aquatics Policies**

All participants and families are responsible to adhere to the policies of the Central Bucks School District, Central Bucks Aquatics, the team handbook (located on the [resources page](#) of the team website), and any other procedural or policy statements sent via email or other means throughout the season. By joining the CB Diving team, you agree to be aware of and adhere to all of these policies. Please see the CB Aquatics policies page linked [here](#) for certain policy statements and additional information.

Please click [here](#) to access CB Aquatics FAQ and other resource documents.

For additional questions, email Jennifer Steinberg at [jsteinberg@cbsd.org](mailto:jsteinberg@cbsd.org).