

TEAM ORLANDO DIVING

23RD ANNUAL ALL STAR CHALLENGE FEBRUARY 12 – 15, 2009

The All Star Challenge begun in 1985. Over the years, teams and individual divers from Brazil, Canada, Denmark, France, Germany, Great Britain, Italy, Mexico, Puerto Rico, Russia, South Africa, The Netherlands and Venezuela have attended. Recently it has become a popular event for the best divers in the world to compete in head-to-head competition. It has been televised by FOX TV, and sponsored by such corporations as Nike, Radisson Hotels, Universal Studios, Sea World, Panera Bread Company, Outback Steakhouse and Hoolihans Restaurants.

Team Orlando Diving has been one of the top United States diving teams for over 20 years. TOD has been US Diving's Junior National Championship Team six times within the past 10 years. Coaches **Jay and Wendy Lerew** have over 35 years of competitive diving experience and national level coaching success between them. Jay was head coach of YMCA Wisconsin Diving, Moss Farms Diving, a 10 time Senior US National Team Coach. Jay was the head 2000 US Olympic Coach. Jay was voted Moose Moss Junior Diving Coach of the year 4 times and earned the US Olympic Committee's Developmental Coach of the year for all sports in 2000. Wendy was 2 time Canadian Olympian, an All-American at Florida State University and was voted Junior US Coach of the Year in 2003. Wendy was elected member of the USDA Committee for Competitive Excellence, 2003, 2004. She has been the head US Junior National Team coach twice and US Team coach 5 times.

Notable Champions of Team Orlando: Mark Ruiz, Brittany Viola, Emily Bouck, Terry Horner, Summer Mitchell, Tom Neubacher, Mike Neubacher, Thea Vock. and Wallace Layland.

Challenge Events:

Men's and Women's Open 1M, 3M and Platform. Medals and prizes will be awarded to the top 3 divers in each event. (See the event procedures page for specific event rules). Junior divers competing a USDA Senior list are eligible to enter.

Junior Events: Groups D, C, B, A. Events governed by 2009 FINA rules. Divers will compete in the group according to their age as of Dec 31, 2009. **NOTE: Group A Girls and Boys will do 5 and 6 optionals on springboard; 1 more optional than FINA rules require.**

Registration: US citizens and US student residents must be members of the United States Diving Association to register. Foreign athletes must be members in good standing of their national FINA governed body. Register online @ www.divemeets.com

All Star Party: Venue, date and time TBA. Athletes free admission. Family and friends welcome. Cost TBA.

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Meet Directors: Jay and Wendy Lerew WLelew@aol.com
2618 Rangeley Ct. 407-532-7990 office
Orlando, FL 32835 407-617-2953 Wendy cell / 407-923-9139 Jay cell

Facility: YMCA Aquatic Center 407-363-1911
8422 International Dr
Orlando, FL 32819

Platforms 1M, 3M, 5M, 7.5M, 10M, new ruff-tex all levels. Springboards, five 1M, five 3M. Hot tub, new Colorado scoreboard, tevo, 1M and 3M water spotting rigs. Mirrored aerobics room with padded floor for stretching and warm-up. Full weight room and cardio equipment.

| | | |
|-----------------------|---|--|
| <u>Hotels:</u> | Days Inn 5858 International Dr. 407-351-4410 1.5 miles from pool, near Wet and Wild | Quality Inn 7600 International Dr. 407-996-1600 2 block walk to pool |
| | Staybridge Suites 8751 Suiteside Dr. (Lake Buena Vista location) 407-238-0777 7 miles from pool, easy, no traffic route! Free breakfast, free happy hour/food Mon-Thurs. | Staybridge Suites 8480 Internatioanl Dr. 407-352-2400 1 block walk to pool |

Note: **Conventions in town. Please book hotels early.**

Registration: www.divemeets.com. Fill out diving sheets online when registering.
US athletes and foreign divers residing in the US, must be members of United States Diving to enter. **All coaches and divers must check in at registration** table upon arrival to collect deck passes and sign off on their diving sheets.

Practice Schedule: Mon -Thurs, Feb. 9 – 12 open practice 9AM-3PM.
Thurs, Feb 12, 4:00pm 3M open to Challenge Prelim divers only.
Fri – Sun, Feb 13-15 pool opens 7:00am. Event warm-ups 30 minutes each.
Closed 20 minute warm-up before each Final.

Coaches Meeting: **Thursday, Feb. 12 @ 7:30pm** @ the pool immediately following the 3M Open Challenge Prelim

All Star Party: **Saturday, Feb 14th 8:30-11:00pm** @ Universal CityWalk.
Buffet dinner, music and nightclub style dancing. Divers, coaches and officials free with deck pass. Friends and family must purchase tickets at the pool prior..

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Meet Procedures / Rules:

| | | | | | | |
|---|-------|------------------------|--------------------|---------------------------------------|--------|--|
| D | Girls | 1M and 3M | 3 vols (5.4) | + | 2 opts | no cuts/Final |
| D | Boys | 1M and 3M | 3 vols (5.4) | + | 2 opts | no cuts/Final |
| C | Girls | 1M and 3M | 5 vols (9.0, 9.5)+ | | 2 opts | no cuts/Final |
| C | Girls | Platform 5M, 7.5M | 4 vols (7.6) | + | 2 opts | no cuts/Final |
| C | Boys | 1M and 3M | 5 vols (9.0, 9.5)+ | | 3 opts | no cuts/Final |
| C | Boys | Platform 5M, 7.5M | 4 vols (7.6) | + | 3 opts | no cuts/Final |
| B | Girls | 1M and 3M | 5 vols (9.0, 9.5)+ | | 3 opts | top 8, opts in Final, add vols score |
| B | Girls | Platform 5M, 7.5M, 10M | 4 vols (7.6) | + | 3 opts | top 8, opts in Final, add vols score |
| B | Boys | 1M and 3M | 5 vols (9.0, 9.5)+ | | 4 opts | top 8, opts in Final, add vols score |
| B | Boys | Platform 5M, 7.5M, 10M | 4 vols (7.6) | + | 4 opts | top 8, opts in Final, add vols score |
| . | | | | | | |
| A | Girls | 1M and 3M | 5 opts | <u>(5 groups must be represented)</u> | | cut to 8, repeat opts, total score counts |
| A | Girls | Platform | 4 vols (7.6) | + | 4 opts | cut to 8, opts in Final, add vols score |
| A | Boys | 1M and 3M | 6 opts | <u>(5 groups must be represented)</u> | | cut to 8, repeat opts, total score counts |
| A | Boys | Platform | 4 vols (7.6) | + | 5 opts | <u>(6 groups must be represented)</u> cut to 8, opts in Final, add vols score |

Open Challenge 1M

**Women 5 opts / Men 6 opts
top 8, repeat opts in Final, add prelim and final scores**

Open Challenge 3M Preliminary

**Women 5 opts / Men 6 opts
top 8 seeded in order according to total Prelim score**

Open Challenge 3M Quarter Final

Women 5 opts / Men 6 opts (new life, can change dives on board)
Prelim 1st place vs 8th place
Prelim 2nd place vs 7th place
Prelim 3rd place vs 6th place
Prelim 4th place vs 5th place

Open Challenge 3M Semi Final

Women 5 opts / Men 6 opts (new life, can change dives on board)
Winner of 1st and 8th dives against winner of 2nd and 7th
Winner of 3rd and 6th dives against winner of 4th and 5th

Open Challenge 3M Final

Top 4 Men and Women new life scores

Open Challenge Platform

Women 5 opts / Men 6 opts (Women represent 5 groups / Men 6 groups)
Top 8 repeat opts in Final, add Prelim and Final scores

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Thursday, Feb. 12

| | | | |
|-------------|--|--|--|
| 9:00-4:00pm | Open Practice | | |
| 4:00-5:00pm | Men's and Women's 3M Challenge Warm-up | | (closed to Open Challenge divers only) |
| 5:00pm | Men's and Women's Open Challenge 3M Prelim | | (seeding round. cut to top 8) |
| 7:30pm | Coaches' Meeting @ the pool. | | |
| 8:00pm | Pool Closes | | |

Friday, Feb. 13

| | | | | |
|----------------|-------------------------|----------|--|-------------------|
| | 7:00-8:30 Open practice | | 8:30-9:00 practice 1 st events only | 9:00 event start. |
| | D Girls and Boys | 1M | Station 1 | |
| | C Girls | 3M | Station 2 | |
| | C Boys | 3M | Station 3 | |
| Award Ceremony | | | | |
| | A Girls and Boys | Platform | | |
| | B Girls | 1M | Station 1 | |
| | B Boys | Platform | | |
| | Men/Women Challenge | 1M | | |
| Final 1 | A Girls & Boys | Platform | (combined) | |
| Final 2 | B Girls 1M & B Boys | Platform | (simultaneous) | |
| Final 3 | Men/Women Challenge | 1M | | |

All Star Party 8:30 – 11:00pm @ Universal Studio's Citywalk.

Saturday, Feb. 14

| | | | | |
|----------------|-------------------------|----------|--|-------------------|
| | 7:00-8:30 Open practice | | 8:30-9:00 practice 1 st events only | 9:00 event start. |
| | A Boys | 1M | Station 1 | |
| | D Girls | 3M | Station 2 | |
| | D Boys | 3M | Station 3 | |
| Award Ceremony | | | | |
| | B Girls | 3M | Station 2 | |
| | B Boys | 3M | Station 3 | |
| | A Girls | 1M | Station 1 | |
| | C Girls and Boys | Platform | | |
| Award Ceremony | | | | |
| Final 1 | A Boys 1M & B Girls | 3M | (simultaneous) | |
| Final 2 | A Girls 1M & B Girls | 3M | (simultaneous) | |
| Final 3 | Men/Women Challenge | 3M | | |

Sunday, Feb. 15

| | | | | |
|-----------------|-------------------------|----------|--|-------------------|
| | 7:00-8:30 Open practice | | 8:30-9:00 practice 1 st events only | 9:00 event start. |
| | Men/Women Challenge | Platform | | |
| | B Boys | 1M | Station 1 | |
| | C Girls and Boys | 1M | Station 1 | |
| | B Girls | Platform | | |
| Awards Ceremony | | | | |
| | A Girls | 3M | Station 2 | |
| | A Boys | 3M | Station 3 | |
| Final 1 | B Boys 1M & B Girls | Platform | (simultaneous) | |
| Final 2 | Men/ Women Challenge | Platform | | |
| Final 3 | A Girls 3M & A Boys | 3M | (combined) | |