

Hello Nationals Divers!

Today was phenomenal from start to finish- Geneva wins Diver of the Day as she put together an amazing finals list to finish 7<sup>th</sup> in a tough final. So proud of you and for hitting BOTH your back two and a halves! Dive of the Day goes to Clay reverse one and a half on platform. Nobody else in that meet does it and not one person can get down like you. AMAZING.

Huge shout out to Quinn for making the Pan-American Team for sure! With a very strong performance on platform he secured his spot and punched his ticket to Chile! Cannot wait to have him back in a USA suit making our whole country proud. Way to go buddy. Also, all MHDC divers should feel proud to be 18<sup>th</sup> as a team in country out of well more than 50 teams. All MHDC divers helped contribute to this accomplishment and it wouldn't have happened without each and every one of you. Great job.

Tomorrow we have synchro and it's going to be awesome. Clay, 7am sharp, and Jack 7:15am are first event and please bring breakfast with you. Quinn, you can be on deck at 9am for your event on platform.

Let's get this done,  
MHDC LLC

\* A few reminders for the duration of the meet:

- 1) Be sure to have your team attire and no suits on the podium
- 2) You must have your credential to get on the deck.
- 3) Medical staff including trainers are on deck for you guys if you need anything at alln but please see them prior to your "on deck" time.
- 4) You must "wait for the GO" during the event which will be held up from the ref of your panel and will be the letter of the board you are on. The ref will have a colored shirt on, changes daily.
- 5) Things move slower here in good ol' Knox than at home so a lot more time for restaurant lunches and traffic.
- 6) Please hold your armstand. Pretty. Please.
- 7) Anytime you can be off your feet, DO SO!!! We don't want any shin splints messing with us next week.
- 8) Check which board you are on.
- 9) Double check you dive list again and ensure any changes are made online prior to 3 hours before the slotted start time of the event. Remember, this is a double verification process so be sure to log back in after making the change to check to make sure that your change actually went thru or you will need to repeat the process.