

Mile High Dive Club
LR/JA/NP/NPA/CP
August 23, 2023

1. Year & National review- season, 6 to college ☺
2. Black Jacket
3. A minute for gratitude
4. Cards for Gabi
5. Housekeeping:
New faces: A new coach and the return of Zyad
Delinquent team photos from Maelle, HayCay, Liz, Jaffe, Dea (feet, high resolution)
Deposit differences from last move ups in May will be billed by Friday
6. Moving on up!- invites will be sent Aug 28, contracts due Sept 1 practice
 - Jacket order after move ups
7. Annual functional diving screen completed by Oct 15
 - An improved partnership
 - Sign up info coming soon
8. Team Gear
 - Team blue hoodies (required), pants, shirts, shorts, etc:
<https://teamlocker.squadlocker.com/#/lockers/mhdc>
 - Parents, if there is any gear you specifically want, please let us know and we can get it
 - Parkas? New design, last year was a mess
 - 2023 Suits – order TBD
 - Gear package (roller, block, mat, Sal-band, monster band, stick) / pieces- if you are missing pieces please get them asap!
 - THIS GEAR NEEDS TO BE AT EVERY POOL PRACTICE
 - If you have lost pieces, or TSA has confiscated them, come get a new one!
 - **No Gear = 3 score**
9. CP goal meetings
 - College Prep divers only – goal mtg sheet posted on CP page
 - TH Aug 31 & F Sept 1 (4:40, 5:00, 5:20, 5:40, 6:00, 6:20, 6:40) -GYM- sign ups
10. Tower Team – begin back week of ????
11. Pools for Kids Annual Fundraising Commitment 2023: full donation due by Feb 12
 - Flip-a-Thon: Sept 19
 - Winter decoration sales (wreathes, door sprays, centerpieces)-Nov/Dec
 - Super Bowl Squares -Feb 11
 - Corporate sponsorship – packet on homepage
 - Or donate through FB Birthday donations, corporate matches, CO Gives Day (Dec 5)
12. Meyers Pool update
 - Fundraising
 - Timing
13. New gym update
14. Fall training overview
 - Week of Aug 21 (POOL WEEK) 5-7pm M,T, Th, F
 - Week of Aug 28 (GYM WEEK) 4:30-6:30pm M-F

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- Schedules will be posted on our website next Monday, contracts due Friday
- Re-enrollment through our website by Friday next week (Sept 1) – we will send email reminder but everyone will be unenrolled this week
- If you are moving up, we automatically take care of all tuition and deposit differences for contracts
- Skill Development Lessons (SDLs)- Coach Troy
- NP/NPA Skill Development Lessons (SDLs)- Coach Troy sends monthly schedules for sign up starting Sept

15. Important Dates

- Aug 31 & Sept 1: CP goal meetings: Flip School. Get scheduled on the sign-up genius please
- Sept 1st : re-enrollment and contract deadline
- Sept 4th: No Practice (Labor Day)
- Sept 19: Annual Flip-a-Thon Fundraiser: Meyers Pool (5-6:30, two groups)
- Sept 22: RAK Day! No practice
- Oct. 31st: No Practice (Halloween)
- November 4: Pilgrims, Pies & Perfect 10s (Meyers)
- Thanksgiving OFF: Nov 23rd –24th
- Winter Holiday OFF: Dec 25rd – Jan 1 (practice resumes Jan 2)

16. Meet Calendar for upcoming year **(TENTATIVE as all dates are not finalized)**

- Nov 4: Pilgrims, Pies & Perfect 10s Meet -LR/JA (CP volunteerism)
- Nov 27-Dec 6: Winter Nationals, TN - MK, Mia and senior synchro (BrunoAndrew, MiaMK)
 - Qualifier Nov 28-Nov 30
 - Natls Nov 29-Dec 6
- Spring Invitational (Feb, hopefully not March)
 - **LR/JA/NP** dual meet- TBD maybe Mission Viejo/Dallas
 - **NPA/CP** dual meet- TBD Houston
- End April/beg of May: Regionals- Cheyenne, WY?
- May 30-June 2/ June 6-9?: Zones-TBD
- June 16-23: Olympic Trials-Knoxville, TN
- July TBD: tower training trip?
- July (end)/Aug (beginning): Nationals - WV**

**This is not a team travel meet