

Mile High Dive Club
JA/NP/NPA/CP/E
August 24, 2026

1. Year & National review- season, 7 to college ☺
 - First year of E/W/C and benefits of prelim/final format
 - Another Jr National Squad member- Go Bennett!
 - USA Diving meet schedule feedback, constructive please ☺
2. Housekeeping:
 - New faces: A few newbies are coming soon!
 - Nationals breakdown posted tonight, will be due on Saturday, Aug 29th
 - Late fees for tuition will mirror all other late fees
 - Squat Squad starts September 5th (Saturdays 8am next door SOMA). Let Jack know if interested right away
 - CP/E athletes be sure you have a valid passport through beginning of March 2027
 - Going to be missing, you need to email info@learntodive.org before practice
 - Chaperones for meets
3. Moving on up!- invites will be sent by 8am tomorrow
 - Jacket order after move-ups for CP athletes
 - Elite group
 - Schedules and contracts will be available tomorrow at 8am on our website and contracts are due Friday, Aug 28th by 1pm
 - If you are moving up, we automatically take care of all tuition and deposit differences for contracts.
4. 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- link on website under gear
 - 2027 Suits – order tentatively Sept 8 week
 - Gear package (roller, mat, Sal-band, monster band, stick) / pieces- if you are missing pieces please be sure to get them once gear order arrives!
 - 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**
5. CP goal meetings
 - College Prep divers only – goal mtg sheet will be posted on CP page
 - T Sept 8 & TH Sept 10 (4:40, 5:00, 5:20, 5:40, 6:00, 6:20, 6:40) -GYM- sign-ups will be available next week at practice. TH meetings are *non-tower* kids
6. Tower Team – begin back week of Aug 31 ☺
 - Learn To Fly Tower for first year (JA, NP) new to tower team- sign up with Jacie
 - Returning Tower Team divers TH at Air Force with gate entry link
 - Email us if interested to sign up, billing monthly \$40/\$80, yearly commitment

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7. Pools for Kids Annual Fundraising Commitment 2026: full donation due by Feb 15
 - Flip-a-Thon: Sept 24 -AAC
 - Super Bowl Squares -Feb 14
 - Tagawa Gardens? depending on interest from the team – check/cash only
 - Corporate sponsorship – packet on homepage
 - Or donate through FB Birthday donations, corporate matches, CO Gives Day (Dec 8)
8. Fall training overview
 - Remainder of August (GYM/POOL WEEKS 🤔)
 - Why are my kids so sore and tired?
 - NP/NPA Skill Development Lessons (SDLs)- Jacie sends monthly schedules for sign up starting Sept
9. Important Dates
 - Aug 28th: contracts due thru website by **1pm**
 - Sept 7th: No Practice (Labor Day)
 - Sept 8th & 10th: CP/E goal meetings: Flip School. Get scheduled please ☺
 - Sept 14th: RAK Day (enjoy your day off!)
 - Sept 24th: Annual Flip-a-Thon Fundraiser: AAC (NPA/CP/E 5pm, NP/JA 5:30pm)
 - TBD: Visiting Coach clinic
 - Oct. 31st: gym is open (Halloween)
 - Nov 22nd: Pilgrims, Pies & Perfect 10s Invite (AAC)
 - Thanksgiving OFF: Nov 26th –29th
 - Winter Holiday OFF: Dec 24th – Jan 3rd (practice resumes Jan 4)
10. Meet Calendar for upcoming year (**TENTATIVE as USA Diving schedule adjustment anticipated**)
 - Nov 7-8: Seattle Invitational, WA (NP/NPA divers)
 - Nov 22: Pilgrims, Pies & Perfect 10s Meet – (JA divers compete, CP/E volunteerism)
 - November 24-29? CAMO International Invitational: Montreal, Canada (optional for CP/mandatory for Elite)
 - December 13-15?: Winter Nationals- Midland TX (Bennett 10m only)
 - January 17th tentatively: Out of the Box Invitational – no travel, we are hosting! (CP/E, tower team)
 - April 3: Morry Arbin Invite, EPIC Pool (JA divers)
 - April first two weeks: tentative outdoor training trip- Ft Lauderdale. First come/first serve, email us now
 - TENT late April/early May: Regionals- TBD
 - TENT late May/early June: Zones-TBD
 - TENT late June/early July: East/West/Central Championships- TDB
 - July (end)/Aug (beginning): Nationals – Mission Viejo, CA**

**This is not a team travel meet