



OLYMPICGARTEN GUIDE FOR PARENTS

OlympicGarten is one of Boardworks' most popular and successful diving programs. It is in this program that children are introduced to the fundamental movement, strength, flexibility and agility skills that are important not only in diving, but in many other sports as well.

The OlympicGarten program has been designed to provide a structured environment where for 90 minutes children practice a variety of diving-related skills both in the water and on dry land. Mats, trampolines and dryboards are used as well as the edge of the pool, 1-metre & 3-metre springboards and platforms.

OlympicGarten is also an important part of Boardworks talent-ID program. As an early specialization sport, we believe that the ideal age for children to start diving is between the ages of 5 and 9 years. During the OlympicGarten session Boardworks team coaches frequently evaluate participants and make recommendations regarding advancement to the competitive team or other Boardworks programs.

FREQUENTLY ASKED QUESTIONS

What is dryland training?

Dryland training is an integral part of diving training whether you are a beginner or an Olympic diver. The movements and skills used when diving from the diving board can be learned more easily and quickly by utilizing a combination of mats, trampoline and dryboard to learn and perfect the skills on land prior to going in the water. Repetition of skills in dryland training assists with the creation of "muscle memory", which is important in sports that require quick movements such as diving. Dryland training also provides an excellent opportunity for divers to increase their flexibility and strength which helps prevent injury.

How many sessions of OlympicGarten does the average child participate in?

Children are encouraged to continue participating in the program for as long as they enjoy it or until the age of 10. Some children learn the skills quickly, while others take a bit longer, however neither case is a sole indicator of talent or proclivity for the sport. On average, most of the divers on the Boardworks competitive team were enrolled in at least 3 sessions (one full year) of OlympicGarten or Boardworks Jr prior to being invited onto the team.

If my child is talent-id'd, what program do they go to next?

After OlympicGarten, children who have been identified as having natural talent, good listening and concentration skills, as well as a specific set of diving skills are asked to participate in our Boardworks Jr. Program. This program is the intermediate step between OlympicGarten and the competitive team. Participants in Boardworks Jr. practice three days per week and continue working on their diving skills in a slightly more challenging atmosphere. During the Boardworks Jr. session divers are again evaluated by team coaches and, based on these evaluations, may be invited to join the competitive team. Invitations to join the team are offered twice per year - January and September.

What diving skills does my child need to learn to be considered for the team?

The minimum requirement to be considered for advancement into Boardworks Jr. are: front jump, back jump, front fall-in & back fall in on 1-metre and front fall-in on 3-metre. The ability to perform these skills are only part of what is taken into consideration for advancement however. Other skills include: body type, natural ability, attitude, ability to follow instructions and good listening skills.

What if my child likes diving but isn't interested in participating competitively?

That's ok! Boardworks offers a variety of programs for every age, interest and skill level. After the age of 10, OlympicGarten participants can either move into our FunDive, Swim'n Dive or Pacific Coast Rec programs. Our aim to provide diving programs for everyone.

Is the OlympicGarten program offered anywhere else?

OlympicGarten is the only program of it's kind in Canada. We believe the earlier children are introduced to diving the faster and easier it is for them to learn the skills necessary to become successful in diving or in any sport they choose to pursue. Boardworks was established in 1994 after the Commonwealth Games and in the past 25 years it has become one of the top teams in Canada. This success is due in large part to the success of the OlympicGarten program which has provided our divers with the introductory skills necessary to be successful in their chosen sport of diving.



Boardworks currently has **19** OlympicGarten graduates on its competitive team.

33 OlympicGarten graduates have become British Columbia provincial champions

40 OlympicGarten graduates have competed at the Canadian Jr. National Diving Championships.

16 OlympicGarten graduates have won medals at the Canadian Jr. National Diving Championships

9 OlympicGarten graduates have become Canadian Jr. National Diving Champions.

18 OlympicGarten graduates have competed internationally in the United States, Mexico, Brasil, South Africa, Cuba, Australia, Russia, China, Italy, Great Britain, Spain, Argentina, Malaysia, Finland and Germany

11 OlympicGarten graduates are international medallists

1 OlympicGarten graduate is a Youth Olympian

1 OlympicGarten graduate is a 2-time Olympian