

**Diving Plongeon Canada
and
Pointe-Claire Diving Club**



Present the

**2011 Speedo Junior National
Championships**

and

Pan American Junior Championships Trials

**Pointe Claire, QC
July 6-10, 2011**



GENERAL INFORMATION

The 2011 Speedo Junior National Diving Championships are sanctioned by Diving Plongeon Canada and Plongeon Quebec, and hosted by the Pointe Claire Diving Club.

Date: July 6-10, 2011 (* New 4.5 day format)

Facility: Pointe-Claire Aquatic Centre
98, Douglas-Shand
Pointe-Claire (Québec) H9R 2A8
Tel.: 514-630-1202

Host club: Pointe-Claire Diving Club
98, Douglas-Shand
Pointe-Claire (Québec) H9R 2A8
Tel.: 514-630-1202
Email: pcdiving.committee@gmail.com

Meet Manager: Dan Maiorino: pcdiving.committee@gmail.com

Technical Chair: Lois Kaplan: pcdiving.committee@gmail.com

EVENTS: Boys and Girls 1m, 3m and platform
Groups A, B, C, and D

EQUIPMENT LIST

- 2 one meter springboards and 2 three meter springboards
- Platform: 3m, 5m, 7.5m & 10m
- Sprinklers under all springboards and platforms
- Full bubbler system

RULES

The 2010-2011 FINA and Diving Plongeon Canada Rules shall be the official rules for this event. If there are any inconsistencies between this package and the Rule Book, the Rule Book shall prevail. Any decisions made at this championship by the Jury of Appeal shall be final. The Rule book is also available at www.diving.ca

JUDGING

Refer to 2010-2011 Diving Plongeon Canada Rule Book. Dress code is in effect. All judges will be required to wear white shirts and black bottoms. For finals black pants is mandatory.

COACH CERTIFICATION REQUIREMENTS FOR NATIONAL CHAMPIONSHIPS

To attend the Junior Nationals, coaches must be fully certified Level 2 in the old system or at the Competition-Introduction Level. Coaches not having full certification may attend provided they are with a coach from their club who is fully certified at Level 2 or Competition-Introduction or at a higher level.

ENTRY FEES AND ENTRY DEADLINE

We ask that you enter and submit your dive lists for the 2011 Speedo Junior National Championships using the Dive Sheet Generator. www.rezman.net

If you are unable to submit your lists over the internet, you will be able to fill in your dive sheets when you arrive. Dive sheets can be submitted at the same time as your entries.

For all dive sheets received through the Dive Sheet Generator, you will receive e-mail notification confirming receipt. Should you not receive this confirmation, please contact us.

Entry forms are also available for downloading on the Diving Plongeon Canada web site at www.diving.ca

Registration Fee: \$50.00 per diver
Entry Fee: \$50.00 per diver per individual event

All fees are payable to the Canadian Amateur Diving Association Inc. Payment can be made by VISA, Mastercard, cheque or money order. If paying by credit card, an administrative fee of 3% will be added to the total.

Entry Deadline: **June 21st, 2011**

All entries, including payment, must be received at the Diving Plongeon Canada office no later than midnight, June 21st, 2011. Entries received after this date will be assessed a \$100.00 late entry fee payable to CADA.

Mail or Fax to: Diving Plongeon Canada
312-700 Industrial Ave
Ottawa, ON K1G 0Y9
Fax: (613) 736-0409
E-mail: jeff@diving.ca

Proof of qualification must be indicated on entry forms.

Refer to 2010-2011 Diving Plongeon Canada Rule Book for further information.

RESULTS

Participating club and unattached diver/coach will be able to download the full results booklet from www.diving.ca the week following the event.

Diving Plongeon Canada will be providing live internet results and video throughout the competition. Results can be accessed through www.diving.ca or through www.rezman.net.

Live internet video will be broadcasted for the entire event. Please promote this feature to family and friends of athletes.

DOPING

Testing will be conducted at the 2011 Speedo Junior National Championships.

A Therapeutic Use Exemption (TUE) application is required to be submitted by divers who need to take a substance that is banned. Exemptions are to be granted by CCES. TUEs cannot be issued retroactively, so must be approved by CCES at least 21 days before the Summer Nationals.

Within Canada, TUEs are not required for glucocorticosteroids or beta-2 agonists, but must be declared at the time a doping test is undertaken, and TUEs submitted retroactively. A complete medical review will be required.

NOTE: This does not apply to Registered Testing Pool athletes who MUST have TUEs submitted at least 21 days in advance –to FINA – with a copy to CCES. RTP athletes cannot apply TUEs retroactively.

AS WELL: Divers who are selected for international competitions, including Canada Cup, must obtain exemptions from FINA (with a copy to CCES) a minimum of 21 days prior to the application international competition. TUEs cannot be applied retroactively.

For information on banned and permitted substances:

2011 prohibited list: <http://www.diving.ca/english/html/athletesmanual.htm>.
Drug Information Database: http://www.didglobal.com/page/didengs/choose_country
CCES substanceinquiries@cces.ca
CCES toll-free 1-800-672-7775 (all inquiries are treated confidentially)

AWARDS AND MEDALS

Note: We request that divers be dressed in full team uniform or club jacket for awards ceremonies and marshalling and towels are not permitted. Appropriate time will be provided between the final event and the award ceremonies.

Awards to be given:

- Top three will receive medals.
- Top twelve will be recognized.
- Isabel Warren Awards – Best Compulsory Divers in Girls B & Boys B. Divers must compete in all three events to be eligible.
- Outstanding Diver of each age group (male & female) - Divers must compete in all three events to be eligible. Scores will be added together for each diver and the diver with the highest total points will be named the Outstanding Diver for that age group. In the event of a tie, both divers will receive the Award.
- National Championship Banner to club that accumulates the most competition points

MEETINGS & HOSPITALITY

Opening Ceremonies

The opening ceremonies will take place on Thursday, July 7th, 2011 at 4:50 pm.

On-site Hospitality

The local organizing committee will be providing hospitality to coaches, officials and volunteers on competition days at the pool.

Food for Athletes and Spectators

Snacks & meals will be available for purchase at the pool during competition days.

Media Open House

Tuesday July 5th, 10:00am to 12:00pm, media members will be invited to take photos and conduct interviews on pool deck. No formal conference will be planned.

Coaches Meeting

Tuesday, July 5th, 6:30 pm at the pool (Hospitality Room).

Officials Meeting

Wednesday, July 6th, 9:00 am at the pool (Judges Room).

Banquet

The banquet will take place on Sunday, July 10th, at 7:30 pm at Towne Hall (www.townehall.ca). Tickets must be purchased in advance for \$40.00. Individual Awards, Team Championship Banner, and the 2011 Pan American Junior Team will be presented during the banquet.

- \$40.00 (payable by June 21st, 2011)

Cheques only, payable to: **City of Pointe-Claire**

And mailed to: Jr Nat'l Diving Banquet
350 St. Louis Avenue
Pointe-Claire, QC H9R 1Z5

HOTEL INFORMATION

Holiday Inn Pointe Claire

6700 TransCanada Highway
Pointe-Claire, Quebec H9R 1C2
www.holidayinn.com/pc
\$99.00 + tax/night for a room with 2 double beds
Rate available until June 12th, 2011.

Free shuttle from airport

Free outdoor parking

Reservations:

Pamela Lawton, Account Manager









Direct Line: 514-693-3099

Fax: 514-697-4145

Email: p.lawton@holidayinnpc.ca

CAR RENTALS

The leading car rental companies have offices at Montréal-Trudeau International Airport and are located on the ground level of the multi-level parking.

	Contact info	Category	Weekly Rate*
	1-800-462-5266 www.alamo.ca	Compact Standard Minivan	\$475.57 \$524.03 \$940.00
	1-800-879-2847 www.avis.ca	Compact Standard Minivan	\$484.99 \$534.99 \$778.99
	1-800-363-8111 www.budget.ca/en	Compact Standard Minivan	\$464.99 \$514.99 \$768.99
	1-800-800-4000 www.dollar.com	Compact Standard Minivan	\$441.74 \$489.24 \$940.00
	1-800-736-8222 www.enterpriserentacar.ca	Compact Standard Minivan	\$447.65 \$493.18 \$940.00
	1-800-263-0678 www.hertz.ca	Compact Standard Minivan	\$510.49 \$560.49 Sold out
	1-800-227-7368 www.nationalcar.ca	Compact Standard Minivan	\$495.57 \$544.04 \$940.00
	1800-847-4389 www.thrifty.com	Compact Standard Minivan	\$441.74 \$489.24 \$940.00

* Rates are subject to availability and changes.

MEDICAL

Hospitals

Lakeshore General Hospital

160 Stillview Avenue
Pointe-Claire (Québec)
H9R 2Y2
Tel.: 514-630-2225

Montreal Children's Hospital

McGill University Health Center
2300 Tupper Street
Montreal (Quebec)
H3H 1P3
Tel.: -412-4400

CHU Sainte-Justine

3175 Côte-Sainte-Catherine Road
Montreal (Quebec)
H3T 1C5
Tel.: 514-345-4931

Physiotherapy

Action Sport Physio

(Sports Medicine Center located 7 minutes away from the pool)
3883, St-Jean Blvd, Dollard-des-Ormeaux (Quebec) H9G 3B9
Tel.: 514-624-2424 (please call to take a same day appointment)
Business hours: Monday to Friday, 7 a.m. to 8 p.m.
Saturday 8 a.m. to 12 p.m.

Latest assessment is 1 hour before closing time
\$85 for assessments, \$70/ follow up treatment

Massage therapy

Massage therapy will be available at the pool from 12 pm to 4 pm – Thursday through Sunday.

TRAINING SCHEDULE

Sunday, July 3rd

Open Board Practice - 10:00 am - 3:00 pm

* Dry-land training is available 9:30 am – 3:30 pm

Monday, July 4th

Restricted Practice 8:00am to 6:00pm (1:40 min/flight)

- Flight 1 – 8:00 am – 9:40 am
- Flight 2 – 9:40 am - 11:20 am
- Flight 3 – 11:20 am – 1:00 pm

- Flight 1 – 1:00 pm – 2:40 pm
- Flight 2 – 2:40 pm – 4:20 pm
- Flight 3 – 4:20 pm – 6:00 pm

* Dry-land training is available 7:00 am – 6:30 pm

Tuesday, July 5th

Restricted Practice 8:00am to 6:00pm (1:40 min/flight)

- Flight 3 – 8:00 am – 9:40 am
- Flight 1 – 9:40 am - 11:20 am
- Flight 2 – 11:20 am – 1:00 pm

- Flight 3 – 1:00 pm – 2:40 pm
- Flight 1 – 2:40 pm – 4:20 pm
- Flight 2 – 4:20 pm – 6:00 pm

* Dry-land training is available 7:00 am – 6:30 pm

Wednesday, July 6th

Restricted Practice 8:00am to 12:00pm (1:20 min/flight)

- Flight 2 – 8:00 am – 9:20 am
- Flight 3 – 9:20 am - 10:40 am
- Flight 1 – 10:40 am – 12:00 pm

* Dry-land training is available from 7:00 am

Flight # 1

TBD on 06/23

Flight # 2

TBD on 06/23

Flight # 3

TBD on 06/23



**Pointe-Claire
Montréal Aéroport**



RATE \$99.00 *

* Rate is net, non-commissionable, per room, per night. Single to quadruple occupancy. Subject to a 3.5% lodging tax, 5% GST, and 8.5% PST.

Rate available until June 6th, 2011.

- 308 magnificent spacious rooms
- Two steps away from Fairview Shopping Centre, arenas, pools, Sports Centres
- Free outdoor parking
- Sports Fitness Centre
- Exercise room open 24 hours
- Large indoor swimming pool / Whirlpool / Saunas
- International-stature squash courts
- Air hockey, pool and soccer tables
- Restaurant Perno / Lounge C'est la Vie / Business Center
- Room service / Group menus
- Free shuttle from/to Airport

For Club Bookings, contact
Pamela Lawton (Account Manager)
514-693-3099
p.lawton@holidayinnpc.ca

6700, TransCanada Highway, Pointe-Claire,
Québec, Canada H9R 1C2
Tel.: 514-697-7110 1-800-375-2680
Fax: 514-697-4145
www.holidayinn.com/pc



Diving Plongeon Canada

ENTRY FORM / FORMULAIRE D'INSCRIPTION 2011 SPEEDO Junior National Championships / Championnats nationaux junior SPEEDO 2011



Name of Competitor	Diver's Coach / NCCP level	Age Group	Year of Birth	Sex		Event Entered			Qualification standard met – date/location/meet	
				M	F	1M	3M	Platform	Group I	Group II

All competitors must have qualified to enter. / Tous les compétiteurs doivent se qualifier pour être admissibles.

Club: _____ E-mail: _____ Tel: _____ Fax: _____

Registration fee: \$50.00 per diver
Entry fee: \$50.00 per diver per individual event

Return completed Entry Form, & payment to:
 Diving Plongeon Canada
 312-700 ave. Industrial, Ave.
 Ottawa ON K1G 0Y9
 Fax/Télécopieur: 613-736-0409
 E-mail: jeff@diving.ca

Amount enclosed:
 Cheque _____ \$ _____
 Credit Card (Add 3% Admin fee) _____ \$ _____
 Visa _____ En Route _____ MasterCard _____ Expiry Date _____
 Credit Card # _____

DUE JUNE 21, 2011/ DATE-LIMITE 21 JUIN 2011

Authorized Signature _____

Cheques & money orders should be made payable to the *Canadian Amateur Diving Association Inc.* Les chèques et les traites bancaires doivent être payables à l'ordre de : *Association canadienne du plongeur amateur Inc.*

I hereby agree to adhere to the Code of Conduct, and all my divers have been advised of this Code.
 J'accepte par les présentes de respecter le code de conduite, et tous mes plongeurs et plongeuses ont été avisés de ce code de conduite.

Signature of Coach/ Signature de l'entraîneur : _____

CANADIAN AMATEUR DIVING ASSOCIATION (CADA) CODE OF CONDUCT

CADA is committed to providing an environment in which all individuals are treated with respect. Further, CADA supports equal opportunity and prohibits discriminatory practices. Members are expected to conduct themselves at all times in a manner consistent with the values of CADA that include fairness, integrity, open communication and mutual respect. Irresponsible behavior by members can do severe damage to the sport of diving and to the support that all levels of divers have worked so hard to achieve. Conduct that violates these values may be subject to sanctions pursuant to CADA's Discipline Policy.

In addition to the above, the following specific behaviors will be subject to sanction pursuant to CADA's Discipline Policy.

1. not complying with the by-laws, rules, regulations or policies of CADA, as adopted and amended from time to time;
2. verbally or physically abusing team mates, opponents, officials, coaches, spectators or sponsors;
3. showing disrespect to officials, including the use of foul language and obscene or offensive gestures;
4. abusing aquatic facilities or equipment or any other properties which CADA has contracted,
5. failing to comply with the conditions of entry of a diving meet including any rules with regard to clothing or advertising;
6. failing to be available to meet reasonable requests for interviews by the media;
7. any other unreasonable conduct which brings the sport of diving into disrepute.

The CADA Discipline Code of Conduct shall govern all disciplinary matters to the extent that it conflicts with or augments the Code of Conduct of any provincial/territorial diving association.

CODE DE CONDUITE DE L'ACPA

L'ACPA s'engage à offrir un environnement dans lequel tout individu est traité avec respect. En outre, l'ACPA appuie l'égalité des chances et interdit les pratiques discriminatoires. Les membres sont censés se comporter à tous moments d'une manière qui est compatible avec les valeurs de l'ACPA qui incluent l'équité, l'intégrité, la communication ouverte, et le respect mutuel. Un comportement irresponsable de la part des membres peut faire du tort au sport de plongeon ainsi qu'à l'appui que les plongeurs et plongeuses de tous les niveaux se sont évertués à obtenir. Une conduite qui ne respecte pas ces valeurs peut être sujette à une sanction, conformément à la politique en matière de discipline de l'ACPA.

En plus de ce qui précède, les comportements suivants en particulier seront sujets à une sanction, conformément à la politique en matière de discipline de l'ACPA.

1. Défaut de se conformer aux statuts, au règlement, aux règles, ou aux politiques de l'ACPA, tels qu'ils auront été adoptés ou amendés de temps à autre;
2. L'abus verbal ou physique de ses coéquipiers ou coéquipières, ses adversaires, les officiels ou officielles, les entraîneurs ou entraîneuses, les spectateurs ou spectatrices, ou les commanditaires;
3. Manquer de respect envers les officiel (le)s, incluant injurier quelqu'un et utiliser des gestes obscènes ou offensifs;
4. L'abus d'installations ou d'équipement aquatiques ou de tous autres biens pour lesquels l'ACPA s'est engagée par contrat;
5. Ne pas observer les conditions de participation à une compétition de plongeon y compris les règles ayant trait à l'habillement ou à la publicité;
6. Ne pas être disponible pour répondre aux demandes raisonnables d'intervues de la part des médias;
7. Toute autre conduite qui fait tomber le sport de plongeon dans le discrédit

La politique en matière de discipline et le Code de conduite de l'ACPA détermineront toutes questions de discipline en cas de conflit avec ou d'augmentation du code de conduite d'une association provinciale ou territoriale quelconque.