



RWE March Newsletter



Jacquie Ash
Head Coach

Coach's Corner

We are so excited to be back at NCSU and getting in regular 3 meter practices! We appreciate your patience while we continue to work with NCSU staff on our schedule. NCSU and RSA have just let go of their mask mandates in the rec facilities, so masks will no longer be required there. At Artistic, masks are encouraged but not required. Over the next few weeks, we will be doing diver check ins and goals. I am excited to talk with each diver individually for a mid-season look to see where everyone is at!

I am not sure yet of how our practice schedule will change during the week of NC State's spring break (March 13-18). I will let you know as soon as I can.

I am also in the process of setting up a week-long camp in June with Yahya at the Wisconsin Pool. There, they have full towers, and dryland on deck! We are very excited for this opportunity, so stay tuned for more information!

Jacquie

Happy to be back at NC State!!!!!!



Red Wolf Meet News



March 23-27, 2022
Huntersville, North Carolina
USA Diving #:

Online meet registration
www.divemeets.com

Cost: USA Diving FINA \$60 per event. Late fee of \$50

Novice/Intermediate \$40 per event. Late fee of \$20

-ALL EVENTS WILL BE CAPPED AT 40 DIVERS-



Make
RWE even
better by
bringing
your
friends
with you!

March Dive Practice Options

NCSU — William R. Casey Aquatic Center is an indoor dive pool with two 1-meter boards, two 3-meter boards, and a 3-meter platform.

	Under 8	9-13 years	14 and Over	Masters
Sunday	6:00-7:30	4:45-6:46	6:15-8:15	6:30-8:00
Monday			7:15-9:15	7:15-8:45
Tuesday		7:15-9:15	7:15-9:15	
Wednesday	6:00-7:30	6:00-8:00	7:15-9:15	

Dryland Practice at Artistic Gymnastics is a fantastic way of preparing children for new dives. A belt system is used to simulate the dives on a trampoline. This practice gives them more confidence to try new dives in the water. Furthermore, they practice dive skills on diving boards in the gym. Trampolines also strengthen their legs and help agility. The groups are small to insure your child gets many repetitions.

	Under 8	9-13 years	14 and Over
Monday		5:00-6:00	6:00-7:00
Tuesday	5:45-6:45	5:45-6:45	3:45-4:45
Thursday			4:30-5:30

RSA –Sonner Aquatic Facility is a tented pool with two 1-meter boards. Homeschool Practice on Wednesday from 11am-1pm (all ages)

Arise Fitness – weight lifting for high schoolers
Mondays and Thursdays 3:00-4:00

Makeup Practices Signup links coming soon for Thursday March 31st

Dryland

