



Dear Athletes and Families,

Welcome to the 2018 KSDT season! I hope you are all as excited as I am. My name is Austin Carmody, and while this will be my first year at the Katonah pool, I am not new to the district. I have been on the Bedford Village dive team since I was 9 years old, and I dove for the Fox Lane Varsity Swim and Dive Team throughout all my four years of high school. I just finished my freshman year at the University of Miami and am so excited to spend the summer with you all. My goal is to teach and demonstrate all that I have learned throughout my diving career, in order to expand potential and ability, while also having a ton of fun along the way. **As a reminder our Meet-n-Greet is this Sunday, June 3 at Katonah Memorial Pool from 12:30pm to 2:30pm. I look forward to meeting each and every one of you, and if you have any questions please feel free to reach out.**

Some expectations of my divers:

- To be on time and ready for practice/meets
- When you are at practice, you are there to learn
- Try to challenge yourselves/ try something new
- Keep a positive attitude at practice/meets
- Encourage and cheer on your teammates

Information about A Meets/B Meets:

- In order to be able to dive in an A meet, you need to have 4 dives from at least 3 different categories. (forward, back, twist, inward, and reverse)
- In order to dive in a B meet, you need to have 2 dives from 2 different categories (NO JUMPS).
- The diving lineup for A meets will be sent out prior to the meet. If a diver cannot attend for any reason, please let me know at least 24 hours in advance.

I am very excited to get the season started, we are going to do great things this summer! Again, please contact me if you have any questions. GO KSDT!!

All the best,

Austin Carmody
Dive Coach, KSDT

Go KSDT!