

Fall/Winter 2018-19 Trampoline Sessions for Divers

What: Dry-land diving instruction sessions feature development of basic trampoline skills; drills on trampoline, use of tumble track; spotting in a tumbling or twisting belt.

Where: Sessions held at Paramount Sports Complex, Flightpath Industrial Park, 21 Landings Drive, Annville, PA 17003. <http://www.paramountsportscomplex.com/>

When: Tuesday and Thursday evenings from 7:55 - 9:00 p.m. Saturdays from 10:00 - 11:45 a.m.

Participation Fee: The monthly fee is \$50.00 (whether you come to 1 or all sessions). Payment is expected on the first evening you attend and the first Tuesday of each month. Checks should be made payable to John Ricci.

Monthly fees: Coach Ricci will send a note out each month to re-enroll participants.

November \$50 due on 10/30/2018

December \$50 due on 12/4/2018

January \$50 due on 1/3/2019

February \$50 due on 2/5/2019

March \$50 due on 2/5/2019

Insurance Fee: All participants must be registered with the AAU. AAU membership runs from 9/1/18 - 8/31/2019. The insurance fee is \$15.00 per participant. Checks made out to John Ricci who will enroll you online in the AAU.

How many participate in each Session: **Maximum of 12 participants in program.** Sign-ups for program are done on a first come, first served basis. **Program starts 10/30** – sign up ASAP!!

How to Enroll: E-mail Coach Ricci at ricci6@comcast.net , Put **Schedule Fall Trampoline** in the subject line or, simply call or text Coach Ricci to request a spot in a practice session at 717-370-1881.

Who Can Participate: The sessions are primarily **for divers 12 years of age** and up.

Facilities: Paramount Sports Complex features 4 trampolines, a spotting system with tumbling and twisting belts.

Instructor: The instructor is John Ricci. John has coached Hershey High School and age group divers of the Hershey Diving Team for more than 30 years.

Questions: Call, text or e-mail Coach Ricci 717-370-1881.