

2021 VIRTUAL DRYLAND JUNIOR NATIONAL INVITATION

Update 9-07-2021

Diving Canada has decided to host a National Dryland Skills Championship to provide a competitive experience for divers who have not been able to participate in the virtual diving championships currently taking place. In order to be able to hold this event, a limited number of athletes per province will be allowed to participate.

1. Dates

- a. **Registrations:** Due by July 9th, 2021
 - i. Send Registration to andree@diving.ca
- b. **Announcement of routines:** Andree Pouliot-Deschamps will announce the skills to be used in the routines on July 10th, 8am ET
- c. **Clubs/coaches/athletes will Record the routines** between July 10th and 13th, 2021
 - i. **One video per athlete that include:**
 1. **Before starting the routine:** The athletes must stand in front of the camera for 5 seconds, holding in his hands a "letter" size (8 1/2-11) sheet or cardboard on which his name, province, club and age group are written. The sheet or cardboard should be at chest level.
 2. **Performing the routine**
 3. **At the end of the routine:** The athlete stands straight in front of the camera for 10 seconds.
- d. **Upload of routine:** by July 13th, midnight ET
 - i. **Each age category has its own download link:**
 - i. **Groupe A :**
https://divingcanada-my.sharepoint.com/:f:/g/personal/andree_diving_ca/Esip0af0dWhGoFd7w84ZiuoBtk-xliTw2pu6cpiSL-plnQ?e=Nb85QY
 - ii. **Groupe B :**
https://divingcanada-my.sharepoint.com/:f:/g/personal/andree_diving_ca/Eq63Sa-wru1LjNIDMTgf3mMBmDXCWMVu-2nQLz_z4PSmNw?e=seivLm
 - iii. **Groupe C :**
https://divingcanada-my.sharepoint.com/:f:/g/personal/andree_diving_ca/Ekebxjv4DBtGk2eiQ-XrCscBff8tKhubXKAjz5RkxPzDqg?e=Y8rTNC
 - iv. **Groupe D :**
https://divingcanada-my.sharepoint.com/:f:/g/personal/andree_diving_ca/EhPC2K7JutFGoduf3B6R61kB7WAZT2KLkcKnZi52Y5s5aw?e=h8FBPF

- v. **Groupe E :**
 - https://divingcanada-my.sharepoint.com/:f:/g/personal/andree_diving_ca/EoA71fMRRlplvTB3OeC84WYBI9QID--1PPxyOyyHpoxlrQ?e=cz1DJB
 - e. **Evaluation of routines** will take place from July 13th-18th, 2021
 - f. **Broadcast:** July 31st, 2021
2. Fees
- a. There is a \$20 fee per athletes
 - i. Each province will be responsible to pay Diving Plongeon Canada for all of their athletes participating to this event
 - 1. We will not accept individual or club payments
 - ii. The fees must be paid with the registration: no later than July 9th, 2021
 - iii. **Payment method:**
 - 1. **Ideally, you do an E-transfer to joanne@diving.ca**
You shouldn't have to enter a password, but in case you need to, the password must be Canada.
You can also make a check payable to Diving Plongeon Canada and mail it.
3. Age category
- Girls and boys are separated
 - a. E: 9 years old and under (2012 and up)
 - b. D: 10 and 11 years old (2010-2011)
 - c. C: 12 and 13 years old (2008-2009)
 - d. B: 14 and 15 years old (2006-2007)
 - e. A: 16 to 18 years old (2003-2004-2005)
4. Eligibility
- a. Each province will be allowed to enter up to
 - i. 20 athletes
 - 1. Maximum of 10 girls
 - 2. Maximum of 10 boys
 - * In the interest of achieving gender equity in our sport
 - b. The provinces are responsible for the selection of their athletes. We encourage provinces to set up virtual dryland skills competition (s) for their divers. These will allow athletes to participate in competitions. In addition, you can use this or these competition (s) to select your athletes.
 - c. Only Athletes who will not participate in the Virtual Junior Qualification and National events are eligible to compete.
5. Format
- a. Athletes will perform a routine of skills selected by Andree Pouliot-Deschamps
 - i. Each age category will receive the routine of skills to be performed. Each routine will include:

1. Group E: 5 skills
 2. Group D: 6 skills
 3. Group C: 7 skills
 4. Group B: 8 skills
 5. Group A: 8 skills
 - ii. The skills to perform will be selected from the list of skills attached in Appendix 1
(see Appendix 1 for the list of skills)
 - iii. Athletes will have to perform all the selected exercises in a routine format
 1. The skills need to be performed one after the other in the proper order
 2. Only one video clip to be submitted per athlete
6. Evaluation
- a. Evaluators
 - i. The evaluation process will include national level coaches and officials and Andrée Pouliot-Deschamps, Junior High-Performance Director
 - b. Evaluation criteria
 - i. Prescribed exercises completed
 - ii. Exercises completed in a routine format
 1. Must be one video clip
 - iii. Skills completed in the proper order
 - iv. Quality of execution
7. Rewards
- a. The top 3 of each category will receive a gift
 - b. Special awards for exceptional skills will be given