

# THE 2024 ULTIMATE SUMMER DIVING CAMP!

JUNE 16-21, 2024

"THE MOST UNIQUE DIVING CAMP IN THE COUNTRY"



Where: Greensboro, NC

Training Facilities:

Greensboro Aquatics Center  
Ultimate Kids Diving Dryland Gyms



336-665-0662

Early Age Half Day Camp Age 6-10

Full Day Camp- Age 11+

Open to All divers, current team members, clubs, beginning and advanced

## Full Day Camp Ages 11+

**\$415/** UAD Team Member

**\$460/** Non- UAD Team Member

**\$650/** Resident Campers staying with host family

- ✓ Conditioning and Skill Specific Dryland Training at the Ultimate Kids Diving Gym
- ✓ Intensives in Diving for all levels at the Greensboro Aquatic Center
- ✓ Bungee Fitness with FlyFactor
- ✓ Snacks and Fun
- ✓ Experience the Ultimate Climbing Gym, Ultimate Parkour and Ultimate Ninja Gyms
- ✓ Non- Refundable \$100 deposit for non UAD members

(Age 10 and under with special permission)

✓ Sunday- 6/16/2024  
5:00p.m.-6:30 p.m.

✓ Monday 6/17/2024-  
Friday 6/21/2024  
8:30 a.m.-4:30 p.m.

## Half Day Camp

**\$225** UAD Team Member

**\$250** Non- UAD Team Member

- ✓ Conditioning and Skill Specific Dryland Training at the Ultimate Kids Diving Gym
- ✓ Intensives in Diving for all levels at the Greensboro Aquatic Center
- ✓ Snacks and Fun
- ✓ Non-Refundable \$50 deposit for non - UAD Members

✓ Monday-6/17 -  
Friday 6/21.

✓ See schedule on back

✓ Have the opportunity to Experience the Ultimate Climbing Gym, Ultimate Parkour and Ultimate Ninja Gyms

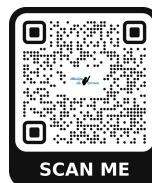
## Camp Staff: Coach Scott Lineberry, Coach Julee Waters, Coach Marti Darnell

**Coach Scott Lineberry, Ph.D. Lead Head Coach** - He is a former head National Team Coach with USA Gymnastics for Double Mini and Trampoline. He was the Diving Developmental Coach for Olympic Trial Participants and finalists as well as NCAA Medalists. Coach Scott is the author of "Lost Skill Syndrome: Assisting the Athlete". He is also the current head coach of our Ultimate Air Diving Program here at Ultimate Kids.

**Coach Julee Waters-** Coach Julee is the developmental coach for Ultimate Air Diving and the Head Coach for the Guilford County School District High School Diving Program. Julee has a rich diving history and has continued to support divers in their journey, with many high school divers moving to compete at the college level and receiving scholarships for diving.

**Coach Marti Darnell-** Coach Marti has helped many early-age divers learn the basics while having fun in their early journey into the diving sport. Coach Marti's patient and kind approach to each participant has motivated young divers to meet the challenge of learning and growing in this fun activity.

Sign up online by scanning the QR Code, or  
at [www.ultimate-kids.com/Diving.html](http://www.ultimate-kids.com/Diving.html)



SCAN ME

## Equipment

### Greensboro Aquatic Center

Located at  
1921 W Gate City Blvd,  
Greensboro, NC 27403

- 2 x 1-meter springboards,
- 2 x 3-meter springboards,
- 5, 7.5, and 10-meter platforms

### Ultimate Kids, LLC

6908 Downwind Road  
Ultimate Team Training Center &  
Ultimate Ninja Gym

- 2 x dry boards (one with spotting belt)
- 2 x trampolines into foam pit (one with spotting belt)
- Floor-level platform into foam pit
- ¼-meter platform into foam pit
- ½-meter platform into foam pit
- 1-meter platform into foam pit
- 1.5-meter platform board with spotting belt into the foam pit
- 2-meter platform into foam pit
- diving mini-tramp into foam pit
- 9 trampolines (two with spotting belts)
- 4 x tumble-tracs
- 120-foot rod tumbling floor
- Tumbling spotting belt
- Video playback

## Schedule

### Sunday (full-day only students)

5:00 p.m.  
Orientation- UTTC (Gym)  
Bungee Fitness

### Monday, Tuesday, Thursday,

8:30 a.m.- UTTC (Gym)  
10:30 a.m.- GAC (Pool)  
12:30 p.m.- Lunch/Rest  
*(end for half-day camp)*  
2:00 p.m.- GAC (Pool)  
4:00 p.m.- Break  
5:00 p.m.- End of day for full day

### Wednesday

11:00 a.m.- UTTC (Gym)  
12:30- Lunch/Rest  
2:00 p.m.- Climbing Gym  
3:00 p.m.- Break/*End for half-day students*  
4:30 p.m.- End of day for full day

### Friday

8:30 a.m.- UTTC (Gym)  
10:30 a.m.- GAC (Pool)  
12:30 p.m.- Lunch/Rest  
2:00 p.m.- Ninja Warrior Gym  
3:00 p.m. Break/*End for half day students*  
4:00 p.m.- End of day for Full day

Sign up online by scanning the QR Code, or  
at [www.ultimate-kids.com/Diving.html](http://www.ultimate-kids.com/Diving.html)

