

## Lead Camp Coach

### Julian Krug

- Former USA Diving National
- Team Coach
- Former Olympian Coach
- Former NCAA National
- Champion Coach
- 12 Different Big East Diving Championships
- 32 titles overall
- Six All Americans
- Six Honorable Mention- All Americans
- Four School Record Holders
- 11 Big East Championship Outstanding Divers
- Daughter Cassidy Finished 7th at the 2012 Olympic Games



## ASSISTANT LEAD COACH

### Scott Lineberry, Ph.D

- Former Head National Team Coach with USA Gymnastics for Double Mini-Trampoline
- Former National Team Coach with USA Gymnastics for Trampoline
- Diving Development Coach for Olympic Trial Participants and finalist, and NCAA Medalists



## CAMP FEES

Day campers: \$450

Resident campers staying with host family: \$675

Non-refundable deposit: \$100

### Early bird special (prior to April 1, 2023):

Day campers: \$425

Resident campers staying with host family: \$625

Register online through [ultimateairdiving.org](http://ultimateairdiving.org)

**“The most  
unique diving  
camp in the  
country”**



**THE 2023  
ULTIMATE  
SUMMER  
DIVING CAMP!  
JUNE 26-JULY 1**

**OPEN TO ALL DIVERS:  
HIGH SCHOOL, CLUB,  
BOYS AND GIRLS**

- Fun Diving Drills
- Dryland Training
- Trampoline Belts
- Dryboard Belts
- Conditioning
- Mental Toughness
- Flexibility
- Video Review



Ultimate Kids- Home of Tumblebees  
6904 Downwind Rd  
Greensboro, NC 27409

Training Facilities:  
Ultimate Team Training Dryland  
Greensboro Aquatic Center

P : 336-665-0662  
E : [uad6904@gmail.com](mailto:uad6904@gmail.com)  
W : [www.ultimateairdiving.org](http://www.ultimateairdiving.org)

Please direct all questions  
to Coach Scott at  
[uad6904@gmail.com](mailto:uad6904@gmail.com)



# SCHEDULE

## **Sunday**

7:00 p.m.

Orientation- UTTC (Gym)

## **Monday, Tuesday, Thursday,**

### **Friday**

8:00a.m.- UTTC (Gym)

10:00- GAC (Pool)

12:30- Lunch/Rest

3:00- UTTC (Gym)

4:30- Break

5:00- Sports Science

6:00- End of day

## **Wednesday**

8:00a.m.- GAC (Pool)

10:00-UTTC (Gym)

12:30- Lunch/Rest

3:00- UTTC (Gym)

4:30- Break

5:00- Dinner and Rest

7:00- Activity

9:00- End of Day

## **Saturday**

12:30- GAC (Pool)

3:00 p.m.- Leave for Home



**GREENSBORO  
AQUATIC CENTER  
(GAC)**

**AND**

**ULTIMATE TEAM  
DRYLAND TRAINING  
CENTER (UTTC)**



# EQUIPMENT

## **Greensboro Aquatic Center**

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

## **Ultimate Kids, LLC**

- 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 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