

HEAD FIRST INTO SUCCESS

Going Off the High Dive

Go Figure

5

practices per week

1

first place finish

4

team members

Going head first into the water may not be on the list of your favorite things to do, but for the diving team, it was close to number one. This team spent five days a week practicing diving from 8:45p.m. - 10:00p.m. For some people, that may have been when they were already asleep!

These members, believe it or not, were not up for sleeping, they were up preparing for competitions.

"I love practice. We always have a great time. Also, since I am the only girl on the team, I get to spend quality time with the guys," said **Stephanie DiMasso, 11**.

If anything got her nervous, it was definitely not the fact that she was the only girl on the team.

Besides the helpfulness of practice on its own, the coach **Jack Phipps** helped the team members by motivating them and assisting them with enhancing their diving skills.

"He gives the motivations and reality checks as I need them," said **Lavardo Pennerman, 11**.

Besides the helpful support and advice

from the coach, the teammates, the five of them, were able to watch themselves on TIVO, which helped them see where they need improvement.

As far as competition goes, in no way does it every intimidate the divers.

"My biggest competition was and is myself," said **DiMasso**.

Obviously, the cold pool water did not stop this diving team from putting their hard work to good use in the competitions.

Of course, the hard work this team has put in did not go unnoticed in the GMC, when the teammates placed first, second, fifth, and sixth!

While some of the diving team members are more serious about diving than others, in terms of their future pursuits in the sport, at this point in time, that was not an obstacle in any way to the effort that was present at every competition this team has participated in.

One thing is for sure: although there were only four team members, in no way did that serve as a hold-back for this team.



Backwards or forwards? Stephanie DiMasso, 11, is shown here at a diving competition doing first a backward dive, then a forward dive. As the captain of the team, her leadership skills have helped enhance the team's performance and motivate the divers. She has been a diver for eight years and planned to continue diving even after high school.



Ready, set, dive! Stephanie DiMasso, 11, Matthew DiMasso, 9, and Brian Ruff, 10, practiced their diving skills. Their practices were five days a week for an hour and a half.