

WHAT WAS GOING ON AT 8:00 PM DURING THE WINTER SEASON, DIVING PRACTICE! Alison Kirschner, 12, Daniella DiMasso, 12, Gina Sylvester, 11, and Stephanie DiMasso, 9, came back to school when the pool was open for practice.

Every night, for an hour, these four girls took turns on the boards preparing for their Saturday morning meets. Diving meets were held during the swimming meets.

Diving is a unique sport, you perform as an individual but those individual scores are combined and they compete as a team.

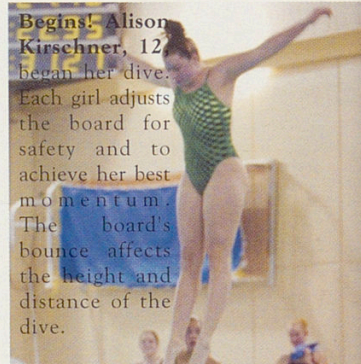
"We don't really have any rituals before meets. We mostly stretch out and in our minds review our dives and just think about how we are going to perform," said Kirschner.

Training for the season is year-round. Sylvester and DiMasso went to the state competition, finishing in 5th and 12th place respectively.

"I just want to say that I am really going to miss Ali Kirschner and Dani DiMasso (the only seniors), and I wish the best for them," said Sylvester.



Soaring through the air! Gina Sylvester, 11, finishes dives competitively throughout the season, taking her all the way to state. She finishes in 5th place.



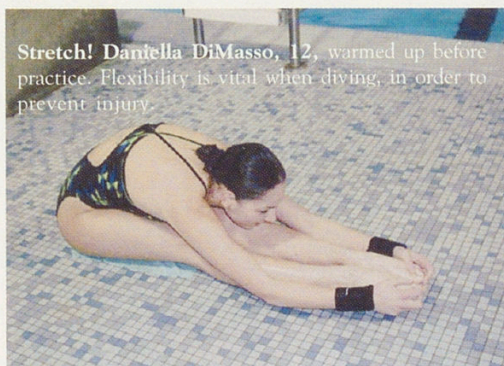
Begins! Alison Kirschner, 12, began her dive. Each girl adjusts the board for safety and to achieve her best momentum. The board's bounce affects the height and distance of the dive.

Tallying points. Coach Jack Phipps tallies the girls' points from meets and practice. This allows the girls to see their progress and continue working for improvement.

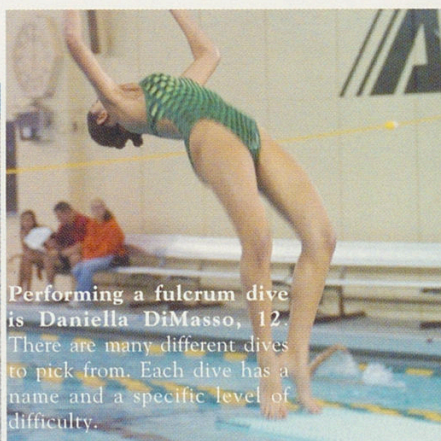
| Ali | Stevi | JAM | Gina |
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Twist, spin, height, and concentration Help dive for perfection

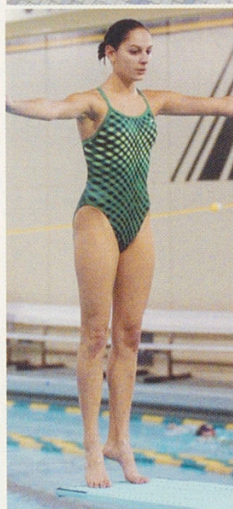
By Molly Finn and Jessica Zanger



Stretch! Daniella DiMasso, 12, warmed up before practice. Flexibility is vital when diving, in order to prevent injury.



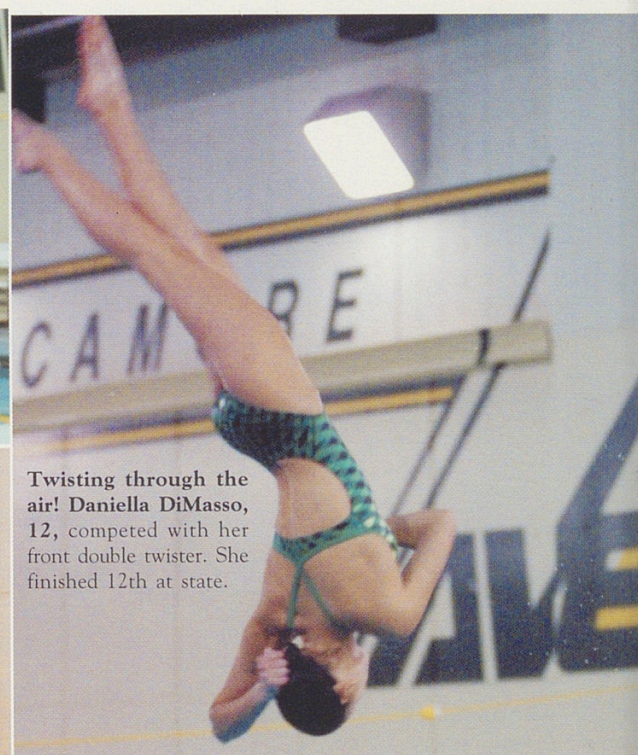
Performing a fulcrum dive is Daniella DiMasso, 12. There are many different dives to pick from. Each dive has a name and a specific level of difficulty.



Visualize the dive. Daniella DiMasso, 12, focuses before leaving the diving board. One diver goes at a time, guaranteeing concentration and safety in the water.



Adjusting the board affects the bounce. The lower the number, the more the bounce, and vice versa. Stevi DiMasso, 9, in her sixth season of diving, adjusts the board according to her dive.



Twisting through the air! Daniella DiMasso, 12, competed with her front double twister. She finished 12th at state.

"I dive because I enjoy doing it. It gives you a rush when you are flying through the air,"
Alison Kirschner, 12.

