

In the final stages, before the actual dive, diving is an individual sport, but it is still an opportunity to make great friends.

"I love [to dive] and I get to meet new friends because I dive that I never would have gotten to meet," said **Stephanie DiMasso, 9.**

"I dive because I can and I love to even though not many people know about this sport. I still have a passion for it," Stephanie DiMasso, 9.



Departing dive. Alison Kirschner, 12, competes in her last home meet. She has been a diver since the age of six.

Ten! The diver's form matters from the second they leave the board until they hit the water. Straight legs and pointed feet count significantly in the judging process too.



Meets were held early Saturday mornings and lasted throughout the day. Stevie DiMasso, 9, competes at many meets. Diving usually takes about an hour to complete.

How is a diving meet organized?

Diving falls in a swimming meet between the 50yd freestyle and the 100 yard Butterfly.

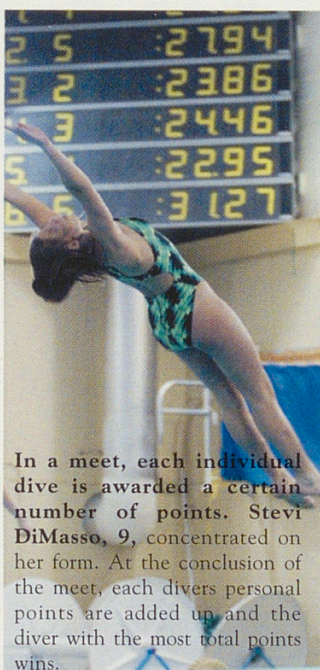
The diving portion of the meet takes about an hour depending on the number of divers.

On average, each diver usually performs 6 dives.

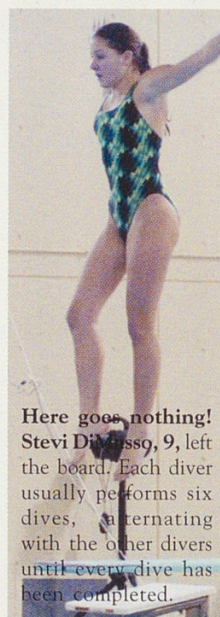
The divers alternate diving until each has completed their 6 dives. For example: Gina, Dani, Alison, Stevi, Gina, Dani, Alison, Stevi and so on.

How do you win a diving meet?

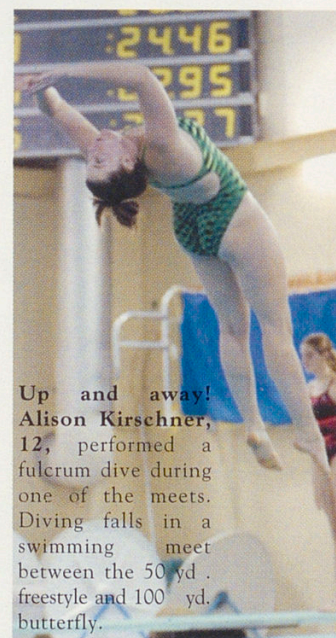
Each dive is awarded a certain number of points. At the conclusion of the meet each diver's points are added up and the diver with the highest number of points wins. Then, all of the divers from each school compile their points and compete for the team trophy.



In a meet, each individual dive is awarded a certain number of points. Stevi DiMasso, 9, concentrated on her form. At the conclusion of the meet, each divers personal points are added up and the diver with the most total points wins.



Here goes nothing! Stevi DiMasso, 9, left the board. Each diver usually performs six dives, alternating with the other divers until every dive has been completed.



Up and away! Alison Kirschner, 12, performed a fulcrum dive during one of the meets. Diving falls in a swimming meet between the 50 yd. freestyle and 100 yd. butterfly.

"Billy the Heat Lamp," keeps breaking throughout the season -but gets it together in time for the meet. He is pictured here warming **Daniella DiMasso, 12, Alison Kirschner, 12, and Gina Sylvester, 11,** after completing their dives. **Coach Jack Phipps** stood by, supporting the girls.

