

Coach's Profile



**Coach
Elaina**

Head Diving
Coach

Elaina has been the head diving coach for Bridgman High School since 2010. She dove for St. Joseph High School from 2002-06 and Alma College from 2006-08. Previously she has taught at the YMCA, Point O' Woods Golf & Country Club, and the Michigan Rip Squad in Kalamazoo.

USA Diving Coach Certified.

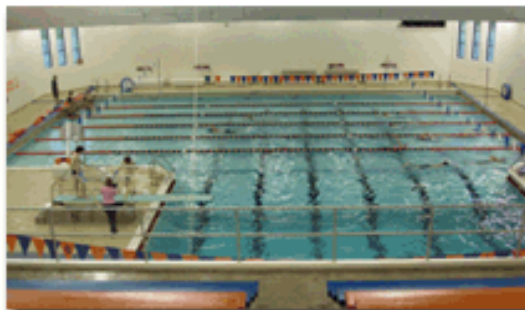
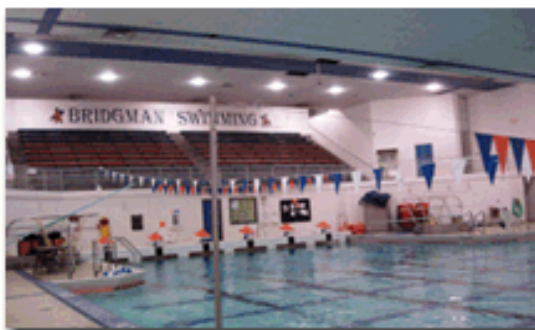
Assistant Coaches



Coach Matt



Coach Aurelia

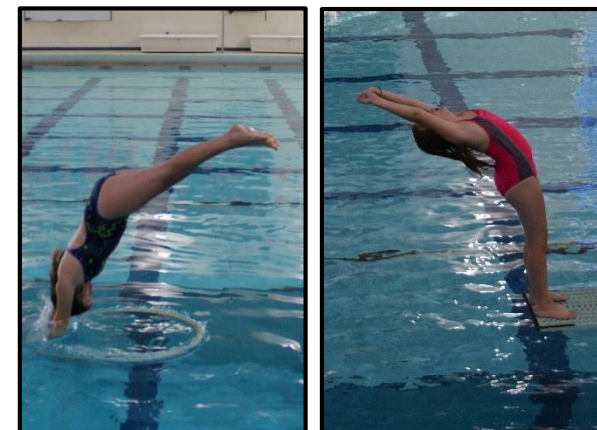


For More Information
Please Contact:

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Bridgman Diving



Bridgman Aquatic Center

9964 Gast Road
Bridgman, MI 49106

Overview

The Bridgman Aquatics Center's Diving program is open to divers of all ages and ALL levels. Divers will learn basic and advanced techniques, improve existing skills and build confidence on the diving board.



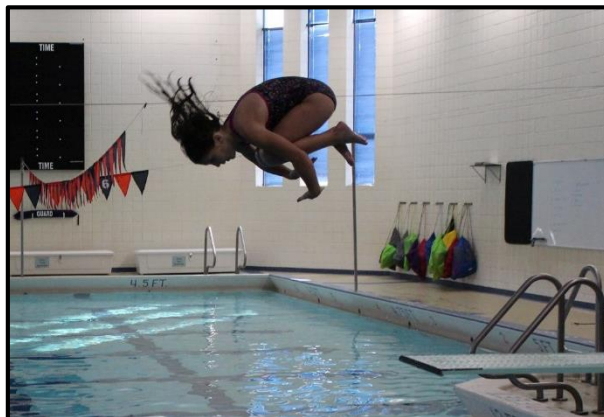
Practices will include a variety of work outs in and out of the water. Dry-land work outs will be designed to build key muscles and practice proper form. Divers will also be able to take advantage of Ti-Vo, a video software that will play back their dives in real time.



Class Information

Winter Session
January 8th – February 13th

All Levels
Tuesdays: 7:15-8:15pm
Wednesdays: 7:00-8:00pm



Sign-Up on January 8th or 9th

1 Day/Week - \$30/Session
2 Days/Week - \$60/Session

Sibling Discount

2nd Child: \$25 (1-Day) / \$50 (2-Day)

Divers must be able to swim one length of the pool to sign-up.



Southwest Michigan Diving

Saturday Fun

Hurdle Clinics at Power in Motion

Saturday, January 12th
& Saturday, February 9th

12:30-1:30 pm

We will be going to a couple of Open Gyms to work on hurdles on the trampoline and tumble track and to practice skills into the pit.

Cost is \$8/person.

Sign up online at:

<http://pimgymnastics.com/open-gym.html>

Winter Invitational

Saturday, February 16th

Warm-ups: 10am

Competition: 11am

Bridgman Aquatic Center

Please join us for our 4th Annual Winter Diving Competition.

All divers grades 7 and below are welcome to participate.

There is no additional charge to participate, although donations will be accepted for the Bridgman High School Diving Athletic Fund.