

2001 All City Dive



July 30th and 31st

Best of Luck to all Divers at the 2001 All-City Dive Meet!



Programs sponsored by Madison
Gas and Electric Company

WELCOME TO THE 2001 ALL-CITY DIVING CHAMPIONSHIPS

JULY 30TH AND 31ST
NAKOMA COUNTRY CLUB


THE NAKOMA ORANGEHEADS ARE PROUD TO BE THIS YEAR'S HOST FOR THE ALL CITY DIVING CHAMPIONSHIPS. WE ARE VERY GRATEFUL FOR THE GENEROUS CONTRIBUTIONS OF MG&E WHO MADE THIS PROGRAM POSSIBLE. WE ALSO WISH TO THANK MADTOWN TWISTERS FOR THEIR SPONSORSHIP.

THE STAFF HERE AT NAKOMA HAS GRACIOUSLY PROVIDED MANY HOURS OF SERVICE TOWARD MAKING THIS A SUCCESSFUL MEET. OUR THANKS GO TO SKIP AVERY, OUR CLUB MANAGER, HEIDI DREBENSTEDT WHO TOOK PHOTOS AND UPLOADED SCORES ON OUR WEB SITE, STEVE ROTHERING OUR POOL MANAGER, VAL ANDERSEN OUR HEAD DIVE COACH AND KHANH TOUNG WHO HANDLED ALL THE FOOD CONCESSIONS. OUR SINCERE APPRECIATION ALSO GOES TO RICK ROSENSTOCK, A FELLOW DIVE PARENT WHOSE COMPUTER EXPERTISE HAS PROVEN TO BE INVALUABLE.

AN EXCITING CHANGE IN THIS YEAR'S MEET WILL BE THE ADDITION OF AN 'EFFICIENCY TROPHY.' AS ALWAYS THE TEAM WITH THE HIGHEST TOTAL SCORE WILL BE AWARDED THE TEAM TROPHY. THE EFFICIENCY TROPHY WILL BE AWARDED TO THE TEAM WITH THE GREATEST RATIO OF DIVERS TO TOTAL SCORE.

BEST OF LUCK TO ALL OF OUR TEAMS AND THEIR DIVERS!

SINCERELY,



SUSAN FLICKINGER AND LEIGH BECKER
MEET DIRECTORS

NATURALLY, THE EFFORTS OF MANY PEOPLE WENT INTO MAKING THIS A SUCCESSFUL MEET. WE WISH TO THANK THE FOLLOWING INDIVIDUALS WHO HAVE SO GENEROUSLY SHARED THEIR TIME AND TALENTS WITH US:

SKIP AVERY
STEVE ROTHERING
HEIDI DREBENSTEDT
KATHY LONGO
KHANH TOUNG
KAY KAMPS
JOHN HARRINGTON
KATIE HARRINGTON
JOHN FLICKINGER
JAN SHEA
RICK ROSENSTOCK
CARLA McDONALD
LISA ROSENSTOCK
PAT POINTER
SHELLY COSGROVE
JIM POINTER
KENDALL RICHARDS
STEPHANIE MONDAY
KATIE SEKELSKY
LEE BAXTER
JANE KUHN
LAURA RICHARDS
KRIS THIMMESCH
ANN CAMILLO

EILEEN CALLAHAN
CHIP CAMILLO
PAT SORENSEN
DANIELLE KAMPS
JAYNE MOHONEY
KATHY LONGO
MARCIA BASTIAN
KELSEY FLICKINGER
SARA THIMMESCH
SUE SVEUM
ALAN TILLQUIST
MICHELLE HIRD
BEN BECKER
MARCIA BASTIAN
TAMMY D'ORAZIO
DEBBIE KELLER

Pool	Total Entries	Coaches
High Point	13	Theran Myers Ellen Schultz
Hill Farms	21	Brian Hauger Tory Vincent
Maple Bluff	10	Sara Wiezored
Middleton	46	Amanda Bird Marcus Neish Cassie Kubly
Monona	24	Rachel LaClaire Melissa Michaelis
Nakoma	9	Valerie Andersen Molly Bauer
Parkcrest	28	Jessica Mack Rob Bisineius
Ridgewood	35	Jaime Covelli Graham Grafton Beth Bauman
Seminole	18	Aaron Forgy
Shorewood	16	Kevin Engholdt Matt Anderson
West Side	23	Amy Battista Andrea Spiel Dusty Shutes

Madison All-City Diving Rules

1. No diver may dive for more than one pool during the summer season unless she/he has changed residence during the summer. She/he must be a dues or registration paying member of the pool and therefore cannot accept a scholarship from a second pool while still a member of the first.
2. A diver must compete in three dual meets during the league season to be eligible for the All-City Championships.
3. Diving coaches may compete in meets for pools at which they are members in good standing.
4. For 10 & Under competition there will be three preliminary dives of which one will be the required dive. Two other dives will be performed in the finals. No more than two dives may come from one group.
5. For the other three age groups (11/12, 13/14, 15-18) there will be four preliminary dives of which one will be the required dive. Two other dives will be performed in the finals. No more than two dives may come from one group.
6. If a diver fails to appear for a dive, it will count as a failed dive. The diver will be allowed to dive her/his remaining dives.
7. Any rules not covered by the Madison All-City rules will fall under the latest National Federation rules book.

8. Sixteen place scoring will be used with the following team points awarded to the following places:

1st	20 points	9th	9 points
2nd	17 points	10th	7 points
3rd	16 points	11th	6 points
4th	15 points	12th	5 points
5th	14 points	13th	4 points
6th	13 points	14th	3 points
7th	12 points	15th	2 points
8th	11 points	16th	1 point

Awards will be as follows:

1st place	Gold Medal
2nd place	Silver Medal
3rd place	Bronze Medal
4th-16th place	Ribbons

All 10 & Under divers will receive a participation award. A diver who also participates in the All-City Swim Meet will not receive a second participation award for swimming.

Judging

To assist divers and spectators in understanding the difficult task of judging a championship diving meet, the following judge's and referee's guidelines from the 1994-95 WIAA Bulletin are included.

Judge's Penalties:

Deduct 1/2 to 2 points for:

1. Excessive oscillation (more than 4 times) on a back/inward takeoff.
2. Feet leaving the board prior to a back/inward takeoff (double bounce).
3. Spreading knees in the tuck position.
4. Entering the pool to the side of the board.
5. Twisting before leaving the board.

Deficient Dive (Maximum Award of 4 Points)

1. Partially alters position of dive during flight.

Referee's Penalties:

Unsatisfactory Dive (Maximum Award of 2 Points)

1. Dive clearly done in position other than described on score sheet.
2. Uses the tuck position on a twisting dive listed in free position other than dives: 5152, 5221, 5231, and 5331.
3. Enters the water with one or both hands above the shoulders on a dive requiring feet-first entry.
4. Enters the water with one or both hands below the shoulders on a dive requiring head-first entry.
5. Hits the diving board.

Deducts 2 Points from Each Judge's Award:

1. Violation of the forward approach.
2. Balk (diver starts and then stops).

Fails Dive When:

1. Executes a dive other than one listed on the dive score sheet.
2. Does not assume a starting position.
3. Diver falls into the water.
4. Diver is assisted by another person.
5. Does not execute the pike before the twist when dives 5111, 5211, 5311 and 5411 are to be done in the pike position.
6. Feet touch water first on head-first entry.
7. Head/hands touch water first on feet-first entry.

8. Twist shoulders 90 degrees more or less than indicated on the dive score sheet when the diver's feet/hands contact the water
9. Repeats a dive.
10. Steps off the board after assuming the starting position.
11. Uses standing position on a forward dive.
12. Commits two balks.
13. In a championship meet, dives not performed as specified.
14. Performs dive not listed on the diving table.

Required Dives

Each diver's first dive is a required dive. These were selected by lot. The required dives per age group for the 2001 All-City Dive Meet are:

10 and under	Inward
11 and 12	Front Half-Twist
13 and 14	Reverse
15 to 18	Back

Judging/Scoring:

There will be eight judges at a time, but only seven will show a score. The diver's own coach will not judge. In the event that the diver does not have a coach judging at the time, there is a designated judge who will not score that particular dive. The two highest and the two lowest scores are then thrown out, the three remaining scores are added together, then multiplied by the degree of difficulty for that dive.

Spectator Information:

A scale of 1 - 10 is used with half-points also awarded. The following guideline was published in the 1994-95 Bulletin:

Exceptional	9.0 to 10
Excellent	7.5 to 8.5
Good	6.0 to 7.0
Satisfactory	4.5 to 5.5
Deficient	2.5 to 4.0
Unsatisfactory	0.5 to 2.0
Failed	0

Judging

To assist divers and spectators in understanding the difficult task of judging a championship diving meet, the following judge's and referee's guidelines from the 1994-95 WIAA Bulletin are included.

Judge's Penalties:

Deduct 1/2 to 2 points for:

1. Excessive oscillation (more than 4 times) on a back/inward takeoff.
2. Feet leaving the board prior to a back/inward takeoff (double bounce).
3. Spreading knees in the tuck position.
4. Entering the pool to the side of the board.
5. Twisting before leaving the board.

Deficient Dive (Maximum Award of 4 Points)

1. Partially alters position of dive during flight.

Referee's Penalties:

Unsatisfactory Dive (Maximum Award of 2 Points)

1. Dive clearly done in position other than described on score sheet.
2. Uses the tuck position on a twisting dive listed in free position other than dives: 5152, 5221, 5231, and 5331.
3. Enters the water with one or both hands above the shoulders on a dive requiring feet-first entry.
4. Enters the water with one or both hands below the shoulders on a dive requiring head-first entry.
5. Hits the diving board.

Deducts 2 Points from Each Judge's Award:

1. Violation of the forward approach.
2. Balk (diver starts and then stops).

Fails Dive When:

1. Executes a dive other than one listed on the dive score sheet.
2. Does not assume a starting position.
3. Diver falls into the water.
4. Diver is assisted by another person.
5. Does not execute the pike before the twist when dives 5111, 5211, 5311 and 5411 are to be done in the pike position.
6. Feet touch water first on head-first entry.
7. Head/hands touch water first on feet-first entry

MADISON ALL - CITY LEAGUE

DIVING SCORE SHEET

DIVE OPTIONS AND DEGREES OF DIFFICULTY

T = Tuck P = Pike S = Straight F = Free

Dive Order	Dive Code	T	P	S	F
FORWARD DIVES					
_____	101 Forward Dive	1.2	1.3	1.4	-
_____	102 Forward 1 SS	1.4	1.5	1.6	-
_____	103 Forward 1 1/2 SS	1.6	1.7	-	-
_____	104 Forward 2 SS	2.2	2.3	-	-
_____	105 Forward 2 1/2 SS	2.4	2.6	-	-
_____	106 Forward 3 SS	2.9	-	-	-
_____	107 Forward 3 1/2 SS	3.0	-	-	-
_____	112 Forward Flying 1 SS	1.6	1.7	-	-
_____	113 Forward Flying 1 1/2 SS	1.8	1.9	-	-
BACK DIVES					
_____	201 Back Dive	1.5	1.6	1.7	-
_____	202 Back 1 SS	1.5	1.6	1.7	-
_____	203 Back 1 1/2 SS	2.2	2.4	2.6	-
_____	204 Back 2 SS	2.2	2.5	-	-
_____	205 Back 2 1/2 SS	3.0	-	-	-
_____	212 Flying Back 1 SS	1.6	1.7	-	-
REVERSE DIVES					
_____	301 Reverse Dive	1.6	1.7	1.8	-
_____	302 Reverse 1 SS	1.6	1.7	1.8	-
_____	303 Reverse 1 1/2 SS	2.3	2.5	2.8	-
_____	304 Reverse 2 SS	2.3	2.6	-	-
_____	305 Reverse 2 1/2 SS	3.0	-	-	-
_____	312 Flying Reverse 1 SS	1.7	1.8	-	-
INWARD DIVES					
_____	401 Inward Dive	1.4	1.5	1.8	-
_____	402 Inward 1 SS	1.6	1.7	-	-
_____	403 Inward 1 1/2 SS	2.2	2.4	-	-
_____	404 Inward 2 SS	2.6	-	-	-
_____	405 Inward 2 1/2 SS	3.0	-	-	-
_____	412 Inward Flying SS	2.0	2.1	-	-
_____	413 Inward Flying 1 1/2 SS	2.7	-	-	-
TWIST DIVES					
_____	5111 Forward Dive, 1/2 Twist	-	1.7	1.8	-
_____	5112 Forward Dive, 1 Twist	-	1.9	2.0	-
_____	5121 Forward 1 SS, 1/2 Twist	-	1.8	1.9	1.7
_____	5122 Forward 1 SS, 1 Twist	-	-	-	1.9
_____	5124 Forward 1 SS, 2 Twists	-	-	-	2.3
_____	5126 Forward 1 SS, 3 Twists	-	-	-	2.7
_____	5131 Forward 1 1/2 SS, 1/2 Twist	2.0	2.1	-	-
_____	5132 Forward 1 1/2 SS, 1 Twist	-	-	-	2.2
_____	5134 Forward 1 1/2 SS, 2 Twists	-	-	-	2.6
_____	5136 Forward 1 1/2 SS, 3 Twists	-	-	-	3.0
_____	5152 Forward 2 1/2 SS, 1 Twist	-	-	-	3.0
_____	5211 Back Dive, 1/2 Twist	-	2.0	1.6	-
_____	5212 Back Dive, 1 Twist	-	-	2.0	-
_____	5221 Back 1 SS, 1/2 Twist	-	-	-	1.
_____	5222 Back 1 SS, 1 Twist	-	-	-	1.9
_____	5223 Back 1 SS, 1 1/2 Twists	-	-	-	2.3
_____	5225 Back 1 SS, 2 1/2 Twists	-	-	-	2.7
_____	5231 Back 1 1/2 SS, 1/2 Twist	-	-	-	2.1
_____	5233 Back 1 1/2 SS, 1 1/2 Twists	-	-	-	2.5
_____	5235 Back 1 1/2 SS, 2 1/2 Twists	-	-	-	2.9
_____	5311 Reverse Dive, 1/2 Twist	-	2.2	1.9	-
_____	5312 Reverse Dive, 1 Twist	-	-	2.1	-
_____	5321 Reverse 1 SS, 1/2 Twist	-	-	-	1.8
_____	5322 Reverse 1 SS, 1 Twist	-	-	-	2.0
_____	5323 Reverse 1 SS, 1 1/2 Twists	-	-	-	2.4
_____	5235 Reverse 1 SS, 2 1/2 Twists	-	-	-	2.8
_____	5331 Reverse 1 1/2 SS, 1/2 Twist	-	-	-	2.2
_____	5333 Reverse 1 1/2 SS, 1 1/2 Twists	-	-	-	2.6
_____	5335 Reverse 1 1/2 SS, 2 1/2 Twists	-	-	-	3.0
_____	5411 Inward Dive, 1/2 Twist	-	1.7	2.0	-
_____	5412 Inward Dive, 1 Twist	-	1.9	2.2	-
_____	5421 Inward 1 SS, 1/2 Twist	1.7	1.9	-	-
_____	5422 Inward 1 SS, 1 Twist	-	-	-	2.1

Date of Meet _____

Host Team _____

Location _____

Diver's Name _____

Team _____

Age Group 10 & U _____ 11 - 12 _____

 13 - 14 _____ 15 - 18 _____

 Girls _____ Boys _____

	ORDER	POINTS	PLACE
PRELIMINARIES			
FINALS			

DIVE	JUDGES AWARDS	JUDGES TOTAL	D. D.	TOTAL AWARD
1				
2				
3				
4				
5				
6				

Personal/ Pep Pages

To Nakoma Divers:

Good luck in All-City.
Remember to just do your
best and keep smiling.

Love, your awesome coaches!

Good Luck Westside
Divers!
Let's show them what
we're made of!
From your coaches,
Amy, Andrea, Dusty and
"The Rope"

Kiley and Morgan,
"Don't make me
open it!" We know
that you can if you
have to! Have a
great meet!

Love, Mom, Dad,
Sheridan and Frank

**GO BRIDGET GO!!!
YOUR HARD WORK PAID
OFF!!!
WE ARE SO PROUD OF
YOU!!!
LOVE MOM, DAD, SEAN,
RYAN & BRENDAN**

RIP IT RACHEL!
GOOD LUCK FROM
MOM, DAD, BEN AND
TASHA

MO Divers Rule!

**Go Brooke and
Ali**

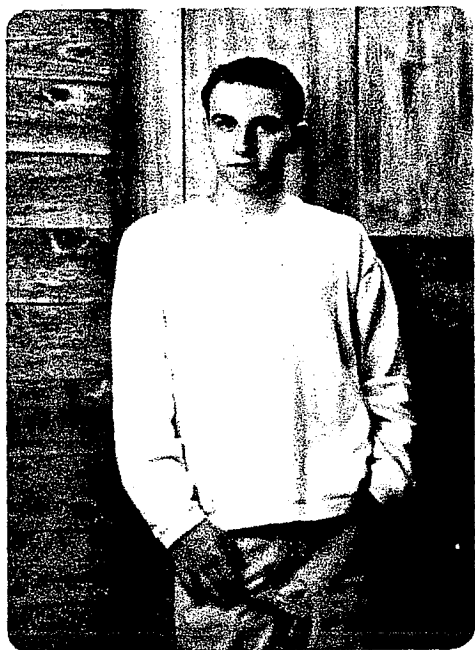
SHANNY, WE ARE PROUD THAT YOU STUCK WITH IT!
NOW GO MAKE SOME BIG WAVES! GOOD LUCK!
LOVE, MOM AND DAD

Rip those dives, Kelsey!
We're all pulling for
you.
Love, Mom, Dad, Claire,
Dana, Yoyo and Willie

*To Val and Molly, You are the
best!
Thanks for being such great
coaches.
From all of your divers.*

To C.E.F.: This is your year
to shine. Do your best!
Love, JAF, SLF, DEF, YF
and WF

SENIOR DIVER RECOGNITION



GRAHAM GRAFTON RIDGEWOOD

GRAHAM BEGAN DIVING AS A SIX-YEAR-OLD AT PARKCREST POOL, WHERE HE CONTINUED TO DIVE FOR THE NEXT TEN YEARS. THIS SCHOOL YEAR HE DOVE FOR MEMORIAL AND PLACED SEVENTH IN THE STATE. CURRENTLY HE IS COACHING DIVING AT RIDGEWOOD POOL.

AUSTIN FRION RIDGEWOOD POOL

DURING HIS SEVEN YEARS DIVING ALL CITY, AUSTIN HAS DIVED FOR HIGH POINT, MIDDLETON AND RIDGEWOOD. HE HAS DIVED ALSO FOR MEMORIAL AND MIDDLETON HIGH SCHOOLS. HE PLANS TO ATTEND UW-STEVENS POINT NEXT YEAR AND BECOME A PART OF YET ANOTHER DIVE TEAM.



MOLLY BAUER

MOLLY STARTED DIVING AT HIGH POINT POOL WHEN SHE WAS TWELVE YEARS OLD, WHERE SHE CONTINUED TO DIVE FOR FOUR MORE YEARS. SHE ALSO DOVE FOR ONE YEAR AT MEMORIAL HIGH SCHOOL. SHE IS NOW DIVING FOR NAKOMA WHERE SHE HELPS OUT WITH THE DIVE TEAM. NEXT YEAR, MOLLY WILL BE ATTENDING SOUTHERN UTAH UNIVERSITY ON A FULL GYMNASTICS SCHOLARSHIP.

JENNY MASON

JENNY HAS COMPETED IN DIVING FOR NINE YEARS. SHE GRADUATED THIS SPRING FROM MEMORIAL HIGH SCHOOL. THIS IS HER FINAL SEASON DIVING FOR PARKCREST. THIS FALL, JENNY WILL BE ATTENDING UW-MADISON AS AN ENGINEERING MAJOR.

ROB BESENIUS

AFTER DIVING FOR EIGHT YEARS, THIS WILL BE ROB'S FINAL SEASON OF COMPETITION FOR PARKCREST POOL. ROB WILL BE ATTENDING UW-EAU CLAIRE IN THE FALL AND IS LOOKING FORWARD TO RETURNING TO PARKCREST AS HEAD COACH NEXT SUMMER.



BETH BAUMAN

BETH BEGAN DIVING AS AN EIGHT-YEAR-OLD AT WESTSIDE. AFTER DIVING THERE FOR TWO YEARS, SHE CAME TO RIDGEWOOD WHERE SHE HAS SPENT HER SUMMERS EVER SINCE. BETH ALSO DOVE FOR MEMORIAL HIGH SCHOOL FOR TWO YEARS, PLACING 2ND AT STATE THIS YEAR. CURRENTLY SHE IS COACHING DIVING AT RIDGEWOOD AND CONSIDERING DIVING FOR UW-MADISON IN THE FALL.

NICK DROZDOWICZ

NICK HAS COMPETED IN DIVING FOR A NUMBER OF YEARS AND WILL BE FINISHING HIS FINAL SEASON WITH WESTSIDE AT THIS MEET. AFTER GRADUATING FROM WEST HIGH SCHOOL THIS SPRING, NICK PLANS TO ATTEND NORTHERN ILLINOIS UNIVERSITY IN THE FALL.

BROGAN GRAHAM

THIS IS BROGAN'S FIRST YEAR OF DIVING FOR SHOREWOOD POOL. HE IS A GRADUATE OF WEST HIGH. BROGAN WOULD LIKE TO SAY:

"I'VE ALWAYS HAD A LOVE FOR THE SPORT. WHEN MY LAST DIVING SEASON CAME UP AFTER GRADUATION, I LEARNED A FRONT DIVE. I'D LIKE TO GIVE ALL OF THE CREDIT FOR MY SUCCESS TO MY COACHES, ANDERSON, KEVIN AND THE ORIGINAL, GABE KARTEN."

