

# Jefferson J-Hawk Summer Diving Camp 2022

Do you have gymnastics experience? Have you ever wanted to try diving? Are you already a diver who is interested in practicing more this summer with Coach Klein? Whatever your diving experience, we want to work with you this summer!!!

*Coach Klein began her diving career as a freshman at Jefferson High School. She had prior experience as a gymnast and found that a lot of the skills and mental toughness transferred over to diving. She qualified for the State meet during her senior year and continued her diving career at the University of Northern Iowa. Since 2015, she has been a chemistry teacher and the diving coach at Jefferson.*

**WHO:** any girls who are interested in improving their diving skills, age and experience doesn't matter - should be comfortable in the deep end of the swimming pool (if the deep end is a challenge for you, reach out to Coach Klein or Coach Hinke for help - we don't want that to stop you!)

**WHEN:** 8:30-10:00 am, Monday-Thursday

Session 1: June 13 - 30 (\$100)

Session 2: July 11 - 21 (\$80)

- *Dates and cost are tentative (Coach Klein is still trying to plan her honeymoon since she got married right before COVID)*
- *We will discuss the potential of some dryland opportunities with the girls as well when camp starts. That would tentatively be from 8-8:30 before diving. (Dryland will not take place on the first day of camp.)*

**WHAT TO BRING:** swim suit, towel, shammy (optional but highly encouraged), water bottle (no glass)

**TO REGISTER:** Email Coach Klein, [krklein@crschools.us](mailto:krklein@crschools.us) - she will share more up-to-date information and the registration form.

Kristin Klein  
Jefferson Women's Diving Coach  
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