



2023 Training Structure & Cost

AAU/USA Diving Silver Program

- Focus upon State Invites, AAU RWB Qualifier, AAU RWB Nationals & Summer Nationals as well as USA Diving Circuits
- Practice 5 days a week
- Fee is \$165 per month

AAU Competitor/Black Program

- Focuses on State Invites, AAU RWB Qualifier, AAU RWB Nationals & Summer Nationals
- Practice is 4-5 days a week
- Fee is \$135 per month

Novice Competitor/Blue Program

- Focuses on Local Meets, Participates in AAU RWB Qualifier & RWB Nationals
- Practice is 4 days a week
- Fee is \$120 per month

Novice Competitor/White Program

- Focuses on Local Meets
- Practice 3 days a week
- Fee is \$100 per month



2023 Training Structure & Cost

All Training Groups

- NISD Non-refundable Registration Fee \$100
- AAU Membership \$25, required prior to first practice. Please bring printed copy of membership to first practice for coach.
- USA Diving Membership (see coach)

- Team information will be provided and discussed at Evaluation, prior to registration
- Discounts available for siblings, contact elizabeth.henderson@nisd.net
- Free/reduced lunch rates available for participants, please see coach