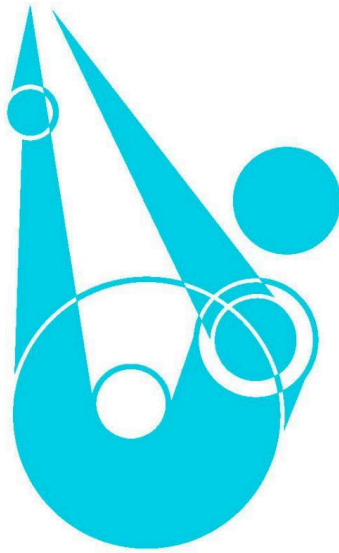


# You are Invited to the



## Ultimate Diving Dryland Skills Comp

HOSTED BY ULTIMATE AIR DIVING

**Ultimate Diving Dryland Skills Camp and Competition!**  
**October 10-11, 2025**

**Ultimate Team Training Center**  
**6908 Downwind Road, Greensboro, NC 27409**

*Improve your diving by improving your dryland diving progressions and  
skills at the inaugural  
Ultimate Dryland Diving Camp and Competition!*

## Schedule

(Times may be adjusted pending the size of registration.)

### *Open Training*

Open training is the “camp” portion of the weekend. During open training, coaches may train their divers as their own dryland camp or coordinate training with other coaches. All we require is that all coaches are SafeSport Certified and that divers have coaching representation. During open training, coaches may train athletes for dives and skills not included in the competition.

## Schedule

<b>Open Training Times:</b> Friday, 10/10, 6:00 pm-10:00 pm  Saturday, 10/11, 7:00am-9:45 am	<b>Competition Schedule</b> (preliminary) Saturday, 10/11, 10:00 am-12:00 pm – Session 1 12:00 pm-1:15 pm – Break for lunch and open training 1:30 pm - 3:30 pm – Session 2	<b>Bonus Session!</b> 4:30 pm-7:00 pm Greensboro Aquatic Center open practice (Only dryland competitors may attend the Bonus Session.)
---	---	---

<b>Dryland Gym Equipment</b>  2 dryboards onto resi-pit mat (one with rope spotting belt) ¼ spring tumbling floor (one rope spotting belt) Diving mini-tramp onto spring floor In-ground trampoline into foam block pit (rope spotting belt) 1M ½ board into foam block pit (rope spotting belt) Rod the floor into a foam block pit 0 meters standing platform into foam block pit ½ meters standing platform into foam block pit 1-meter hurdle platform into foam block pit 2-meter hurdle platform into foam block pit (rope spotting belt)	<b>Events</b> Dryboard Trampoline Pit Platform Tumbling for Diving
--	--

<b>Fees</b> \$60 for up to four events Parking: free	<b>Eligibility</b> Any diver who has an AAU membership <b>Sanction</b> AAU Athletes must be accompanied by an AAU-registered coach.	<b>Awards</b> 1-3 individual medals 4-8 individual ribbons  1-3 teams – banners
--	---	---

## Register online through DiveLive!

### DiveLive Registration Special Instructions

1. Each competition group competes five skills per event
2. Enter any dive on the dive list per dive category
3. Meet officials will adjust dives to dryland skills at the competition. Most important now is to list dives per event in order to register.

**For the skills table and more complete details, please scan the QR code below**

Food	Vendors	Coaches Hospitality
Snack Concessions: Friday – 5:30 pm-10:15 pm Saturday – 6:45 am-3:45 pm  Food trucks: Saturday: 10:00 am-2:30 pm	(t-shirts, swimsuits, shorts, shammies, etc.) Friday – 5:30 pm-10:15 pm Saturday – 6:45 am-3:45 pm	Cookout at the gym between competition sessions!

Scan the QR code for the skills table or for more details  
Accommodations, skills table, and more are available by  
scanning the QR code or by visiting  
[www.ultimateairdiving.org](http://www.ultimateairdiving.org) and clicking special events.

For questions, please contact Scott Lineberry at  
[scott@ultimate-kids.com](mailto:scott@ultimate-kids.com) or 336-456-6762.

Registration through DiveLive.

