



# CREVE COEUR RACQUET CLUB

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CCRC Members,

It's almost time for another great summer at Creve Coeur Racquet Club. I am very excited to be back for my 3<sup>rd</sup> year as coach of CCRC's dive team. I would like to urge previous dive team members to continue diving this year and urge any new members or those who have not been on the dive team in the past to give it a try. As head coach I try to make practices as much fun as possible. I enjoy coaching the kids and hope they have had as much fun as I have these past few seasons. I strongly suggest both swim and dive team because of the fun shared between friends and it's a great way to stay in top physical shape during the summer.

As most of you already know, I am a nationally competitive gymnast trying to earn a college scholarship. Over the winter and spring I have been training hard and it's all paying off. I placed 2<sup>nd</sup> in the all-around at the 2010 Missouri State Championships in Kansas City, winning the floor exercise and placing 2<sup>nd</sup> on nearly every other event. A few weeks later I traveled to New Orleans for the 2010 Region 3 Championships. This is a competition consisting of the best gymnasts from Arkansas, Louisiana, Kansas, Missouri, Oklahoma, and Texas. I placed 11<sup>th</sup> in the all-around, 10<sup>th</sup> on floor exercise, 14<sup>th</sup> on pommel horse, 11<sup>th</sup> on still rings, and 5<sup>th</sup> on vault in a field of 52 gymnasts. I am currently preparing to compete in the 2010 Junior Olympics National Championships in Knoxville Tennessee, which will be held May.

If you're not sure whether you will like diving I encourage you to give it a try for a week or so and see if you like it. If you have any questions at all regarding dive team, I would be happy to get back to you as soon as I can.

Lastly, I am going to offer private diving lessons this summer for anyone who would like to work on their skills outside of practice. These lessons are open to dive team members as well as any other kids who would just like to get some private coaching on the board. There will be a sign up sheet similar to that of the swim lesson sheet at the pool desk. Please take advantage of this opportunity as it is a great way to help improve your child's diving ability. I look forward to seeing all of you up at the pool this summer and hopefully I will be seeing many of you at practice.

Sincerely,  
Sean Bauer  
Head Dive Coach  
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