

2019 HVGCC Diving Information Packet

Hello Diving Families!

I am extremely excited for the upcoming 2019 summer diving season at Hopewell Valley Golf & Country Club! This will be my first year head coaching at HVGCC. Before I go into the expectations, I want to introduce myself.

My name is Annie Hathaway. I am 17 years old and I am a senior at Montgomery High School. In the past 3 years of high school I have competed as a varsity high school diver. I have received 3 school and pool records while earning 2nd place in NJSIAA States for 3 years in a row. I started summer diving for the West Windsor Whalers after quitting competitive gymnastics. After experiencing success on the summer team, I joined club diving at Lords of the Boards (Rutgers) in middle school and continued for 5 years. I have competed at both the local and national level as well. I was an AAU All-American diver and went to USA Nationals my first year club diving. I have tons of experience competing and training in the sport of diving that I would love to pass along. I have coached for Community Park Bluefish as an assistant coach since my freshman year of high school and am ready to take the role as a head coach at HVGCC. I coached at the Montgomery Recreation Department since my freshman year as well. I am currently a competitive pole vaulter and will be attending Lafayette College in the fall for D1 Track and Field. I am well versed in many sports and hope I can use this experience in my coaching. Also, I am a NJ certified EMT so your kids are in good hands! I hope to be able to teach your kids the importance of exploring and pursuing their passions.

The coaching staff would love to expand the team and increase every child's ability in this sport. My main goal this summer is for the kids to have fun, be safe, and enjoy the sport of diving! I hope to create a positive team based atmosphere, while each athlete pursues their own individual goals. Every athlete is vital to the success of the team and commitment to this activity is necessary. I can't wait to meet everyone and have the opportunity to help everyone improve and have fun this season!

Annie Hathaway

Head Diving Coach

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609-433-5407



Diving Expectations:

- Come to practice on time
- Be prepared
 - Suggested list of things to bring: bathing suit, towel, comfortable clothes, water, shammy (optional)
- Try to attend as many practices as possible
 - I understand your busy schedules and fun filled summer activities, but in order to improve it is crucial to commit to this activity!
- Be respectful of your teammates and coaches
- Be ready to work hard
- Have fun and be safe while diving!
 - I am all for fun, as long as safety is the first priority!

Expectations for your Coach:

- Be on time to practice
- Be prepared for practices and meets
- Email back quickly
- Good attitude for the divers

If you have any issues/questions with anything listed above please contact Coach Annie. If you have any other issues regarding your teammates / coaches also feel free to reach out to me, I want everyone to feel included and have a positive atmosphere! I will do my best to resolve any issues you have so everyone can have an enjoyable summer diving experience.

Private Lessons:

I will be willing to give private diving lessons to those interested in them. Diving rates will be equal to the swimming rate of \$25 for 30 minutes of focused training. Please contact Coach Annie if this may interest you.

Contact Info:

Head Coach: Annie Hathaway

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Cell: 609-433-5407

Assistant Coach: Mia Nociolo

Dad's Email: donnociolo@gmail.com

