EUROPEAN AQUATICS®

NEXT WAVE

DIVING DEVELOPMENT CAMP RZESZOW~2026

6-12 JULY 2026
RZESZOW (POL)

JOIN THE EUROPEAN AQUATICS NEXT WAVE DIVING DEVELOPMENT CAMP

In accordance with the European Aquatics Development strategy and in cooperation with the EA Academy, European Aquatics will organize its first Diving Development Camp, on 6 – 12 July 2026 in Rzeszow, Poland.

This facility provides optimal conditions for organizing this important European Aquatics project. It will be a unique event in which, for 6 days, with the help of our top world-class experts, we intend to educate not only young athletes, but also young coaches.

This invitation applies especially to those countries who are classified as beginners or medium level in terms of their development in Diving.

We are convinced that the young athletes will return home with new invaluable experience, while the coaches - with new knowledge of the sport. We believe it is especially important to reach young coaches who will continue to use their new knowledge in their countries and in this way further contribute to the development of Diving.

The European Aquatics Next Wave Diving Development Camp targets the developing countries in this Discipline.

In total, up to 50 Athletes and up to 30 coaches are expected for this first edition.

Only registrations from National Federations or approved by the National Federations will be accepted. At least one Coach per Team must attend to be responsible of the Delegation during the entire stay (name(s) to be indicated on the entry form).

ATHLETES' AGE CATEGORIES

- **CATEGORY 1:** 10-13 years old
- **CATEGORY 2:** 14-15 years old

Since this is a camp for children, safety is our number one priority.
Quality medical care will be available for all participants during the Camp.
Each Team must appoint a Coach who will be responsible and supervise the minors during the camp.
At the same time, Diving Coaches Clinic will be organised.

TIMELINE

DATE	ACTION
6 July	Arrival of Participants
6 July	Kick-off meeting
7 - 11 July	Camp + Coach Clinic
12 July	Departure of Participants

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ATHLETES' PACKAGE

The total cost per person (athletes) is 850 euros.

We have worked to keep participation costs as low as possible, while maintaining the highest standards of organization. The Camp is hosted at a venue that meets strict criteria for accommodation, dining, swimming facilities, meeting spaces, and recreational areas for children — all under the guidance of experienced trainers and educators.

European Aquatics Member Federations are responsible for selecting participants, as they are best positioned to identify the most talented athletes.

Our goal is for all athletes to return home enriched, satisfied, and inspired, with new knowledge and experience in Diving.

THIS PACKAGE INCLUDES:

5 days of training with top world-class coaches

Accommodation (twin or triple rooms) for 6 nights

Breakfast, lunch, dinner everyday

Airport transfers

Fun recreational activities

Gift for each participant

ATHLETES' PROGRAMME

TRAININGS:

2 dryland and pool training sessions per day (up to 5h per day)
Gym Sessions
Education Courses

TRAINING CONTENTS:

Warm-up different styles and routines

Training in groups under expert coaches' supervision

Dryland preparation and work on different diving & gymnastics apparatus

Pool work on compulsory and competitive dives

Concluding test contest summarizing the camp

Drive, intensive and fun teamwork

Social and outdoor activities

COACHES' PACKAGE

The total cost per person in twin room is 900 euros.
The total cost per person in single room is 1200 euros.

Teams are responsible for selecting coaches, as they are best positioned to identify the most promising young coaches.

THIS PACKAGE INCLUDES:

Coach Clinic fee
Training with top world-class coaches
Accommodation for 6 nights
Breakfast, lunch, dinner everyday
Airport transfers
Gift for each participant

TRAINING CONTENTS:

Specialization of Age Groups training process building in Diving
Technical basis and methodical approaches of diving training
Age periodization and sensitive periods
Leaning axiom from simple to complex skills
Aesthetics of Diving – water entries
Effective use of Equipment and facilities
Coordination and confidence of both athletes and coach in diving
Evaluation and progress monitoring
Teamwork and Diving sportsmanship

DIVING CAMP FACILITY

The Diving Competition will take place at the Diving Arena:
Pływalnia Matuszczaka, 7A Matuszczaka Street
35-083 Rzeszów, POLAND

VENUE SPECIFICATION

POOL SPECIFICATION

- dimensions: 29 x 25 meters
- depth: 5 meters
- springboards: 2 x 1 m, 3 x 3m
- platforms: 1m, 3m, 5m, 7,5m, 10m
- springboards and platforms location: all on the same side of the pool
- recording equipment with TV screens

WARM-UP AREA (DRY-LAND)

- 2 springboards into the dry pool
- 3 springboards onto the mats
- 2 trampolines
- mats
- pits
- area for physiotherapy
- recording equipment with TV screens

OTHER

- Conference hall for 80 people
- Jacuzzi
- Sauna
- Gym

ACCOMMODATION

ACCOMMODATION WILL BE ON THE STUDENT CAMPUS OF THE RZESZÓW UNIVERSITY OF TECHNOLOGY, D.S. PINGWIN AND D.S. AKAPIT.

ADDRESS: Rzeszów University of Technology
5 Akademicka Street, 35-084 Rzeszów.

REGISTRATION PROCESS & PAYMENTS:

Registrations and payments will be performed through the European Aquatics Academy Platform to centralize and facilitate the access to the information.

LINK:
https://www.eaacademy.eu/lms/courses/diving-development-camp-2026

DEADLINE FOR REGISTRATION:
10th June 2026

SECURITY:

- Coaches are responsible for supervising their athletes
- LOC Contact person present during the entire camp
- Safe conditions will be provided for the security of all participants

TRANSPORT:

Transfer from/to Rzeszów Airport will be provided (around 30min)

Transfer from the official hotel to the training centre is not needed and will not be provided, as it is within walking distance (approximately 7 minutes).

EA DELEGATION

- 1 EA Office Member
- 2 TDC Members
- 4 European Diving Coaches

PARTNERS

- Poland Aquatics
- City of Rzeszów

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HOPE TO MEET YOU SOON!

CONTACT:

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