

# SUMMER DIVE CAMP



## 2021



### The Jersey Diving Academy (JDA) is again hosting its ANNUAL SUMMER DIVE CAMP!

- A unique experience for area youth (ages 8 – 18) of all levels
- Professional Instruction by TCNJ and JDA dive coaches Eric Blevins and Cathy Mallon
- Grow in skill and technique through training and fitness activities

#### Session Dates / Costs

Tuesday August 3 through Saturday August 14 (6 instruction days over 2 weeks)

Two sessions, capped at 10 participants each

\$225 (all participants must have active Amateur Athletic Union affiliation, easy on-line signup)

#### Practice Venues / Times

Ben Franklin Swim Club (99 Lewisville Road, Lawrence, NJ • [www.benfranklinswimclub.com](http://www.benfranklinswimclub.com))

Session 1 (8:00 am to 9:30 am) • Session 2 (9:30 am to 11:00 am)

Tuesday, Thursday, and Saturday during the weeks of August 2 and August 9

#### More Information / Sign Up

Contact Coach Eric directly:

email [BLEVINSE@tcnj.edu](mailto:BLEVINSE@tcnj.edu) mobile 641-821-9527

#### About Coach Eric Blevins

Eric is currently TCNJ's dive coach, and has been coaching successful university programs around the country and in all NCAA divisions for 16 seasons! Eric has coached 78 collegiate Conference Finalists, and has had 9 Conference Champions, 10 NCAA Qualifiers, 19 Division I Zone Qualifiers, 3 All-Americans and 6 Conference Divers of the Year! As a collegiate athlete, Eric was a 2-time All-American, 8-time Conference Champion, and was inducted in the Grinnell College Athletic Hall of Fame in 2014. And Eric remains active in competition, continuing to dive at the Masters level for the East Coast Masters and USA teams, earning eight-time National Champion honors, four-time World Silver Medalist, and two-time World Gold Medalist while competing for the USA in Russia ('15), Hungary ('17), and Korea ('19).

#### About Coach Cathy Mallon

Cathy is a former gymnast / "trampoline-ist" and 4-year varsity diver at Trenton State College (now TCNJ), where she was recognized as a National Qualifier and Academic-Honor Athlete, and inducted into the TCNJ Hall of Fame Team of Distinction in 2013. Cathy has coached rec / PASDA and high school diving for almost 15 years and was honored with the NJSIAA Swimming Coach of the Year in 2017. Most recently Cathy coached at NCAA Division I Seton Hall University where she produced a Big East Champion and was part of the Coaching Staff of the Year (Men's Swimming and Diving Team, 2018). As a math teacher, Cathy combines her passions of flipping and twisting, and calculating trajectories into a fun and joyful coaching experience, but her proudest achievements are her sons Tyler and Sean.