



Little Sports at The Quays

ACTIVE NATION

What is Talent Identification for Diving?

Coaches from the Southampton Diving Programme, based at the Quays Swimming and Diving Complex, are looking for children aged 6 – 11years who show an aptitude for competitive diving.

During phase 1, children are assessed by undertaking a series of simple exercises on dryland, led by one of our qualified coaches. We are looking for children who are up for a challenge, well co-ordinated and flexible. They also need to have a competitive streak.

When does it take place?

We currently do not have any session running, but please return to this page as there will be updates.

How can I find out more about these courses and how do I book?

To book, please [click here for an application form](#) and for more information, please contact: 023 8072 0922 or email: annie.clewlou@activenation.org.uk