



DIVING

Steel City Aquatics' Diving Team is proud to offer a comprehensive program for all skill levels.

BEGINNER GROUP

- Divers who are new to the sport or have little experience. Most divers in this group are learning foundational skills, proper form, and safety on the boards.

INTERMEDIATE GROUP

- Divers who have mastered the basics and are ready to refine their skills and expand their dive list. These athletes typically have prior meet experience.

REQUIREMENTS

- Must be: At least 6 years of age
- Able to swim independently
- Registered with Steel City Aquatics
- Registered with an active AAU Diving Membership

SCAN ME



MEET COACH AMY

Amy has been Steel City Aquatics' Head Diving Coach since 2021 and has been involved in swimming and diving most of her life. She began swimming at age 5 and diving at 13, competing at local, state, and Junior Olympic levels before diving for the University of Pittsburgh from 1992–1996. While in college and grad school, she taught swimming and diving at Pitt, later coaching at Seneca Valley and Carlynton School District until 2003.

For more information, contact:
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