



PRESS RELEASE

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EL MONTE AQUATIC CENTER'S ARROW DIVE CLUB COMPETES IN NATIONALS

El Monte, Calif. – The El Monte Aquatic Center's Arrow Dive Club recently returned from a trip to Minneapolis, Minnesota, where six El Monte divers competed in the 2010 Spring West Junior Olympic Nationals Competition. The competition, which took place April 9-11, proved a success for the young divers, as the team earned three medals competing against around 240 other divers at the National meet. The meet was held at the University of Minnesota Aquatic Center.

"It is a great accomplishment that our young divers have achieved, to not only compete, but succeed in this national competition," said J Gomez, El Monte City Council Member. "We are very proud of the entire Arrow Dive Club and look forward to all of the success they will continue bringing to the City."

Spread across three age groups, the Nationals competitors consisted of Christian Herrera and Ivan Ip, both of whom competed in the 12-13 boys division; Siayo Li and Alisha Mah, who competed in the 14-15 girls division; and Emily Boyd, the team's oldest member, who competed in the 16-18 girls division. With the top 12 finishers in each event earning a medal, El Monte boasted three medals as Siayo Li placed sixth in the three meter event and Alisha Mah placed eighth and ninth in the three meter and one meter events respectively.

"All of our divers worked very hard in preparing for the National Competition and it showed," said Arrow Dive Club Coach Deliang Li. "I am very proud of each one of these divers and look forward to working with all my young divers again in the future."

A former Bronze Medalist in the 1988 Olympic Games, Coach Deliang Li began the Arrow Dive Club in El Monte in 2004. Li, who is also a 12-time Chinese national Champion and 13-time International Champion, has been coaching young divers since 1994. He began coaching in the United States in 1999. In his time, Li has trained both Chinese National Champions and World Junior Olympic Champions alike and says he still feels passionate about diving in his work today with El Monte's youth.

The Arrow Dive Club, which practices at the El Monte Aquatic Center, currently offers four courses under the direction of Coach Li: **Learn to dive lessons** - lessons are offered monthly for beginning divers of all ages with two, one-hour lessons per week; **Novice** - a beginner dive program offering two to three, one and a half hour sessions per week; **Junior Olympic (JO)** - for school-age divers who, within age groups, can perform JO dives as required by the U.S. Diving Association offering four, one and a half hour sessions per week; and **High School** - program for all high-school students and participates at CIF League and Division competitions.

To join the Arrow Dive Club please contact Coach Li at the El Monte Aquatic Center during workout times on Monday, Wednesday and Friday from 4:00 - 7:30 p.m., call him at (626) 757-8500 or email at info@arrowdive.com. Information may also be obtained from the El Monte Aquatic Center at (626) 580-2213 or by visiting the website online at www.elmonteaquatics.com

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