



ONE TEAM - ONE DREAM - ONE GOAL

ATLANTIC DIVING TEAM

PARENTAL HANDBOOK

The Coaches of the Atlantic Diving Team (ADT) would like to take a moment to share some of our philosophies on coaching kids. It's very important to us that every athlete that moves through the Atlantic Diving Team takes away with them; a positive experience, learn discipline, and commitment that can help them throughout life. We believe that diving is fun and challenging, and can teach kids some great life lessons. We believe, if a child's individual learning curve is followed, with patience and encouragement, not only will they give themselves an opportunity to achieve competitive excellence, they will also learn about themselves and how to meet challenges.

After the past several years of coaching, we have experienced kids with all different personalities, traits, and ability levels. In addition, we have learned that most parents are the same. However, through all these differences, I have found parents and kids to share the following:

- All parents want their children to be successful
- All children, above all else, want to please their parents (whether or not they like it)

Keeping these things in mind, we feel the coach and parent(s) relationship needs to be a partnership! The goal of the partnership is to see the child learn and improve and become the very best that he or she can be. Working together is **CRITICAL** and each side of the partnership has jobs they must perform.

THE COACHES JOB-

- Provide technical expertise
- Provide encouragement and constructive criticism when needed
- Provide goals and a training regimen to help each athlete meet their goals

THE PARENTS JOB-

- Be the world's greatest cheerleader when your child does something right
- Encourage and console when they do something wrong
- Be patient, every athlete learns at his or her own pace, it can't be forced
- Set examples and be a good role model by following the rules of Atlantic Diving Team

WORKING TOGETHER-

- To achieve the goal of the partnership each side must perform their job
- Try to make sure your diver is at practice **ON TIME** and ready to dive
- Parents need to allow the coach to handle the coaching. Please do not coach your child. This only causes confusion within the athlete and does not allow the coach to do their job
- Criticism about their diving should **ONLY** come from the coach
- When kids receive criticism from the coach and parent, the athlete feels as if they are letting everyone down
- Corrections should **ONLY** be given by the coach. This is not only a technical issue, but it also involves safety. Kids need to be focused on what the coach is asking them to do
- Please avoid striking up a conversation with the coach **DURING** practice hours. If you have a question or concern, please schedule a meeting by phone or email. Our door is always open for communication
- **Please try to avoid any negative gossip about the coach or program.** This does not place the program representatives or athletes in a positive light. We ask that any concerns and issues be addressed professionally

at scheduled appointments with our staff. Most grievances are from a lack of communication or inaccurate information

- Do not criticize coaches, officials, other divers or other diving parents in front of your child. Save that for arranged meetings with the parties involved
- Please avoid voicing any program service concerns to your child. Your words will greatly influence your child's attitude and thoughts. If the child has negative feelings towards the program or coach, this will reduce their initiative and their ability to reach their goals within our training environment. If such a condition has been reinforced by the parent, this may become a problem that the coach is powerless to undo. Instead, arrange a meeting with the coach to discuss grievances so that some positive results may follow. We also encourage each athlete to meet with their coach if they are having issues that aren't being resolved. Sometimes kids can share their feelings directly to the coach without the parents being involved. Part of our responsibility is to make the athletes accountable and responsible as they mature through the program.
- There will be misunderstandings and problems occasionally. Parents and coaches need to WORK TOGETHER, COMMUNICATE, and be PROBLEM SOLVERS. After all, this is what we expect of our young athletes – to be problem solvers every day!

CONDUCT

Conduct between parents, divers, and coaches shall be respectful and sportsmanship like in nature. In the event of an issue between parents and/or divers, coaches shall be informed and allowed to handle the situation. It is deemed unacceptable to send inappropriate emails and phone calls between parents. Misconduct will result in consequences deemed appropriate by the coach who could include demotion, suspension, and /or expulsion from the team.

Parents should maintain appropriate conduct and represent the Atlantic Diving Team name at all diving competitions both at and away from the pool deck.

Practice Times/Schedules

- Parents shall have their divers arrive to practice before practice begins; divers should be dressed and ready for practice at the designated start time.
- Parents are required to sit in the assigned "Parent Seating Area".
- Parents needing to address the coaches with questions or concerns will be required to contact the coaches via email or phone during the posted office hours. If a meeting is necessary, one will be scheduled during office hours unless otherwise scheduled with the coach. Coaches will not address any questions or issues on the pool deck during scheduled practice times.
- Parents must allow coaches to conduct practices as they deem appropriate. Parent interruption or distractions during practice will result in dismissal from the pool deck. If a parent has a question regarding diver's workouts they must schedule a meeting with the coach.
- Lack of adherence to above conduct can result in diver demotion, suspension, and/or expulsion. Missed Practices/Make up workouts
- If a diver misses practice they are eligible to make up the missed class. Make up practices should be scheduled with the coach via phone or email prior to the day of the make-up practice.
- Make up workouts must be completed by the end of the month or they will be lost.
- Parents are required to pay diving tuition by the 1st of every month. Payments after the 15th will be considered late and will have a \$20 late fee (per diver) added. Scholarship shall not be applied to any late fees. Scholarship may not be combined with any other discounts.

Meet Fees:

- Home meets: There will be no additional coaching fees for competitions held at home (with the exception of USA Diving Qualifiers; Summer Regionals, Zones, Age Groups, or Nationals).
- Away meets: For USA Diving events a \$40 coaching fee will be assessed, per event! Coaching fee for AAU meets is \$25/event, for any meets requiring team travel. These fees must be paid to the coach the week prior to

departure for the competition. For AAU meets, the coaches travel expenses are also the responsibility of the divers and will be split amongst those registered to participate.

- Re-Enrollment Fee: A \$125 re-enrollment fee will be assessed for any diver who leaves the program and then returns, with the expectation of a documented medical reason

Traveling/Competitions:

- The diver/parent is responsible for registering for necessary competitions prior to the deadline. Parents may contact coach via email for competition dive lists prior to registering.
- It is required for divers and parents to stay at the designated team hotel when traveling unless special arrangements have been made with the coach.
- All divers must attend team meetings that take place throughout the competition.
- While at competitions, you may disagree with the judge's scores however parents are expected to be respectful and keep opinions to ones' self.
- Parents must not interrupt divers and/or coaches during competitions. Parents must refrain from coaching or pressuring divers during the events.
- All divers must come prepared to all competitions with Atlantic Diving Team bathing suit, warm up, and clothing. ADT apparel must be worn at all times during competitions and warm ups must be worn on podium for awards.
- In competitions where finals are held (i.e. JO Nationals), all divers are required to attend final if ADT teammate is competing unless prior arrangements have been made with the coach.
- Divers under the age of 18 must be accompanied by a parent, unless special arrangements have been made with the coach.

Volunteering/Fundraising Efforts:

- Parents are required to participate in all fundraising events and assist the Atlantic Diving Team Foundation in efforts to raise the "goal" amount given to the divers.
- Parents are encouraged to participate in all parent/coach meetings held at the Aquatic Center. Information about upcoming events, divers, fundraising events, community service, etc. will be addressed as well as any questions from parents. Parent/coach meetings are the appropriate setting for parent/coach discussions on such events.
- Parents should actively attend and participate in monthly Atlantic Diving Team Foundation meetings, as important information is addressed during these times.
- Parents are required to actively participate in all endeavors necessary to promote and support meets and fundraising events. Parents are required to volunteer at home meets (USD, AAU, high school, etc.), participate in fundraising events, attend community service outings, and other team related functions.
- If parents are unable or refuse to volunteer and/or fundraise actions will be taken by the coach.
- Parents of Atlantic Diving Team scholarship divers are expected to participate in all above team activities including fundraisers, diving meets, community service events, etc. Failure to adhere to this can result in loss of scholarship.

Cancellation Policy

- To cancel membership to the Atlantic Diving Team, parents must notify the coaches in writing via email or in person thirty (30) full days prior to your next recurring payment date. No refunds or exchanges will be allowed for termination. All past due fees must be brought current prior to departure or the account will be sent to collections.

I have read and understood the above Atlantic Diving Team Code of Conduct. I understand that failure to comply with above can result in disciplinary action including demotion, suspension, and/or expulsion from the Atlantic Diving Team.

Diver Signature

Date

Parent/Guardian Signature

Date