



## **General Team Information**

### **GETTING STARTED...**

To become a team member:

1. Each season, each athlete must register with USA Diving and the AAU
2. All policies, agreements (liability, code of conduct, anti-bullying, team service hours, etc.), rules & regulations, releases, medical and emergency contact info will be viewed and accepted by email or turn in person. Joining the team and completing the registration process signifies a complete acceptance to all the agreements and policies presented and are required as a condition for acceptance into the Atlantic Diving Team membership.

Each Atlantic Diving Team member must maintain current registration with USA Diving and the AAU. The cost for each registration may be as low as \$14 per year, and varies depending on the type of membership (i.e. Competitive, Gold, Competitive Blue, Limited Athlete, etc.). Re-registration must occur every year prior to August 31. Questions about the USA Diving or AAU registration process should be directed to the Dive Office. Each diver is required to possess a current and valid membership in both AAU and USA Diving to participate in a training activity or events on deck, in or around the pool or designated off site facility.

Registration with USA Diving is required for all competitive team members and the Competitive Gold Membership is the required membership to compete at all required competitions. The USA Gold Diving Membership is optional for lessons members if they choose not to compete at any USA Diving sanctioned competitions. Go to [www.usadiving.org](http://www.usadiving.org) and register by August 31 each year. Registration for the AAU can be done at [www.aausports.org](http://www.aausports.org).

Please inform your Atlantic Diving Team Admin that you have renewed your USA Diving and/or AAU Diving membership and it will be verified online when possible.

### **PRIVATE AND SEMI-PRIVATE (GROUP) LESSONS**

Private and semi-private diving instruction is available, on a limited basis.

To set up a private lesson, Email the dive office at [office@atlanticdivingteam.com](mailto:office@atlanticdivingteam.com) to find an open availability. It is fully up to the coaches discretion to work a private lesson time-slot.



Private Lesson	Schedule & pay through dive office	<b>\$80/hour</b>
		<b>\$30/additional ½ hr</b>
		<b>\$130/hr for 2 divers</b>
Semi Private “Group” Privates	Schedule & pay through dive office	<b>\$160/hr for 3-4 divers</b>
		<b>\$180/1.5 hrs for 2 divers</b>

## EXPECTATIONS

Atlantic Diving Team is composed of many divers, ranging in ability from Novice to world class. To organize and train dedicated athletes, we have developed a program consisting of progressive levels of non-competitive and competitive diving. Each level is designed to challenge the diver’s talents and capabilities while at the same time taking into consideration the inherent differences and needs of each level, psychologically, emotionally, physically and socially. In this way, each diver is assured of a program that is geared toward long-term success. Anyone interested in participating in diving instruction is eligible for membership, regardless of age or ability.

The Atlantic Diving Team Program is divided into two categories: competitive and non-competitive. Usually, divers interested in diving competitively advance through an evaluation session. After completion of the beginning, intermediate, and advanced group lessons(Learn To Dive), the young athlete may be ready to join the Age Group Team. For more advanced divers who desire to join the Atlantic Diving Team Junior Olympic (JO) Diving Team, tryouts with the Coaching Staff can be arranged. Each new diver is placed in his or her proper instructional group, according to age and ability. JO and Senior team membership is limited to available space.

### All divers are expected to:

1. Attend every practice from beginning to end (90% attendance is expected, chronic lack of attendance may warrant regrouping).
2. Put forth at least 90% effort and have a positive attitude and willingness to learn.
3. Pay attention and follow coach instructions. Be prepared to dive when it is your turn. Arrive to practice with goals in mind.
4. Verbally and emotionally support other Atlantic Diving Team members.
5. Not interfere with the instruction of others. Be respectful.
6. Refrain from bullying, ridiculing, teasing or using foul or inappropriate language.
7. Inform Coaching Staff regarding any harmful, destructive or inappropriate behavior or conduct.
8. Attend all required meets.
9. Wear Atlantic Diving Team attire at required competitions.

## **Adult divers and parents of minor divers are expected to**

1. Support their diver's commitment. (Daily attendance- 90%, arrive on time, proper attire [shorts, sneakers, warm-ups] – especially for later groups and winter time)
2. Support team training throughout the entire year, especially prior to competitions.
3. Pay dues and fees by the 1st of each month.
4. Participate in fundraisers and fulfill their family's annual fundraising commitment.
5. Volunteer to help at Atlantic Diving Team -hosted meets and fulfill their family's team service hours requirement.
6. Not interfere with the Coaching Staff when instruction is occurring.
7. Attend general membership and special meetings.
8. Insist that your child support his or her teammates and refrain from negative behaviors.
9. Attend all required meets and/or arrange for transportation.
10. Support your Coaching Staff and program. Communicate directly to the Coaching Staff regarding specific areas of concern in a respectful and productive manner. Refrain from indirect and negative communications between families that are detrimental to the positive spirit of the Atlantic Diving Team & Staff. Ongoing negative behavior will not be tolerated and may result in being dismissed from the team by decision of the Director/Head Coach.

## **ATLANTIC DIVING TEAM POLICY:**

### **NO PARENTS ON DECK –NO PARENTS ALLOWED ON BLEACHERS OR DECK DURING PRACTICE**

The Atlantic Diving Team has established a firm policy of No Parents on Deck for (2) purposes:

1. To ensure the safety of non-team members, not registered with AAU or USA Diving for insurance/liability purposes.
2. To provide a safe, focused and more productive training environment for divers.

Safety is the primary concern for coaches. Serious problems can occur when divers are distracted by parents on deck during training. It is imperative the divers focus completely on their coaches and the task at hand. Divers should not be concerned about impressing or disappointing their parents, or in some instances divers may be trying to be coached by their parents, or trying to avoid being coached by their parents – all situations that potentially confuse and compromise the diver's safety and success.

It is understandable parents may not want to drive back and forth during a child's workout. Parents are welcome to observe workouts from behind the fence and gated area. The Coaching Staff will periodically arrange for a "viewing" day for on-deck privileges for observing and/or videoing.

The only parents allowed on deck will be those who:

1. Have prior permission
2. Are parents of new Team or Lessons divers, for registration
3. Are Board members, committee chairs, meet coordinators or parents with a specific task and prior permission
4. Are parents with Athlete/Coach conferences scheduled in advance
5. Are parents or designated adults for college videoing with prior arrangements



## **MEDICAL INJURIES**

Exceptions are granted for physical / medical restrictions as a result of a condition or injury.

In order for my diver to qualify for medical leave, my diver must be prescribed physical limitations by their primary care physician or medical specialist that restrict their participation in any dry land or water training for at least 2 months. Medical leave must be approved by the Atlantic Diving Team coaching staff.

I understand that during the first 2 months of medical leave (with coach approval only) my diver's monthly dues will be reduced by 50%. Beginning the fifth month of medical leave, dues will drop to zero if and only if a doctor's note is provided to the coaching staff. The fundraising portion of the monthly obligation will not be reduced and must be paid each month.

If installments are not kept current, a diver will be suspended from the team and may not rejoin the team until all delinquent charges are paid in full. This term and condition is also subject to space availability and a diver will not be assured of a position in the previous workout group if the diver has been let go from the team.

## **INJURIES AND INSURANCE**

While the Atlantic Diving Team Committee and Coaching Staff will make every effort to create a safe participation environment for Atlantic Diving Team members, accidents and injuries can and will occasionally occur. This is because the sport of diving is associated with training activities involving risky acrobatic moves and potential physical contact with the springboard, platform or water.

All Atlantic Diving Team members receive accident and injury insurance coverage through USA Diving, Inc. and the AAU. This insurance coverage is secondary, however, to each individual member's personal insurance. Following an accident or injury, the USA Diving and AAU policies may cover expenses not covered by the member's primary insurance. Because the USA Diving and AAU insurance is only secondary coverage, all Atlantic Diving Team members must maintain and offer proof of personal insurance coverage as a condition of membership.

If a member suffers from an accident or injury as a result of participation in Atlantic Diving Team activities, proper procedure is for the member to notify an Atlantic Diving Team coach immediately. If the member's injury is serious enough to warrant a possible insurance claim, the Atlantic Diving Team coach will complete any and all necessary accident/incident reports and will send those reports to USA Diving and/or the AAU. Following receipt of those reports, USA Diving and/or the AAU will forward them to their insurance providers, who will then contact the injured member directly to begin the process of settling the claim.

Atlantic Diving Team has general liability insurance coverage through USA Diving and the AAU. It is the Atlantic Diving Team Administrator's or designee's responsibility to register Atlantic Diving Team as a club annually with both of these organizations in order for the insurance coverage to be valid. As a benefit of being an individual coach member of each organization, each Atlantic Diving Team coach receives liability insurance coverage through USA Diving and the AAU as well.



It is imperative that each Atlantic Diving Team diver be registered with USA Diving and the AAU. Unregistered divers not only are disqualified from receiving any insurance coverage, but they also jeopardize the validity of the Atlantic Diving Team general liability insurance policy. USA Diving registration must be renewed annually each August. The Atlantic Diving Team Administrator is responsible for ensuring that each Atlantic Diving Team diver is properly registered and can assist with the registration process. Information about the costs of registration is included in the “Dues and Fees” section of this handbook.

Each diver is responsible for their annual registration, required at the beginning of each Fall season (both USA Diving and AAU memberships expire on August 31st of each year and must be renewed before the first day of Fall training – usually the first week of September). Divers will be given a deadline date to submit a copy of their USA Diving and/or AAU membership card in order to be permitted on-deck for training, to ensure their insurance coverage.

### **Recommended Team Physicians:**

*TBA*

## **ATLANTIC DIVING TEAM REQUIREMENTS**

All divers are expected to attend required competitions. Area meets (i.e. Invitationals) help prepare our athletes to learn how to compete prior to National Qualifying events (i.e. Regionals & Zones). Divers are expected to train, with at least 90% attendance, especially prior to competitions.

Vacations should be scheduled after the National Season. Do not make the mistake of assuming your divers will not qualify to a National Championship event. Vacations or “breaks” prior to competition adds extreme anxiety to an already stressful situation. This lack of preparation potentially diminishes performance levels and can also be unsafe or injurious to a diver. Contact the Coaching Staff to discuss the optimal time to schedule vacations.

Divers are allowed to go to a diving camp/clinic (Example Ripfest) once a year. However, participation in camps beginning within two weeks of USA Regionals, Zones or Summer Nationals, is not permitted. Attending a camp during this time frame will result in being prohibited from traveling with the team to these meets. Further, fees will NOT be pro-rated due to camp attendance at any time. Divers need to stay with the program in order to get ready for the most important meets of the season. Divers are NOT allowed to train with another program for extra practice time.

If a diving family in Learn To Dive, Age Group Team and national Team knows in advance that they will not be supporting: their diver's training prior to competition, or not supporting the team and not participating in National Qualifying events or National Championship events to which a diver has qualified, the Coaching Staff needs to be notified well in advance.

Divers who elect not to train prior to competitions (excluding injury, illness or extraordinary circumstances), or who elect not to participate in required competitions, especially National Qualified events, will be re-grouped to allow those divers who are willing and prepared to represent the team wholeheartedly for the entire season.

## **MEMBERSHIP TERMINATION**

If a member no longer desires to participate in Atlantic Diving Team activities, the member must provide a notice of membership termination to the Club Administrator and Director/Head Coach. The notice should be in writing (email is acceptable). Upon receiving the notice, the Club Administrator shall notify the Atlantic Diving Team Treasurer on the termination. Notice **MUST** be submitted to the dive office prior to the first of the month or you be charged full tuition/fundraising for the following month.



## **RETURNING TO THE ATLANTIC DIVING TEAM AFTER TERMINATION**

A former member desiring to rejoin Atlantic Diving Team after their termination date shall be treated as a new member once again. Returning members must pay any outstanding fees from his or her previous membership term before rejoining Atlantic Diving Team.

In the rare event that the Dive Committee votes to terminate the membership of a diver, the termination shall be considered permanent and the member will not be allowed to rejoin Atlantic Diving Team.