



**ORLANDO
DIVE
ACADEMY**

**ORLANDO DIVE
ACADEMY
TEAM HANDBOOK**

21-22

ODA DIVING PROGRAM

GENERAL STATEMENT: The sport of diving, instructed by USA Diving certified coaching staff, is safe, fun, exciting, and extremely rewarding. Millions of children participate in organized sports, but only a few thousand of the most talented athletes become divers.

Many divers dream of making the Olympic Games, others dream of making their High School teams, or receiving a well-earned scholarship to college. Others may simply want to experience the beauty of this sport in a recreational fashion. No matter what their dream, parents and coaches should respect and nurture these dreams and help them come true.

MISSION STATEMENT: The Orlando Dive Academy is committed to providing a place for everyone who has a passion to pursue the beautiful sport of diving. The coaching staff is dedicated to providing a positive, respectful and disciplined learning environment. Our program teaches athletes lifelong skills including discipline, self-confidence, and teamwork as well as providing the opportunity to compete and advance in the sport of diving. It is the coaches' expectations that each individual participating has a rich and rewarding experience through personal success and team/coach camaraderie.

SAFE SPORT

The coaching staff and the organization adhere to the principles, policies and procedures established by Safe Sport and S.534 - Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017 to prevent emotional, physical, and child abuse of amateur athletes. We also comply with the reporting requirements of the Victims of Child Abuse Act and have established reasonable procedures to limit one-on-one interactions between an amateur athlete who is a minor and an adult and have policies in place to prohibit retaliation.

FULL TIME COACHING STAFF

Head Coaches:

**Jaq Horner
Terry Horner**

All coaches are safety trained through USA Diving. Each has passed a series of tests including: complete background check, Safe Sport training, concussion training, diving safety test, CPR, Water Safety, Lifeguard Certified, and First Aid.

Contact: orlandodiveacademy@gmail.com or 407-399-4774

Please refrain from engaging with/talking to coaches immediately before, during, or after practice. Coaches will not be able to fully give you their attention. For more in-depth conversations regarding your diver or their performance, please schedule a Parent, Diver, Coach Meeting.

Check ClubAssistant or the public website (www.orlandodiveacademy.com) for announcements, training schedules, special event times/details and the latest team news/information.

FACILITIES:

The Rosen Aquatic & Fitness Center. 8422 International Dr, Orlando, FL 32819.

INTRODUCTION

Welcome to Orlando Dive Academy!

This handbook is designed to inform you of all pertinent information regarding membership in ODA. We encourage you to become familiar with the structure and management of ODA, and invite you to become involved!

Diving develops both the body and the mind. The ODA program strives to instill self-esteem, personal accountability, self-motivation, mental toughness, physical fitness, goal setting, respect for others, perseverance, team spirit and loyalty.

Diving offers a wide range of opportunities and learning experiences including but not limited to:

1. Development of technical skills, confidence, and pride in your abilities
2. Learning to face challenges and overcoming fears
3. Learning to use your mind and developing your body
4. The experience of being a team member
5. Developing self-discipline
6. The opportunity to meet other athletes
7. The opportunity to reach your potential – become the best you can be
8. The opportunity to pursue diving in college and earn scholarships
9. Become an international representative (i.e. World Championships, Pan Am Games, etc.)
10. MAKE AN OLYMPIC TEAM!

To Become a Team Member:

1. Each season, each athlete must register with AAU and some additionally with USA Diving.
2. Registration with the team is now handled via our web-based team management tool called ClubAssistant. To support a paperless registration process, all the policies, agreements (liability, code of conduct, team service hours, etc.), rules & regulations, releases, medical and emergency contact info will be viewed and accepted electronically. Acceptance electronically with the click of a mouse is treated the same as if each diver or parent signed their acceptance of all those documents previously mentioned. Joining the team and completing the online registration process signifies a complete acceptance to all the agreements and policies presented and are required as a condition for acceptance into the ODA membership.

Each ODA member must maintain current registration with AAU and may be asked to register with USA Diving. The cost for each registration may be as low as \$16 per year and varies depending on the type of membership (i.e. Competitive Athlete or Athlete Membership). Re-registration must occur every year prior to August 31. Questions about the USA Diving or AAU registration process should be directed to Coach Jaq Horner

Registration with USA Diving is required for all competitive team members and the Competitive Athlete Membership is the required membership to compete at all USA Diving sanctioned competitions.

AAU Diving memberships run from September 1 through August 31; the same as our diving year. USA Diving memberships run from January 1 through December 31.

Amateur Athletic Union (AAU) – Required for Everyone

- 1) Enter <http://aausports.org/JoinAAU.aspx> in your browser
- 2) Orlando Dive Academy requires all Youth Athletes to select the extended coverage (AB) membership (currently \$16).
- 3) When registering please input the follow club code for Orlando Dive Academy: **W34W5Y**

USA Diving (USD) – Required for Competitive Team Members

- 1) Enter <https://webpoint.usadiving.org/wp/Memberships/Join.wp> in your browser
- 2) Select the Competitive Athlete Membership Level (\$200)
- 3) Please register your individual membership under Orlando Dive Academy ID: 7452

Lesson Try-out Policy:

When a child/parent wishes to “try-out” for lessons, the “try-out” must be scheduled through Coach Jaq Horner. There is no fee for a “try-out” and the child must show proof of registration with AAU, prior to being allowed to participate.

TEAM MEMBERSHIP TERMS AND AGREEMENTS

During the registration process the following terms are agreed to and accepted as part of the terms of membership to Orlando Dive Academy. I agree to the terms and conditions of the following ODA Team Membership agreement. I understand that team membership is an ANNUAL commitment to be paid in twelve monthly installments, due the 1st of each month for the entire dive season during the months of September through August.

If the diver is unable to attend workouts, the monthly installment is still due in order to retain full team status and guarantee a spot on the team.

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, provided that there is still a spot available for the diver. A suspended diver is not guaranteed a space on the team. Availability will be determined once all delinquent charges are paid in full.

If your diver is ill, has a conflict, or an emergency, please e-mail or text us. Due to the class structure, make-up classes will only be permitted according to available space. The Head Coach will inform you of the best day and time to attend another practice.

Please remember that you are paying for your spot in the class, and not paying for individual classes. Dive fees will not be prorated. Tuition will NOT be prorated for vacations.

Permission is required for a diver wishing to take a short-term “break” from the training schedule. The diver’s place on the team will be held provided that tuition for the missed time is still received. If the diver does not discuss the break with the Coaches or does not continue tuition payments, the diver may not be able to return to the team.

Divers who incur a major illness or injury will be exempt from tuition payments and their place on the team will be held. Requests for this exception will be considered on an individual basis.

MONTHLY DUES, LATE PAYMENTS AND ANNUAL REGISTRATION

All families are required to maintain an account on-line with ClubAssistant. Tuition will be automatically processed on the first of the month through ClubAssistant. Some additional invoices

(such as meet fees) could be sent through QuickBooks. QuickBooks invoices can be paid directly through Quickbooks or Zelle, Venmo, and ApplePay will be accepted.

If a monthly dues payment is not received by the **10th** of each month, a **late fee of \$25** will be invoiced and applied to the account. If the dues payment is still not received by the **25th** of the month, **the diver will be suspended** and not be allowed to attend team practice, events or competitions beginning the 1st of the following month until the entire past due balance is paid in full and the account is paid thru the current month.

Monthly tuition reflects the cost for an **entire year of diving** divided into 12 monthly installments along with the calculation of 2 weeks of vacation for the diver and 2 weeks for team breaks (August Annual Break & time off for Christmas/New Years).

Late fees can be waived with appropriate notification. Any diver joining the team after the 15th of the month will be prorated 1/2 the tuition for the month. Full tuition payment will be due for the next full month.

Any diver choosing to leave the team will need to provide cancellation in writing via email 15 days prior to the month of cancellation. Any notice after the 15th of the month will be charged for the following month. For example, if the diver wishes to terminate membership with the team in February, the coaches must be notified by January 15, or the diver will be charged for the month of February.

Returned checks will be charged an additional **\$25 NSF** fee.

Sibling Discount:

Families with more than one diver in the program will receive 20% off of their second child's total cost.

ROSEN AQUATICS & FITNESS CENTER

All ODA participants are required to become "Team Members" of the Rosen Aquatic & Fitness Center. This will include a \$20.00 monthly membership fee.

ANNUAL REGISTRATION FEE

An annual \$100 registration fee is due September 1st of each year to cover various administration costs for the season. Depending on when a diver is joining the club, the registration fee will be prorated based on the half of year in which the diver joins. After March 1st the fee will be \$50. This fee is non-refundable.

MEMBERSHIP REQUIREMENTS AND EXPECTATIONS

ODA is composed of many divers, ranging in ability. 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. Each new diver is placed in his or her proper instructional group, according to age and ability. Team membership is limited to available space, as determined by the coaches.

The purpose of this list is to promote the best possible individual, team, and competitive diving program by establishing a set of conduct rules to help ensure a friendly, safe and productive diving environment. It is designed to promote a favorable image of the Orlando Dive Academy. These expectations are generally accepted by teams nationwide and is supported by USA Diving.

General ODA Rules and Regulations:

1. Team membership, placement and grouping are at the discretion of the coaching staff. The staff has full power to accept or reject the application of any person for membership.
2. All scheduled practices and meets must be attended unless arrangements are made in advance and approved by the coaching staff. Continual lack of attendance may result in suspension from the team. Each diver needs to arrive at his or her scheduled workout group on time. Continual tardiness may result in suspension unless coordinated with the coaching staff.
3. Workout attire is to be worn at every practice and suits and attire must fit properly and present a professional and MODEST appearance. Divers failing to dress appropriately will be asked to sit out until proper attire is worn. Always wear appropriate running shoes, shorts or sweats, bathing suit and towel.
4. Team membership can be terminated at the discretion of the Head Coach.
5. Social media policy: Team members are prohibited from being “friends” with any member of the coaching staff on any social media platform.

All Divers are Expected to:

1. Attend every practice from beginning to end (85% 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, respect the coaches and follow coach instructions without back talk or arguments. Be prepared to dive when it is your turn. Arrive to practice with goals in mind.
4. All members will arrive on time at practices and competitions early enough for designated stretch and warm up.
5. Verbally and emotionally support other ODA members.
6. All members will treat each other with respect and display good sportsmanship. Foul language or name-calling is not permitted. Disrespectful, indiscreet or destructive behavior will not be tolerated. Any form of sexual harassment **WILL NOT BE TOLERATED**.
7. Do not interfere with the instruction of others. Be respectful.
8. Pushing, hitting, kicking, taunting, bullying, and other intentional unwanted touching or interfering is not permitted.
9. **NO Cell Phones** during practice time, including dryland. Cell phone use is for emergency only.
10. Inform coaching staff regarding any harmful, destructive or inappropriate behavior or conduct by any members, parents, coaches or anyone connected with the team.
11. ODA is a drug free organization; using alcohol, non-prescription illegal drugs or tobacco is not permitted.
12. Attend all required meets. All athletes are expected to participate in all designated championship meets they qualify to attend.
13. All members are expected to wear designated team suits, T-shirts, and warm-ups during all competitions unless otherwise cleared with coaching staff.
14. All members are expected to win with character and lose with dignity. This means greeting

- fellow competitors in the same manner regardless of the place or score you receive.
15. Social Media restrictions, divers are not allowed to post any inappropriate language, posts/text. This is considered a form of bullying.
 16. Athletes are prohibited from becoming “friends” with any current ODA employee or coach on any social media platform. Videos and photos of athletes may only be uploaded by the coaching staff to the team social media platform.
 17. Inform the coach if your body is not responding to workout per usual. Pain is the body’s way of communicating a problem. A diver should always listen to his/her body. Dealing with an injury early and expediently leads to a short/quicker recovery time and lower chance of recurrence.

Youth sports programs play an important role in promoting the physical, social and emotional development of children. It is essential for parents, coaches and officials to encourage youth athletes to embrace the values of good sportsmanship. Moreover, adults involved in or at practices, competitions or related team events should be positive models of good sportsmanship and lead by example demonstrating fairness, respect and self-control.

Parents/Guardians of Divers are Expected to:

1. Support their diver’s commitment. (Daily attendance - 85%, 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. Do not interfere with the coaching staff when instruction is occurring.
5. Do NOT coach the divers.
6. Insist that your child support his or her teammates and refrain from negative behaviors.
7. Parent, Guardian or family members should not engage in unsportsmanlike conduct with any coach, parent, participant, official or other attendee.
8. It is the Parent’s sole responsibility to arrange for all practice and event transportation, meals and supervision when unable to personally accompany their child.
9. 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 ODA Team and Staff. Ongoing negative behavior will not be tolerated and may result in being dismissed from the team by decision of the Head Coach.
10. Patience, time and repetition are essential to the sport of diving. Many divers will be inconsistent and erratic. Understanding and support from parents/guardians is an essential component on the path to success.
11. Let your diver know that you love and support them if a practice or meet goes well.
12. Let your diver know that you love and support them if a practice or meet does not go well
13. Parent will not engage in any behavior that may endanger the health, safety or wellbeing of any coach, parent, participant, official or other attendee.
14. Parent, Guardian or family member should not engage the use of profanity at team facilities, events and social media affiliated with ODA.
15. Parent, Guardian or family member will treat any coach, parent, participant, official or other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability.

16. Parent, Guardian or family member will not engage in any verbal or physical threats aimed at any coach, parent, participant, official or any other attendee.
17. Parent, Guardian or family member will not use non-prescription illegal drugs or alcohol during or while attending a team related event. This includes being under the influence when in the presence of coaches, parents, participants, officials or any other attendees.
18. Parent, Guardian or family member is responsible for their own personal conduct as well as the conduct of their children when representing ODA at competitions, practices and related events, or anywhere in public when they are wearing ODA identifying gear.

I hereby agree that if I fail to conform my conduct to the foregoing while attending practice, competitions or any related team event, I will be subject to disciplinary action at the discretion of the coaching staff. Disciplinary action may include any or all of the measures listed below based on the severity of the infraction, as determined by the coaching staff.

The following measures are NOT in ascending order and any measure may be imposed immediately by the Head Coach based on circumstances and severity of infraction by athlete or parents.

- Verbal Warning
- Written Warning
- Restricted or modified practice (i.e. time out, request for written apology, etc.)
- Diver removed from practice, event or scratched from meet with no expense reimbursement provided
- Suspension from events, practice or the team with corrective measures and/or specific behavior contract assigned to remedy the concern. Depending on severity of conduct violation, an indefinite suspension may be imposed
- Removal from the team

NO PARENTS ON DECK

The Orlando Dive Academy 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 the designated area.

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 parents with Athlete/Coach conferences scheduled in advance
4. Are parents or designated adults for college videoing with prior arrangements

ORGANIZATION AND GOVERNANCE

ODA is a registered team member of USA Diving, Inc., the national governing body of springboard and platform diving in the United States. USA Diving is a successor to the Amateur Athletic Union (AAU) and is an independent non-profit corporation formed to promote and improve diving in the United States. It is a member of the United States Aquatics Sports, Inc. and FINA (the international federation that governs diving and several other aquatic sports). USA Diving provides sanctions for Novice, Junior, Senior and Masters diving programs. ODA members may participate in any of these programs, but most of ODA's competitive efforts are focused within the Junior diving program. The USA Diving Junior program includes divers who are age 18 and under. Divers compete with other divers in their respective age-groups. The following age-groups are recognized at competitions: 13 & Under, 14-15, and 16-18. Some competitions allow for 9 & Under and 11 & Under age-groups as well. A specified number of dives are required for each age and gender group.

Region III is one of twelve Junior diving regions established by USA Diving to feed into six Junior diving zones. The qualifying system is set up such that the regional competitions serve as qualifying meets for the zone competitions, and the zone competitions serve as qualifying meets for the Junior National Championships in the summer. Summer Regionals qualify to the Summer Zones. The Summer Zones qualify to the Junior National Championships, which occur annually, in August.

In addition to being an affiliate of USA Diving, ODA is also a member of the Amateur Athletic Union (AAU). The AAU is a national multi-sport body that recently returned Diving to its list of sponsored sports.

DIVE MEETS AND COMPETITION

Meets are held year-round. The coaching staff will determine the team's competitive schedule. Meet information is distributed via email, well in advance of the deadline date. The coaching staff will determine which meets are appropriate for ODA divers to attend, as well as the criteria for participation.

Divers must wear ODA team apparel to both home and away dive meets, and all team members are required to purchase a team suit. It is the responsibility of each diver to submit his or her dive sheet(s) and entry fee on divemeets.com or cleanentries.com before the entry deadline; late fees can be quite costly.

Expenses:

Each diver is responsible to pay a Coach's Fee of \$30 per meet event entered. Any expenses incurred by the coach for attending the meet will be divided equally among meet participants and includes all food, lodging, and transportation costs (i.e. rental cars, airfare, and gas). Payments for Coach's expenses and fees are required before the start of the meet and are non-refundable.

AWAY MEETS

Traveling to meets in other cities is an excellent way to test a diver's developing skills while enjoying the benefits of visiting new places and making new friends. Parents or designated guardians of divers

are required to travel with their diver. The parent or guardian must arrange for a chaperone if unable to travel to the meet with the diver. Although the club may recommend hotels for everyone to stay in, parents are ultimately responsible for housing, transporting, and monitoring their children during diving competitions. If a parent cannot attend, HE or SHE (not the coach) will be responsible for making arrangements for his or her child to stay with another family.

The Head Coach may designate and enforce a curfew. Whether at home or away meets, all team meetings and workouts are required. The Coaching Staff strongly recommends staying at the designated meet hotel, if at all possible, to facilitate team communication, bonding, transportation, getting to breakfast, workout, and team meetings on time. Staying in the same hotel is especially beneficial to newer or more inexperienced families who are traveling.

ASSUMPTION OF RISK

There are certain risks inherent in the use of equipment and/or participation in certain programs that you should consider before you or your diver(s) begin such activities. As a participant in these classes and programs, I on behalf of the minor dependents understand that participation can involve physical activity, which could result in serious injury, disability or, while unlikely death.

Waivers, Release of Liability, and Consent to Treatment are required and will be signed electronically via ClubAssistant.

INJURIES AND INSURANCE

While Orlando Dive Academy will make every effort to create a safe participation environment for ODA members, accidents and injuries can, and will, occasionally occur. This is because the sport of diving is inherently dangerous and is associated with training activities involving risky acrobatic moves and physical contact with the springboard, platform and water.

All ODA 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.

If a member suffers from an accident or injury as a result of participation in ODA activities, proper procedure is for the member to notify an ODA coach immediately. If the member's injury is serious enough to warrant a possible insurance claim, the ODA 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.

ODA has general liability insurance coverage through USA Diving and the AAU. As a benefit of being an individual coach member of each organization, each ODA coach receives liability insurance coverage through USA Diving and the AAU as well.

It is imperative that each ODA diver be registered with AAU and sometimes additionally with USA Diving and it must be renewed annually each August.

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.

DRYLAND FACILITY RULES FOR DIVERS

1. The Dryland Diving Facility is for ODA participants' use only. No exceptions.
2. Divers should be dry when using the dryland diving board (dry board).
3. Only feet-first are allowed from the dry board to the port-a-pit. Jumps are to be performed from either a standing position on the end of the board or by performing a forward approach and hurdle. A diver must be directly instructed and supervised by a coach before attempting any skill, especially twisting and somersaulting skills, from the dry board to the port-a-pit.
4. No diver should use the dry board unless the activity is being adequately supervised by a member of the Coaching Staff.
5. The dry board is to be used for serious diving training; never for horseplay.
6. Keep the arms overhead and hands flat to protect the head, neck and spine when simulating a head-first entry to the port-a-pit while in the safety belt.
7. The dry board should be properly mounted and dismounted. Never use the dry board as a projectile device to jump onto any other equipment.
8. Only one person is allowed on the dry board at a time. Proper attire should be worn when using the dry board. Avoid clothing that impedes movements, such as street clothes, jeans, etc. Jewelry, including watches earrings and rings should not be worn.
9. Never go under the dry board while someone is on the apparatus. Do not sit or lean on the dry board while someone is using the apparatus. The dry board should never be used by someone who is dizzy, fatigued, or under the influence of drugs, alcohol, or medication which can inhibit coordination or perception.
10. Proper stretching and warm-up can help prevent sprains and strains. It is important that anyone who is going to use the dry board warm-up properly, both off and on the apparatus, before practice actually begins.
11. Avoid overtraining/overheating. Keep the duration short; it is difficult for divers to perform well when tired.

TRAMPOLINE USE RULES FOR DIVERS

3. The trampolines are for ODA participants' use only. No exceptions.
4. Divers should be dry when using a trampoline.
5. Diving skills on the trampoline are practiced as single contact activities, one skill at a time. Initiate take-offs using no bounce, a "step-in" hurdle, "priming the bed", or several low bounces. High multiple bouncing routines like trampolinists perform are out of the scope of usage in a USA Diving Program.
6. If the diver is not wearing a safety belt or is not being hand-spotted by a supervising coach, multiple twists and/or single or multiple somersaults are not allowed on the trampoline unless specific, individual permission is granted by the supervising coach.

7. No diver should use the trampoline unless the activity is being adequately supervised by a member of the Coaching Staff.
8. The trampoline is to be used for serious diving training; never for horseplay.
9. Keep the arms overhead and hands flat to protect the head, neck and spine when simulating a head-first entry on to the trampoline while in the safety belt.
10. The trampoline should be properly mounted and dismounted. Never use the trampoline as a projectile device to jump onto any other equipment other than the trampoline being used.
11. Only one person is allowed on the trampoline at a time. The only exception is when a coach is physically spotting a skill.

12. Proper attire should be worn when using the trampoline. Avoid clothing that impedes movements, such as street clothes, jeans, etc. Jewelry, including watches earrings and rings should not be worn.
13. Never go under the trampoline while someone is on the apparatus.
14. Do not sit or lean with arms on the pads of the trampoline while someone is jumping.
15. The trampoline should never be used by someone who is dizzy, fatigued, or under the influence of drugs, alcohol, or medication, which can inhibit coordination or perception.
16. Proper stretching and warm-up can help prevent sprains and strains. It is important that anyone who is going to use the trampoline warm-up properly, both off and on the apparatus, before practice actually begins.
15. Avoid overtraining. Keep the duration short; it is difficult for divers to perform well when tired.

MEMBERSHIP TERMINATION

If a member no longer desires to participate in ODA activities, the member must provide a notice of membership termination to the Head Coach. The notice should be in writing (email is acceptable). Notice **MUST** be submitted 15 days prior to the first of the month or you be charged full tuition for the following month.

MEDICAL SAFETY INFORMATION & WEATHER POLICIES AND PROCEDURES

Pre-Season Medical Screening

USA Diving Coach Safety Certification manual strongly recommends a Pre-Season Medical Screening for all team participants. ODA is requiring any divers with prior prolonged injuries (i.e. wrist, shoulder, back, knee...) which restricted them from executing their workout requirements, to have a medical screening performed prior to the start of the season. ODA also strongly recommends this evaluation for all participating team members.

Pre-participation Screening Evaluations

- Should be performed by a licensed physician, preferably one with sports medicine training (i.e. sports orthopedist).
- Consist of 1) medical history which guides the physician in the physical evaluation and 2) a screen evaluation, preferably a “head to toe” evaluation rather than a cursory screening limited to heart, lungs and abdomen.

Clearance to Participate

All parties involved in the training of the diver should understand the ramifications of any limitation identified in the screening evaluation or physician’s injury report and it should be taken into consideration when preparing a workout schedule for the diver. All divers are required to have a doctor’s letter of clearance before returning to training from an injury. Coaching staff may request a diver to make a doctor’s appointment if they are unable to train to the expectations of their respected group.

Anaphylactic Reaction (Bee stings/Exposure to peanuts)

For known bee sting allergies that put the athlete at risk for a life- threatening anaphylactic reaction, which may occur within minutes of the onset of the reaction, the athlete **MUST** have an EPI PEN (epinephrine) in his/her equipment bag on deck and/or have provided a pen to be stocked in the first aid kit and travel first aid kit, for away meets.

Asthma

If a diver has asthma:

- Written approval from the diver’s healthcare provider allowing the diver to participate as a member of ODA.
- A written action plan from the diver’s healthcare provider, detailing how to use the specific inhaler and spacer for effective delivery of medication to the lungs including how many puffs, should be shared with the coach on deck responsible for the diver.
- Quick relief inhalers, long-term inhalers and spacers should be labeled with the athlete’s name and prescription and kept in a plastic bag located in the athlete’s equipment bag.
- In the event of an attack the diver must advise the coach of the attack, the coach will get the diver out of the water. The diver will use the inhaler or follow other advice given by their healthcare provider, and if in doubt, the coach will call 911 or the local emergency number, and then a parent.

WEATHER SAFETY - DIVING IN THE ELEMENTS

Yes, we dive in the rain, wind, and the cold. This applies to all workouts and competitions. The divers are already wet, only the spectators/parents and coaches suffer. The logic is that a diver learning to compete needs to adapt to all types of weather situations. Many of our JO competitions are held outdoors, which can include extreme heat, strong winds, and even afternoon thunderstorms.

The reality and practical side is that there is too much rain during the season not to take advantage of the time on the boards. If the rain is too intense, or if windy conditions exist, the coaches will modify the workout (i.e. dry land conditioning, going to the office for video analysis, or discussion visualization techniques) to keep the diver safe and productive.

Lightning Pool Closing

Once a storm with lightning has been detected, follow pool-closing procedures that include:

- Get the divers out of the diving pool immediately.
- Divers should not stay on deck. Send divers to their dressing rooms with instructions not to touch shower handles, water spigots, or other metal objects that might conduct electricity.

Lightning Pool Re-entry

Re-entry protocol for return to pool after lightning storm has passed:

- Divers can re-enter the pool for use 30 minutes after the last lightning strike within the predetermined safety radius.

DIVING 101

DIVE GROUPS

There are six groups of dives. The first four are classified by the direction the diver rotates.

- 1) **Forward group:** The diver faces the front of the board and rotates toward the water. Dives in this group vary from simple front dives to difficult forward, four and one half somersaults.
- 2) **Backward group:** Dives in the backward group begin with the diver on the end of the board, with his or her back to the water, so as to rotate away from the board.
- 3) **Reverse group:** Formerly called “gainers,” these dives begin with the diver facing the front of the board but then rotates toward the board.
- 4) **Inward group:** The diver stands on the end of the board with his or her back to the water and rotates toward the board.
- 5) **Twisting group:** Any dive that uses a twist (excluding armstands) is included in this group. There are four types of twists: forward, backward, reverse, and inward.
- 6) **Armstand group:** The diver assumes a handstand position on the edge of the platform before the dive. (Armstand positions are never used on the springboard.)

BODY POSITIONS

A dive may be performed using one of the following four positions.

- 1) **Pike:** The legs are straight with the body bent at the waist. Like the straight position, arm placement is dictated by the particular dive or by the choice of the diver.
- 2) **Tuck:** The Body is bent at the waist and knees, with thighs drawn to the chest and heels kept close to the buttocks. Feet and knees should be kept together and toes should be pointed.
- 3) **Straight:** No bend at the waist or knees. Depending on the dive, there may be an arch in the back. Arm placement is the diver’s choice or is defined by the dive performed.
- 4) **Free:** Indicates the diver’s option to use any of the above three positions, or combinations thereof, when performing a twisting dive.

SYNCHRONIZED DIVING

In the past, synchro was common only in aquacades and diving shows. But today, synchronized diving (or synchro diving) has become one of the most popular diving events in the world. Introduced internationally at the 1995 FINA World Cup, synchro diving eventually became a full-medal Olympic sport with its debut at the 2000 Games with four events: men’s synchro 3-meter, men’s synchro platform, women’s synchro 3-meter, and women’s synchro platform. Mixed gender synchronized diving is also contested at select events.

Synchro includes two divers performing the same dive from the same level board. For a platform dive, divers take off from opposite sides of the platform. For a springboard dive, divers take off from their own, adjacent boards.

DIVE NUMBERS

Dives are described by their full name (e.g. reverse 3 1/2 somersault with 1/2 twist) or by their numerical identification (e.g. 5371D), or “dive number.”

Specific dive numbers are not random—they are created by using these guidelines:

- 1) All dives are identified by three or four digits and one letter. Twisting dives utilize four numerical digits, while all other dives use three.
- 2) The first digit indicates the dive’s group: 1 = forward, 2 = back, 3 = reverse, 4 = inward, 5 = twisting, 6 = armstand.
- 3) In front, back, reverse, and inward dives, a ‘1’ as the second digit indicates a flying action. A ‘0’ indicates none. In twisting and armstand dives, the second digit indicates the dive’s group (forward, back, reverse).
- 4) The third digit indicates the number of half somersaults.
- 5) The fourth digit, if applicable, indicates the number of half twists.
- 6) The letter indicates body position: A = straight, B = pike, C = tuck, D = free.

Examples:

107B = Forward dive with 3 1/2 somersaults in a pike position

305C = Reverse dive with 2 1/2 somersaults in a tuck position

5253B = Back dive with 2 1/2 somersaults and 1 1/2 twists in a pike position

JUDGING - The Basics

The scoring system and the five basic elements of a dive: The Starting Position, The Approach, The Take-Off, The Flight, and The Entry.

Scoring System

Scores in all diving meets use a range from one to ten, in ½-point increments. The score of each dive is calculated by first adding the total awards of three judges. This is known as the raw score. The raw score is then multiplied by the degree of difficulty of the dive and you have the total diver’s score for the dive.

Diving meets must be scored using a minimum of three judges, but can be scored using as many as nine judges. Collegiate diving contests allow the use of two judges in a dual meet. Using the simplest method of scoring: when more than three judges are used, the highest and the lowest scores awarded are dropped and the raw score is determined by the remaining three awards. This same manner of determining the raw score can be used for a seven or nine-member judging panel.

In most international competitions where a judging panel contains more than five judges, the dive score is calculated using the 3/5 method. This process involves multiplying the sum of the middle five awards by the degree of difficulty and then by .06. The result is the equivalent of a three-judge score.

Sample Scoring For a Five Judge Panel

Scores: 6.5, 6, 6.5, 6, 5.5

Low (5.5) and High (6.5) Scores Dropped

Raw Score = 18.5 (6.5 + 6 + 6)

Raw Score (18.5) x Degree of Difficulty (2.0)
Total Score for the Dive = 37.0

Because of the subjectivity involved in judging, it is advisable to have more than three judges involved in a contest. This helps to eliminate any bias that one or more judges might have and give an accurate representation of dive.

Criteria for Judging a Dive

0: Completely Failed
½ - 2: Unsatisfactory
2½ - 4½: Deficient
5 - 6½: Satisfactory
7 - 8: Good
8½ - 9½: Very good
10: Excellent

Note: This is the FINA judging scale. High school and NCAA competitions use a slightly different scale.

Five Basic Elements of a Dive

When judging a dive, five basic elements need to be considered with equal importance before awarding a score.

Starting Position: A dive is to be judged once the diver assumes the starting position on the springboard or platform. This may be standing facing the water for forward approaches, with the diver's back to the water at the end of the springboard or platform for backward approaches, or in preparation for a forward or backward handstand take-off on the platform. Depending on the dive, the diver should be standing straight with the head erect, and the arms straight and steady in a position of the diver's choice.

The Approach: The diver shall, on front approaches, move to the end of the springboard in a smooth motion showing good form. Using no less than three steps, the diver shall execute a forward hurdle from the last step. A hurdle is the jump to the end of the board and must be executed from one foot. The back approach is characterized by a series of arm swings used to initiate momentum. At no time during the back approach shall the diver's feet leave the springboard or platform. If the diver begins the approach from the starting position and stops, the diving referee will declare a balk and two points will be deducted from each judge's score. If the diver again starts the approach and stops, the dive will be considered failed and no points will be awarded.

The Take-Off: After completing the forward approach and hurdle, the take-off should show proper balance and control, and initiate a safe distance from the board. The diver must leave the springboard from both feet. On a platform take-off, the diver may leave the platform surface from one foot.

The Flight: The flight of the dive should be smooth and graceful and at no time should the dive move to the left or the right of the springboard or platform, or shall any part of the diver touch either the springboard or platform. During the dive, the body shall be carried in one of the four acceptable positions: tuck, pike, straight, or free.

The Entry: The entry into the water, whether it is a head-first or feet-first entry, shall be vertical or as close to vertical as possible. The diver's body shall be straight, the legs together, and the toes pointed. The arms must be extended over the head and in-line with body on head-first entries. On feet-first entries the arms shall be straight and at the diver's side.

Judging diving is a subjective endeavor. What that means is that it is essentially personal opinion, so the more informed a judge is of the rules and the more experience they possess, the more consistent the scoring will be.

USA DIVING COMPETITION REQUIREMENTS

JO Springboard Requirements

9 & Under Boys and Girls (five dives).

The contest shall consist of three voluntary dives from different groups and must all be '01 dives in the tuck position (101c, 201c, 301c, 401c) and will be assigned the true degree of difficulty for each dive, followed by two optional dives from different groups with a degree of difficulty limit of 2.2 on one meter and 2.6 on 3-meter.

11 & Under/10-11 Boys and Girls (six dives).

For one meter and three-meter springboard, divers will perform three (3) voluntary dives and must all be '01 dives in the tuck position (101c, 201c, 301c, 401c) and will be assigned the true degree of difficulty, followed by three (3) optional dives from different groups with a degree of difficulty limit of 2.2 on one meter and 2.6 on 3 meter.

12/13 (FINA Group C)/13 & Under Girls (eight dives).

For one meter and three-meter springboard, divers will perform five (5) voluntaries from different groups. All voluntary dives will have an assigned degree of difficulty of 1.8 on 1 meter and 1.9 on 3 meter. When doing the front/inward voluntary, one (1) must be tuck and one (1) must be pike. For the back/reverse voluntary, one (1) must be tuck and one (1) must be pike. Followed by three (3) optional dives from different groups with a limit of degree of difficulty of 2.4 for one-meter optional dives and 2.8 for three-meter optional dives.

12/13 (FINA Group C)/13 & Under Boys (eight dives).

For one meter and three-meter springboard, divers will perform five (5) voluntaries from different groups. All voluntary dives will have an assigned degree of difficulty of 1.8 on 1 meter and 1.9 on 3 meter. When doing the front/inward voluntary, one (1) must be tuck and one (1) must be pike. For the back/reverse voluntary, one (1) must be tuck and one (1) must be pike. Followed by three (3) optional dives from different groups with a limit of degree of difficulty of 2.4 for one-meter optional dives and 2.8 for three meter optional dives.

14/15 (FINA Group B) Girls (eight dives). For one meter and three-meter springboard, divers shall perform five (5) voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by three (3) optional dives, from different groups without limit.

14/15 (FINA Group B) Boys (nine dives). For one meter and three-meter springboard, divers shall perform five (5) voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by four (4) optional dives, from different groups without limit.

16-18 (FINA Group A) Girls (ten dives). For one and three-meter springboard, divers shall perform five (5) voluntary dives, one from each group, with a total degree of difficulty not to exceed 9.0 for one meter and 9.5 for three meter, followed by five (5) optional dives from four groups without limit.

16-18 (FINA Group A) Boys (eleven dives). For one meter and three-meter springboard, divers shall perform five (5) voluntary dives, one from each group, with a total degree of difficulty not to

exceed 9.0 for one meter and 9.5 for three meter, followed by six (6) optional dives from five groups, with one group being repeated, without limit.

JO Platform Requirements

9 & under Boys and Girls (4 dives on 5-meter only).

Divers shall perform two (2) voluntary dives from different groups with a cumulative degree of difficulty not to exceed 3.4, followed by two (2) optional dives from different groups with a degree of difficulty limit of 2.6.

10-11/11 & Under Boys and Girls (five dives on 5-meter only).

Divers shall perform three voluntary dives from different groups with a cumulative degree of difficulty not to exceed 5.4, followed by two optional dives from different groups with a degree of difficulty limit of 2.6.

12/13 (FINA Group C)/13 & Under Girls (six (6) dives on 5- or 7.5-meter only).

Divers shall perform four (4) voluntary dives from different groups with a cumulative degree of difficulty not to exceed 7.6, followed by two (2) optional dives from different groups with a degree of difficulty limit of 2.8.

12/13 (FINA Group C)/13 & Under Boys (seven (7) dives on 5- or 7.5-meter only).

Divers shall perform four (4) voluntary dives from different groups with a cumulative degree of difficulty not to exceed 7.6, followed by three (3) optional dives from different groups with a degree of difficulty limit of 2.8.

14/15 (FINA Group B) Girls (seven dives on 5-, 7.5-, or 10-meter). Divers shall perform four (4) voluntary dives with total degree of difficulty not to exceed 7.6, followed by three (3) optional dives from different groups without limit. At least five different groups must be used in the competition.

14/15 (FINA Group B) Boys (eight dives on 5-, 7.5-, or 10-meter). Divers shall perform four (4) voluntary dives with total degree of difficulty not to exceed 7.6, followed by four (4) optional dives from different groups without limit. At least five different groups must be used in the competition.

16-18 (FINA Group A) Girls (nine dives on 5-, 7.5-, or 10-meter). Divers shall perform four (4) voluntary dives from different groups with a total maximum degree of difficulty of 7.6, followed by five (5) optional dives from different groups without limit. At least five different dive groups must be used in the competition.

16-18 (FINA Group A) Boys (ten dives on 5-, 7.5-, or 10-meter). Divers shall perform four (4) voluntary dives from different groups with a total maximum degree of difficulty of 7.6, followed by six (6) optional dives from different groups without limit. All six dive groups must be used in the competition.

AAU Age Group Requirements

9 & Under (Group E): Boys & Girls – 3 voluntaries, 1 optional. Max. Vol DD: **5.4** on 1m & 3m

10-11 (Group D): Boys & Girls – 3 voluntaries, 2 optionals. Max Vol DD: **5.4** on 1m & 3m

12-13 (Group C): Girls – 5 voluntaries, 2 optionals. Max Vol DD: **9.0** on 1m & **9.5** on 3m

Boys – 5 voluntaries, 3 optionals. Max Vol DD: **9.0** on 1m & **9.5** on 3m

14-15 (Group B): Girls – 5 voluntaries, 3 optionals. Max Vol DD: **9.0** on 1m & **9.5** on 3m

Boys – 5 voluntaries, 4 optionals. Max Vol DD: **9.0** on 1m & **9.5** on 3m

16-18 (Group A): Girls – 5 voluntaries, 4 optionals. Max Vol DD: **9.0** on 1m & **9.5** on 3m

Boys – 5 voluntaries, 5 optionals. Max Vol DD: **9.0** on 1m & **9.5** on 3m

*Age groups are determined by the divers' age on December 31st of each year.

GLOSSARY

Approach: Three or more steps forward to the end of the board before the hurdle and takeoff.

Armstand Dive: The diver executes a dive from an armstand position. The armstand takeoff represents a sixth group of dives used only in platform diving.

Back Dive: Takeoff from the end of the board with back toward water. Direction of rotation is away from the board.

Balk: An illegal movement by the diver:

- 1) False start in which a diver makes an obvious attempt to start the approach but does not complete the dive.
- 2) Takeoff for the hurdle from both feet.
- 3) Loss of balance on an armstand dive causing feet to touch the platform.

Degree of Difficulty: Rating, ranging from 1.2 to 4.1, indicating the difficulty of executing a specific dive. The "DD" is multiplied by the sum of the judges' scores (after the high and low scores are dropped) to calculate the overall score for a dive.

Entry: The conclusion of a dive as the diver makes contact with the water. May be either head or feet-first. Upon entry, the body should always be near vertical in a straight position with toes pointed. In a headfirst entry, arms should be stretched above the head, in line with the body with the hands close together.

Flying: Used to describe a dive in which the diver assumes a straight position from takeoff, or after one somersault in a 115C, before executing the remainder of the dive. The straight position must be held for at least one quarter of a somersault (90 degrees).

Forward Dive Takeoff from a standing or running approach, facing the water. Direction of rotation is away from the board.

Free Position: A combination of straight, pike, or tuck positions, to be used in twisting dives only as listed in the DD tables.

Hurdle: The final segment of the diver's approach to takeoff. Consists of a spring to the end of the board, taking off from one foot, and landing on two feet at the end of the board.

Inward Dive: Takeoff from a standing position at the end of the board, with back to the water. Direction of rotation is toward the board.

Judge: Diving official who scores each dive on a scale of 0 (lowest) to 10 (highest). Seven judges officiate major national and international competition in individual events. Eleven judges officiate during synchro events.

Pike Position: A dive position in which the body is bent at the hips, legs straight at the knees, and toes pointed. Feet should be held together, while positioning of the arms is optional.

Platform: A stationary, non-bending diving platform that is at least 20 feet long and six and a half feet wide. (For synchronized diving, the platform should be a minimum of eight feet wide. Ten feet is preferred.) The platform height used in senior competition is 10 meters (approximately 33 feet). The platform structure typically also includes levels at three, five, and seven and a half meters that are used during training and in junior competition.

Referee: Manages the competition and ensures that all regulations are observed. Not a judge.

Reverse Dive: Takeoff from a standing or running approach, facing the water. Direction of rotation is toward the board.

Somersault: A movement in which a diver rotates the body on an imaginary horizontal axis through the hips. This move can be performed in a variety of combinations.

Springboard: An adjustable diving board that regulates “springiness,” either 1-meter (3’3”) or 3-meters (9’9”) above the water. The springboard projects at least five feet beyond the edge of the pool.

Straight Position: A dive position in which the body is straight without bending at the knees or hips, with feet together and toes pointed. Formerly called the “layout” position.

Takeoff: A diver’s lift from the board prior to execution of the dive. May be done from a forward (running or standing) or backward approach, or from an armstand position.

Tower: The entire diving platform structure.

Tuck Position: A dive position in which the body is bent at the waist and knees, with thighs drawn to the chest and the feet kept close to the buttocks. Feet and knees should be kept together and toes should be pointed.

Twisting Dive: Any dive with a twist. There are four types of twisting dives: forward, back, reverse, and inward.