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# 2018-2019 TEAM HANDBOOK

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[www.eastvalleydiveclub.com](http://www.eastvalleydiveclub.com)

Table of Contents.....1

Mission Statement.....2

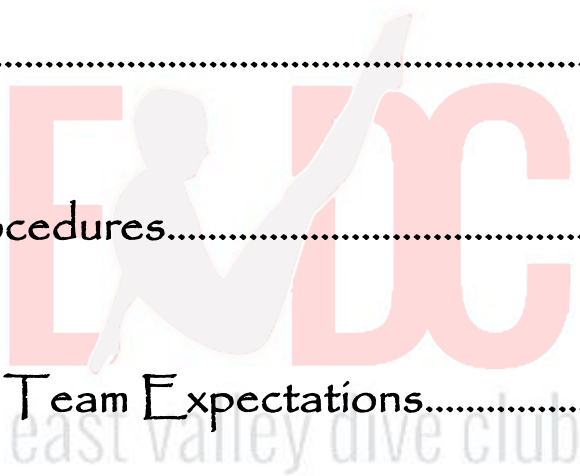
Coaches.....3-4

Policies & Procedures.....5-6

Recreational Team Expectations.....7

Competitive Team Expectations.....8

Competitions.....9



## *Mission Statement*

East Valley Dive Club is committed to developing local youth into exceptional athletes who are competitive locally, regionally, and nationally in springboard and platform diving. The experienced coaches will provide a safe and fun learning environment for divers to fulfill their potential. There is a large emphasis on providing life-long skills to athletes in the program including sportsmanship, time management, and work ethic. EVDC promotes overall physical fitness while helping divers face challenges, set goals, and learn to handle competition and difficult situations.

Our year-round competitive springboard/platform diving club based in Mesa, AZ. Our practices are mostly held at the Skyline Aquatics Complex in East Mesa. Our facility is located at Skyline High School and is also home to many other club and recreational aquatics programs. Due to the shared facility, we currently change our practice schedule 3 times per year to accommodate the varying availability. In the fall, practices range from 4:30-8pm; winter/spring 3:30-7pm; and in summer, practices range throughout the morning, afternoon, and evening. Divers of all ages and skill levels are welcome to join, however spaces in each group are limited.

Although we do not have platforms on site, we will travel to use local facilities weekly to train on the 5M, 7M, and 10M. We rent the facility at ASU every Tuesday, as well as travel to UofA and the brand new facility at NAU when needed throughout the year. Athletes must be invited to the platform training group that meets at ASU weekly. Divers must show strength on the 3M prior to beginning any platform diving.

We are a highly competitive team with divers continuing on the collegiate level each year. Our team was the highest National Qualifying team in Arizona in 2016- beating out teams that have been around for more than 2 decades. We continued to dominate our state and region through the 2018 season. Our divers continually show strength and competitiveness throughout the state, at the regional, zone, and national levels.

Though we are a competitive team, we do also offer a recreational program for beginning divers who are looking for more of a lessons structure. There is room for divers of every level from very beginning to nationally ranked on our team.

*Coaches***Head Coach- Lauren Thiel**

I began coaching in 2005 for City of Mesa and instantly found my calling! I have coached many kids at all different levels and ages. I have coached for 7 years at Red Mountain High School, where I coached multiple divers to State Championship medals. In 2015, I also coached at Skyline high school and will continue to do so. Since the start of our club programs at the Skyline facility, our team has produced multiple high school state champions and medalists from all around the valley. At the club level, I have coached multiple athletes to national competitions, regional championships, and zone medals. I am committed to producing successful, competitive divers of all ages. I believe in instilling core values of dedication, drive, and work ethic into all the athletes in my program. The key to success lies in structure and laughter. It is my hope to help divers find personal success while they fall in love with diving!

**Assistant Coach- Laura Sanchez**

Laura Sanchez will be joining the EVDC family coming to us from Milwaukee, Wisconsin. Her diving career began in high school where she was a 4 time state qualifier. She starting diving club for Schroeder Dive Team her junior year, where she had qualified for AAU & YMCA Nationals. Then going on to compete for Minnesota State, Mankato and as a Freshman qualified for Division 2 NCAA Championships. Her college career unfortunately ended early due to a knee injury but has been involved with diving as much as possible since. Back in Wisconsin, coaching multiple high schools and leading many divers to reach the WIAA State Meet and having divers continue on to compete at the college level. Being able to help divers reach their goals on and off the board showing her true passion for the sport, she was nominated for the WIAA coach of the year for the 2014/2015 season. After 6 years of coaching multiple levels and ages, diving has become so much more than just a sport...it's a part of life.

**Assistant Coach- Amanda Burke**

I am originally from Philadelphia PA, where I attended a small school in NJ (Rider University) as a walk on and decided to train full time after I graduated. I trained for the 2012 and 2016 Olympics. I am a 2x national champion, on the national team 4 years, 2016 Olympic performance squad member, 2013 world team member and finalist (3m synchro) 2 x Olympic trials finalist. I moved to Phoenix in February and love coaching and miss diving! Away from the pool, I am a personal trainer.

### **Guest Coaches**

Some practices will also be coached by some of the teams senior/elite divers as needed. All divers who assist with coaching are lifeguard certified and have coached through the summer recreational programs.

### **Coach Contact**

Coaches can be contacted Mon-Fri from 8am-4pm via phone/email and before or after practices. If you would like to set up a meeting with your coach, please email a request. All emails/texts/calls will be responded to during our contact hours. Please refrain from texting coaches on evenings and weekends but feel free to still send an email with any questions/comments/concerns.

### **Communication**

Communication is pivotal in the every day operations of the team. Any time a diver needs to miss a practice, a text or email to their coach is expected. We have stacked practices (times overlapping) and coaches may not have time to respond, but are able to check their phones when writing workouts for practices. We plan out each week in advance and daily workouts are written for each diver, we can better plan when we have notice of a diver missing workouts. I encourage divers who have their own phones to begin texting/calling their coaches when applicable- this helps teach them to be accountable and to advocate for themselves.

Also key is communication between parents, athletes, and coaches if there are any fears, injuries, questions, or concerns. Please follow the above guidelines for contacting our coaches. If a meeting is needed, our head coach will schedule one as soon as they are available. We like to encourage athletes to remain open with us if there's any injuries/pain they are experiencing. Typically we can modify workouts and/or suggest further action if necessary, we just need to know about it!

## *Policies and Procedures*

### **I. Registration**

- a. Athletes who would like to join the team will need to complete the registration process specific to the group they are joining (i.e. either the recreational or competitive teams). All families can follow these basic instructions when registering for the first time:
  - i. Send in inquiry request at our website
  - ii. Schedule meeting/trial practice
  - iii. Register athlete for a USA Diving membership
  - iv. Review team information throughout handbook and website (including online calendar)
  - v. Pay registration fees through website (paypal)
  - vi. Send in registration packet with diver to first practice
  - vii. Order team suit/additional practice suits
- b. Once you register your athlete, they will be considered active team members, to terminate a membership you will need to schedule a meeting with the head coach
- c. Memberships may be placed on hold for medical reasons with a doctor's note provided to head coach, otherwise the diver will forfeit their spot on the team

### **II. Yearly Fees**

- a. USA Diving membership
  - i. All Divers need current USA Diving memberships to practice and compete for EVDC, specific memberships and price can be found on pages (7-8)
- b. EVDC Team Fee
  - i. There is a \$200 team fee due for every diver each competitive year (Sept 1-Aug 31<sup>st</sup>) to cover fees charged to our team from the City of Mesa and Mesa Public schools that cover maintenance and pool heating, etc
  - ii. This fee is split in to two \$100 fees, due Sept 1<sup>st</sup> and April 1<sup>st</sup> (the first \$100 will be due at time of registration)

### **III. Monthly Dues**

- a. All monthly payments are collected through automatic withdraw either through a credit card or bank account on the 1<sup>st</sup> of every month
- b. Families who do not wish to have payments automatically deducted will need to prepay the full team fee (\$200) at time of registration, as well as in 3 month blocks throughout the year
  - i. Cash/Check payments need to be paid by the 25<sup>th</sup> of the month due
  - ii. Invoices will be sent via email, you can choose to pay online- but any fees not collected by the 1<sup>st</sup> will be deducted from the account on file

- c. Monthly dues are charged for every spot on the team, not for the hours practiced
  - i. There are no refunds or prorations available if a diver is unable to attend their scheduled practices
  - ii. If the coaches need to cancel practices for any reason, they will do their best to find make up practice times if available- but it is not always guaranteed
- d. If you need to cancel your divers membership, you will need to schedule a meeting with the head coach and provide a written 30-day notice
  - i. One final months payment will be due (unless on the competitive team, with a financial commitment for the remainder of the season, which would require a full pay out of remaining months)

#### **IV. Practice Structure**

- a. Divers should do their best to attend all regularly scheduled practices and competitions
- b. Practices BEGIN at the start time and END at the end time- we need divers to be on time and prepared for each practice
  - i. We ask for divers to arrive to practice at least 5 minutes prior to their start time to ensure they are ready to begin TOGETHER as a TEAM for warm up drills
  - ii. We will always end practice at the time specified and ask that divers be picked up promptly
- c. Tennis shoes, towel, and water are required at every practice
  - i. We run and do 30 minutes to an hour of on deck practice (warming up, drills, conditioning, stretching) every single day
- d. Practices are open for parents to attend and watch, provided there are no disruptions to the coaches or divers
  - i. Parents who are unable to be respectful to all participants and coaches will be asked to stay in the parking lot or lobby area instead of on-deck

#### **V. Attending Competitions**

- a. There are competitions open for divers of all ages and levels all year long
- b. We are a competitive team and we expect the majority of our divers to attend all competitions as a full team; even divers on the recreational team are encouraged to compete
- c. Tracking progress is best done by attending competitions, where you can see your dive difficulty, scores, confidence, and more increasing throughout the year
- d. Our end of the year banquet and awards are mostly based off the achievements through competitions that year
- e. We understand that there are some competitions not everyone will be able to attend and we just ask that you communicate with our head coach in a timely manner when there are conflicts

## *Recreational Team Expectations*

Our recreational team is open to divers of all levels of experience. These divers are still eligible for competing throughout the year, but may not be ready for the commitment of the competitive team. This is a great starting point for anyone who is just beginning in the sport of diving, regardless of age. Also, on our recreational team is our high school divers who are working towards staying in shape throughout the year for the high school season. All groups are dependent on age for all our lessons. Some groups may be combined during the winter months depending on our numbers.

### **\$100 Per month/ 3 days per week**

Blue Team- Ages 11&Older

HS Development- Ages 14-18

### **Schedule**

A specific schedule is kept on our website under the 'Team Information' page, as well as on our online calendar. There are some modifications to practices when we have conflicts at our pool. Please check your email regularly as that is our main form of communication. The calendar is also kept 100% current if you have any questions.

### **Competitions**

All divers on our recreational team are invited to all competitions the team attends throughout the year. They are not required for Rec team members, but are highly encouraged! All meets have groups split up by age and skill level, and are a great learning experience for new divers. Most all meets are incredibly low-key and fun, nothing to be intimidated by!

### **Memberships**

All divers must have an Athlete USA Diving membership and will also be responsible for the full team fee (\$200- split in half at time of registration, then again in either April or September depending on when you register). To cancel a membership on the Rec team, you will need to schedule a meeting with our head coach and provide written 30-day notice. A final months payment will be due.



## *Competitive Team Expectations*

Divers on the competitive team are expected to practice and compete for the entirety of the competitive year. We do have a long season, from September through the following August. Due to the extremely technical nature of our sport, development does not happen overnight. Parents will be responsible for monthly fees for the entire season when registering for the competitive team.

### **Monthly Fees**

Elite- \$220 (5-6 days/week; 12.5-15 hrs)

Red- \$185 (4-5 days/week; 8-10 hrs)

Silver- \$160 (4 days/week; 8 hrs)

### **Team Gear**

All divers need to have current team t-shirt, competitive suit, warm up jacket, and black pants/shorts. Team apparel can be purchased through East Valley Sports or at our online store found on our website. Additional shirts are available for divers and their parents.

### **Required Competitions**

All divers on the competition team are required to attend at LEAST 3 competitions throughout the year; EVDC Winter Classic (December), Regionals (April/May), and State (May/June). Our 'Championship season' begins with regionals, then Zones, AAU Nationals, and lastly USA Diving nationals. All divers on the competitive team should start planning to attend AAU Nationals each summer. Divers who qualify to USA nationals will have the option of doing either national meet or both- more information will come when those events get closer.

### **Memberships**

All divers will need a Competitive Athlete membership at USADIVING.ORG and also an athlete membership with AAU Diving.

## Competitions

Parents are responsible for registering their divers for competitions. Most competitions are ran through [www.divemeets.com](http://www.divemeets.com). You can create a free profile at any time. When meets are coming up, the head coach will send out the information to the team. There is a form at our website where you can let us know if you are attending the meets or not. Sending in this form is critical to our coaches successfully planning for it- whether its with travel or the need to cancel/resume practices at home.

### **Registration**

When registering for meets, you can refer to our website to find current lists for your divers. You will need to input your divers lists using dive numbers, which are provided for you on a spreadsheet at our website. The earlier you get registered for meets, the better chances we can help you if you run into trouble!

### **Apparel**

Divers should always be wearing team apparel at competitions, and parents are encouraged to represent us as well! Our divers are expected to be in full team apparel (black bottoms/team shirt and/or jacket) on any podium accepting awards. Divers will not be allowed to accept awards on the podium in suits alone.

### **Meet Etiquette**

When attending a competition as a team, we will have a team area for our divers to warm up/hang out together. Divers should spend their time with their team during competitions. We will also need ALL divers to ALWAYS come find their coach when they arrive at meets- that way we can communicate our expectations or instructions if we are judging and unable to leave the pool side. Divers will also need to be released by one of our coaches prior to leaving the meet.

### **Meet Schedule**

We attend meets about once per month throughout the year. Some competitions are local and some require travel. Travel invitationals are not required, but encouraged! Notice of travel meets will be sent out in advance to help you with planning. The competition calendar is available at our website. You can also find specific meet information on our websites 'competitions' page.