



### ***Development Teams (DevTeam) ~***

- DevTeam1 (DT1) is offered to any diver training a minimum AVERAGE of 3.5-hours/week. The DT is typically comprised of those starting out, high school divers (Varsity / Junior Varsity / Novice), or those with other activities that are equal to, or a higher priority than diving (at the moment). Training in this group is focused on fundamentals and progressive skillsdives needed as described in the Future Champion Levels program (Levels 1-4 ~ FC1-4), to continue development. For most the DT is the gateway to earning an opportunity to join one of CDA's other teams.
- DevTeam2 (DT2) is offered to any diver training a minimum average of 5-hours/week and considered ready to acquire the foundation skills and dives necessary to advance through the Future Champion program (Levels 5-8 ~ FC5-8).
- The competitive commitment for DevTeam members is focused on local meets (within approximately 100 miles) and, if interested and qualified, a DT2 member may be invited to the USAD Region and/or the AAU RWB-Qualifier and National and/or other "away" meets that CDA may participate in from time-to-time.
- The diver's attendance at practice requirements are more flexible, but with CDA's scheduling flexibility DT members are expected to be at  $\geq 50\%$  of their requested practices. During the high school season (for those on their HS diving team), diver may reduce attendance at CDA practice sessions to 25% (DT1) and 50% (DT2).
- DT1 members may schedule one 30-minute semi-private (2 divers) dryland sessions per quarter (no charge).
- DT1 members and parent(s) may schedule one 15-minute private Zoom meeting with their coach per quarter (no charge).
- DT1 members may attend one 1-hour session/quarter at a CDA Miwok tower session.
- DT2 members may schedule two 30-minute semi-private (2 divers) dryland sessions per quarter (no charge).
- DT2 members and parent(s) may schedule two 15-minute private Zoom meeting with their coach per quarter (no charge).
- DT2 members may attend one 2-hour session/quarter at a CDA Miwok tower session.
- Additional private/semi-private dryland training sessions are highly encouraged for both DT1 and DT2 members. There are Team rates for additional dryland sessions.
- Both DT1 and DT2 members are subject to Team withdrawal fees (if applicable).



### ***Region Team (RegTeam) ~***

- RegTeam (RT) is offered to select divers training a minimum average of 7-hours/week. The RT is comprised of those developing skills at/beyond FC8 within this season and who are becoming passionate for diving. This includes Divers who want to continue advancing their skills and progressions to higher CDA Team levels, BUT do not have the commitment (yet) or not had the time to make diving a higher priority.
- The practice commitment requires attendance at  $\geq 65\%$  of all scheduled CDA practices (35% during the high school season for high school divers). However, the 2-weeks leading up to a big-6 meet the CDA practice-time requirement will increase to  $\geq 80\%$  and high school practice time shall be reduced to 25%.
- The competitive commitment for RegTeam members includes 4 local meets, and 3 of the big-6: the AAU RWB Qualifier, USAD Region, and the AAU National meet. RT members may request to attend other travel meets (AAU RWB Nationals, USAD Zones, and USAD Nationals) but participation in these events is by qualification and request.

**NOTE: if diver qualifies to move on from USAD Regions to Zones, or Zones to Nationals AND diver is invited to attend by CDA, personal activities may need to be rescheduled.**

- RegTeam (RT) members are rising stars within CDA. As such, RT members may be offered opportunities to participate in CDA's "Learn-to-Dive" (LTD) summer internship program as volunteer assistant coaches. In addition, RT members may be invited to attend occasional promotional events as representatives of, and to promote, CDA.
- RT members may schedule one 60-minute and one 30-minute semi-private (2 divers) dryland sessions per quarter (no charge).
- RT members may schedule one 30-minute semi-private (2 divers) dryland sessions per quarter (no charge).
- RT members may schedule one 15-minute Coach Zoom session per month (no charge).
- RT members may attend one 2-hour session/month at a CDA Miwok tower session.
- Additional private/semi-private dryland training sessions are strongly encouraged. There are Team rates for additional dryland sessions.
- RT includes 5-hours of college support/season. Additional time billed at \$50/hr.
- RT members are subject to Team withdrawal fees (if applicable).



### ***Zone Team (ZoneTeam) ~***

- ZoneTeam (ZT) is offered to select divers training a minimum average of 8.5-hours/week. The ZT is comprised of those divers developing 105, 203, 303, 403, and two 5xxx dives on both 1m and 3m with some experience/exposure to tower training. For ZT members diving is a top-3 priority.
- Similar to the NatTeam, ZT members are either skilled divers now or have the opportunity to be part of this group by way of commitment, coachability, and grit within the confines of this season. The ZT team is the main gateway to the NatTeam and diving in college or beyond.
- The practice commitment requires attendance at  $\geq 80\%$  of all scheduled practices (50% during the high school season for high school divers). However, the 3-weeks leading up to a big-6 meet will require high school practice time to be reduced to 25%.
- The competitive commitment for ZoneTeam members includes 4 local meets, and 4 of the big-6: the AAU RWB Qualifier, USAD Region, USAD Zone (if qualify) and the AAU National meet. ZT members may request to attend other travel meets (AAU RWB Nationals and USAD Nationals) if qualified but participation in these 2 events is by qualification, request, CDA invitation, and optional.
- ZoneTeam members are among the best of who and what CDA is and offers. As such, ZT members may be offered the opportunity to participate in CDA's "Learn-to-Dive" (LTD) summer program as volunteer assistant coaches. In addition, ZT members may be invited to attend promotional events as representatives of, and to promote, CDA.
- ZT members may schedule one 60-minute semi-private (2 divers) dryland sessions per month (no charge).
- ZT members may schedule one 30-minute semi-private (2 divers) dryland sessions per quarter (no charge).
- ZT members may schedule one 30-minute Coach Zoom session per month (no charge).
- ZT members may attend two 2-hour sessions/month at a CDA Miwok tower session.
- Additional private/semi-private dryland training sessions are strongly encouraged. There are Team rates for additional dryland sessions.
- ZT includes 10-hours of college support/season. Additional time billed at \$50/hr.
- ZT members are subject to Team withdrawal fees (if applicable).



### ***National Team (NatTeam) ~***

- The NatTeam (NT) requires training minimums of at least 10.5 hours/week. Divers invited to join this group must demonstrate commitment to diving and have clearly chosen diving as their #1 activity beyond their education ~ academics remains #1!
- The practice commitment requires attendance at  $\geq 80\%$  of all scheduled practices (50% during the high school season for high school divers). However, the 4-weeks leading up to a big-6 meet will require high school practice time to be reduced to  $\leq 25\%$
- The competitive commitment for NatTeam members includes 3 local and 5 of the big-6 for which they qualify.
- NatTeam members are CDA's highest-level Junior Olympic diver ambassadors and represent the best of who and what CDA is and offers. As such, NT members will be offered the opportunity to participate in CDA's "Learn-to-Dive" (LTD) summer internship program as volunteer assistant coaches. In addition, if offered/available, NT members will be strongly encouraged, possibly required, to attend promotional events as representatives of, and to promote, CDA.
- NT members may attend one 60-minute private dryland sessions per month (no charge)
- NT members may attend one 60-minute semi-private (2 divers) session per quarter (no-charge).
- NT members may attend one 30-minute semi-private (2 divers) dryland sessions per quarter (no charge).
- NT members may schedule two 30-minute Coach Zoom session per month (no charge).
- NT members may attend two 2-hour sessions/month at a CDA Miwok tower session.
- Additional private/semi-private dryland training sessions are strongly encouraged. There are Team rates for additional dryland sessions.
- NT includes 20-hours of college support/season. Additional time billed at \$50/hr.
- NT members are subject to Team withdrawal fees (if applicable).



### ***Seniors & Elite Team ~***

- The Senior & Elite (S&E) program is designed for divers wishing to see just how far they can go in competitive diving. This is a 1-year financial commitment billed monthly. Divers on the S&E team are highly skilled divers wishing to train “full-time” and compete nationally and internationally. Diving is their #1 priority beyond education.
- The S&E team requires attending 14+ hours/week of CDA practice time. In addition to group sessions, training will include either private or small-group sessions before 2pm at both dryland and the pool. The S&E team represents CDA’s highest level of commitment and dedication to a diver’s training and competitive opportunities.
- Divers in this group fall into two groups:
  - Those 14-18 years-old
    - Typically home-schooled or remote-schooled, are at least 14 years old, and have clearly chosen diving at the highest level as their #1 priority outside of their education.
  - Those 18+
    - High school graduates or college divers
- The practice commitment requires attendance at all of their scheduled CDA practices (including during the high school season for high school divers).
- The competitive commitment for S&E members includes 3 local meets.
- S&E Junior divers will focus on the Big-6 PLUS, and attempt, qualifying for additional Junior National, International, and Olympic lead-up events throughout the year.
- S&E Senior divers must attend any appropriate USAD and/or AAU event/series (as CDA and/or the governing body determines). Moreover, CDA will seek additional opportunities and expect attendance in appropriate USAD Senior Nationals, and various other national/international events in which an S&E team member may qualify or is invited to attend. These events will include substantial overnight travel.
- S&E Team members are CDA’s national and international representatives at the highest level; adding to the pool representing the best of who and what CDA is and offers. S&E members are required to participate in CDA’s “Learn-to-Dive” (LTD) summer program as volunteer assistant coaches. In addition, if offered/available, S&E members will be required to attend promotional events as representatives of, and to promote, CDA.
- S&E members are required to attend one 60-minute private dryland sessions per month (no charge) PLUS one 60-minute semi-private (2 divers) session per month (no-charge). PLUS one 30-minute semi-private (2 divers) dryland sessions per month (no charge).
- S&E members may schedule one 30-minute Coach Zoom session per week (no charge).
- S&E members may attend two 2-hour sessions/month at a CDA Miwok tower session.
- Additional private/semi-private dryland training sessions are strongly encouraged. There are Team rates for additional dryland sessions.



### ***Masters Team ~***

- The Masters (M) program is open to all divers of any skill level (beginner to advanced) over the age of 18. Masters may select training from 1-6 hours/week. Masters includes those learning to dive as well as divers of intermediate or advanced skills who are not interested in our S&E program and simply want to learn more while having fun diving. Training in this group is focused on the individual and what progressive skills and dives that person needs to continue developing their diving progressions.
- There are several “Local” meets that include Masters events. Masters are automatically qualified for and may selectively choose (or not) to compete in events where their group is offered the opportunity to participate. There are also a number of competitions that are Masters-only in the USA and around the world. It is a great group of people to meet, develop friendships, and hang-out with.
- Masters members may schedule one 30-minute semi-private (2 divers) dryland sessions per quarter (no charge).
- Masters members may schedule one 15-minute private Zoom meeting with their coach per quarter (no charge).
- Additional private/semi-private dryland training sessions are available for Masters team members. There are Team rates for additional dryland sessions.
- Masters members may attend one 1-hour session/quarter at a CDA Miwok tower session.
- Masters team members are subject to Team withdrawal fees (if applicable).