

High School Diving ~ 2020

Athlete and Family ~ Rules and Commitment Outline

Welcome to the wonderful world of high school competitive springboard diving. This should be a fun and amazing season.

Your coaches and schools have spent a lot of time and effort planning a program that is challenging, fun, and rewarding for everyone. This document should give you enough information to be prepared for the season. We have a limited amount of time to train each of you for dual meets, league meets, the Section Meet (NCS), and possibly the State Meet (CIF). You must remain focused, pay close attention, and support your fellow divers. Anything less than this may mean disciplinary procedures and potential dismissal from the team. Our guiding principals are:

#1 Safety ~ #2 FUN ~ #3 Mechanics

In order to be "in shape" to compete, you must consistently train to improve and dive up to your potential. However, the team will focus less on your attendance at practice and more on your personal progression. If you do not come to all practices, you will still be responsible to stay on your progression track. That said, if you are qualified to dive JV or Varsity **YOU ARE REQUIRED TO BE AT ALL MEETS.**

TEAM RULES ~

To be eligible to dive, each student athlete must maintain the MINIMUM GPA required by their specific school. If a student has one or more grade marks of "F", that student is ineligible to practice or compete until that grade has been raised to a passing grade and signed-off by that teacher and the Athletic Director (AD).

While attendance at practice is not mandatory, when you do participate in practices BE ON TIME and respectful. Showing up late without prior notice is not acceptable. Meets are different ~ ALL divers are expected to be punctual - period! BE ON TIME! Practice begins as outlined below according to the coach's watch.

If you have extenuating circumstances (rare occasions), text/speak with the coach immediately and directly to discuss the matter prior to any potential absence. You understand that if you do not attend school for more than 50% of the day for any reason, you cannot attend practice or a meet on that day (no exceptions).

ABSENCES ~ yes, we take attendance and turn that into your AD

- 1) Gone from School 50% or more of the day (other than school-planned outings). You must contact the coach that day BEFORE 1200pm (noon)
- 2) Court Ordered. Must have proof signed by a judge delivered to the coach
- 3) On-time is defined as "on the deck, ready to get in the water 5 minutes before your scheduled start-time" ~ Late is defined as entering the water 15 minutes past your start-time (both according to the coach's watch)
- 4) Academic commitments should be taken care of during the school day. If your teacher must have you complete an academic related event after school, the diver must inform the coaches 24 hours in advance AND/OR come with a note that day from that specific teacher OTHERWISE you will be considered absent.

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ABSENCES (con't) ~

- 5) Forgetting your equipment, including your suit, will count as absent
- 6) Problems and special circumstances are at the discretion of the coaching staff and will be dealt with on an individual basis. It is up to the diver to communicate to the coach if there is a problem or there is a need to miss a team practice, meet, or activity ~ BEFORE ~ NOT AFTER!
- 7) We DO have practice over Spring break on a schedule TBD for all schools.

PRACTICE SCHEDULE and LOCATIONS ~

- @ CalHigh ~ **TBD** ~ Mon, Wed, and Friday from 3:15-6pm
 @ Alameda ~ **TBD** ~ Mon, Tues, Wed from 5:30-730am
 @ CAC ~ **TBD** ~ Tues and Thur from 3:30-6pm and Sat from 2-5pm

MEET DAYS ~ **TBD**

Diving Schedules for the DAL, EBAL, and WACC Leagues ~ 2019 Season				
DUAL MEETS	DATE	DAY	LOCATION	OPPONENTS
EBAL	27-Feb	Wednesday	SROP	TBD
WACC	28-Feb	Wednesday	Alameda	AHS/BHS/EHS
EBAL	13-Mar	Wednesday	DVHS	TBD
WACC	14-Mar	Thursday	Berkeley	AHS/BHS/EHS
EBAL	27-Mar	Wednesday	CAC	CH/CHS/DLS/DV/Dublin/MV/SRV
WACC	28-Mar	Thursday	TBD	may not take place ~ TBD
DATE	DAY	6 or 11 Dives	LOCATION/POOL	EVENT
23-Feb-19	Saturday	11dive	CAC	11dive Qualifier - ALL
2-Mar-19	Saturday	11dive	Hawk/Las Positas	11dive Qualifier - ALL
23-Mar-19	Saturday	11dive	SRV or Amador 0, 1 or 2 Meets TBD	11dive Qualifier - ALL
30-Mar-19	Saturday	11dive		11dive Qualifier - ALL
15-19apr19	Week Of	6dive	Date and Location TBD	DAL JV Championship
17-Apr-19	Wednesday	6dive	CAC	EBAL JV Championships
18-Apr-19	Thursday	6dive	Location TBD	WACC JV Championships
22-Apr-19	Monday	11dive	Location TBD	WACC Varsity Championships
23-Apr-19	Tuesday	11dive	CAC	EBAL Varsity Championships
24-25apr19	Wed/Thur	11dive	Date and Location TBD	DAL Varsity Championships
2-May-19	Thursday	11dive	NCS/Las Positas	Varsity ~ NCS all (boys/girls)
10-11may19	Fri/Sat	11dive	CIF/State Championship	Varsity ~ State (boys/girls)

TEAM GOALS ~

- 1) Maintain individual and Team GPA of 3.5 or better
- 2) Qualify for NCS ~ Top 32 only from each (boy/girl ~ regardless of qualifying)
 - a. Women ~ Qualify 350pts / Consideration 280pts (for 11 dives)
 - b. Men ~ Qualify 300pts / Consideration 240pts (for 11 dives)
- 3) Contribute to your fellow team members (within and across school boundaries)

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TEAMS and CUTS ~

There are only two teams:

- 1) Junior Varsity (JV) ~ requires 6 dives in 4 directions
- 2) Varsity (V) ~ requires 11 dives in 5 directions

Everyone is welcome to try out; prior experience is NOT required. For those with less-than a qualifying JV list as long as it appears that you are challenging yourself every day, there will not be cuts. If it appears that your main goal(s) include a tan, socialize, or get out of regular PE you will be cut immediately. Anyone (Freshman, etc.) with a qualified JV or V dive list is eligible for that team. However, once you compete as Varsity you MAY NOT go back to JV.

EARNING A VARSITY LETTER (options) ~

- 1) Outright qualify (not consideration) for NCS
- 2) Place top-20 at NCS
- 3) Place top-3 at your League meet
- 4) Meet or exceed your practice and meet attendance commitment
 - a. Train and compete 80% of the season as a Varsity diver
 - b. Attend a majority of your team's non-practice events
 - c. Follow all team guidelines and rules outlined in this document
 - d. Follow the guidelines and codes of your specific school and district
 - e. Follow the guidelines, codes, and rules of NCS, CIF, and NFHS
 - f. Show team spirit and/or at the discretion of the coaches, special contributions to the team will be considered as substitutions for some or all of the above qualifications.
- 5) These policies can change at the discretion of the administration or diving coach and/or in conjunction with your specific Athletic Director at any time.
- 6) **Suit Coverage** ~ Rule 3-3-1 of the 2018-19 National Federation of High Schools (NFHS) Rule Book for Swimming and Diving states the following:

"All suits shall be of one piece and competitors shall not be permitted to participate wearing a suit that is not of decent appearance. Boys shall wear suits which cover the buttocks while girls shall wear suits which cover the buttocks and breasts. If individuals or teams are in violation of this rule, officials are encouraged to contact the head coach of the offending team, rather than the student, requesting that all team members be appropriately equipped with uniforms that meet specified standards. School administrators and coaches are also asked to be proactive in monitoring their athletes' compliance with this rule. If the athlete cannot or will not comply with the suit coverage rule, they will be disqualified from events until they are in legal attire. Coaches are encouraged to select team suits that provide appropriate coverage as it pertains to NFHS rules."

GENERAL UNDERSTANDING ~

The team rules and guidelines are in concert with and governed by each of your respective schools, your school's district and Administration, the North Coast Section, CIF, and NFHS policies. We will adhere to these rules WITHOUT exception.

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When attending a meet All divers are to remain on-deck until the meet has concluded. All divers should arrive early for home meets to help set up tables, remove covers, prepare dive sheets, and warm-up. Everyone will remain at the pool to help clean up and replace covers before leaving.

Jewelry ~ league rules state that a diver is not allowed to compete while wearing any jewelry (earrings, piercings, necklaces, bracelets, etc.) of any kind.

Schools will be notified if divers are to be excused from class. Upon entering the class that you should be dismissed from the diver should check with the teacher to confirm they are on the early dismissal list. If not, immediately contact the coach to correct the situation. Academically, it is the divers' responsibility to make up any test or missed assignments. It is also the diver's responsibility to communicate with the teacher if and when you will miss class or assignment deadlines.

Understanding and abiding by these rules and guidelines will be the responsibility of each diver/team member. The coaches are aware of the burden and time restraint that school and related activities place upon you. We believe that a solid education is your number one priority and that extracurricular activities like diving, come second. However, it is important that you learn to budget your time wisely so as to not fall behind in your school, diving, familial, or social commitments. Please do not join the team if you plan to: "sunbathe," show up when you feel like it, get out of P.E., etc...this team has commitment standards that are expected of every team member. Failure to meet those commitment standards may lead to disciplinary actions up to and including immediate removal from the team.

Each diver shall conduct him/herself in a business-like and professional manner at all times. Any bad or inappropriate behavior reflects negatively upon you, your family, your team, the coaches and the school. Inappropriate behavior will be immediately reported to the athletic director and school administration or law enforcement. Knowledge of and adherence to our team's as well as your respective school's rules is the diver's responsibility. Further, in addition to your specific school's rules, each diver shall also be personally aware of, subject to, and comply with any/all rules of their league, NCS, CIF, NFHS, as well as any local, state, or federal regulation applicable to the location and circumstances. These rules will be strictly enforced and violations, even by rumor, will be turned over to your school's athletic director and/or administration and/or law enforcement for investigation. Possible consequences for violation could include one or more of the following: dismissal from the team, notice to parents, loss of school privileges (dances, activities, etc.), suspension from school, dismissal from school, legal action, jail, etc. depending on the particular issues involved and the severity of the infraction.

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As a member of your school's Diving Team it is understood that you want to set specific goals, develop your diving skills, and compete at the highest level your skills, focus, dedication, and effort will take you. The diver is responsible for reading, knowing, and understanding this document as well as any and all applicable rules. Further, diver proclaims that s/he/they are prepared for this challenge without reservation and make that commitment to yourself, school, teammates, and coaches.

In addition to rules and regulations above, you further agree to the following:

Diving provides a crucible within which you will have the opportunity to develop not only your physical condition and athletic skills, but also the mental strength and positive character that will benefit you in all facets of life - now and forever.

You commit to the daily and extraordinary efforts necessary to become a student of yourself and diving. Further, you commit to put those lessons into practice where appropriate and to always look for ways to improve yourself and support the goals and efforts of those around you. You do this willingly for your benefit, but also for the benefit of those you come in contact with in all aspects of your life.

Education and Grades ~ You are a STUDENT-Athlete. Your first priority is your education. Straight "A's" are not required ~ but it is expected that you put forth your best/maximum effort in everything you attempt and in all subject matters!

STATEMENT

I will proudly represent myself, family, coach, and my school in everything I do.

If you have difficulty with academics, you should immediately seek appropriate help; talk to your parents, teachers, or counselors. At the same time, let coaches know what's happening. You understand (or will learn) that the earlier you pursue a remedy to any issue, the easier it is to resolve (ask for help when you need it - not after the fact). The coaches expect that your grades will remain the same or even improve as you undertake a serious diving regimen because it is well known that discipline tends to improve time management and focus. Diving has many wonderful life-lessons, well beyond the physical and mental conditioning required to perform at high competitive levels. However, you also understand that if your grades become an issue, the school may suspend you from practice, meets, or the team. You further understand that Coaches will be provided a copy of your report cards as they are issued (quarter/semester) as long as you are a member of the team. Knowledge, experience, and a passion for almost any endeavor will open lifelong and stable employment opportunities and personal satisfaction.

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~ THE 6 CORNERSTONES ~

Competence ~ Diver should seek the knowledge and skills necessary to train and compete effectively. Further, you will demonstrate knowledge of the rules and conventions in diving. In addition, you should strive to achieve a level of physical and mental fitness sufficient to participate and compete to the best of your abilities. Moreover, you should practice regular healthy-living behaviors which include: physical and mental conditioning, good nutrition and rest, your education, a circle of good friends, and a solid, sustainable, balance of your priorities in your life.

Citizenship ~ Diver understands that being part of a team, even in an individual sport, is about your responsibility to your own integrity, your Coaches, your school, your teammate's needs, and not just about what's important to you in the moment. You should strive to be a positive reflection of the culmination of your knowledge, experiences, beliefs, and the training you receive. **You understand that your family, school, and coaches have entrusted you with their reputation. You accept that it is your responsibility to be an exemplary representative and agree to be faithful to yourself and those ideals.**

Civility ~ Diver will model behavior that shows genuine respect and concern for others - treating them as you would want to be treated in all areas of your life. You will further treat all persons respectfully regardless of individual differences. In addition, you will actively listen to and strive to understand others while being patient, compassionate, and sensitive.

Commitment ~ Diver agrees to keep commitments to self, coaches, teammates, parents, and teachers. You will encourage others and contribute to good morale and show team spirit. You accept the responsibility for setting a good example for teammates, younger athletes, siblings, peers, adults, fans and the community.

Character ~ Diver understands "character" is a moral and ethical code. You should continue to refine, develop, and demonstrate your beliefs, attitudes, and skills that support good moral behavior and represent the positive values promulgated by your family, school, and coaches on a daily basis. You further agree to be dependable in fulfilling obligations and commitments, to accept personal responsibility for the consequences of your actions and not to make excuses or blame others. You will be committed, persevere, and give 100% effort in all that you attempt. You will not surrender in the face of setback and will strive to learn the skills of:

**Winning with humility, faltering with dignity
while doing both with confidence and grace.**

Integrity ~ Diver shall have the courage to live your life according to the character traits you hold dear. It is said that "Integrity is what you do when nobody is looking."

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COMMUNICATION ~

Diver accepts that, in addition to private communications (phone, text, email, or post) between Diver and any number of official persons or Coach(es), the team distributes myriad emails and text messages pertaining to a variety of topics that might affect Diver(s) directly. These communications will include information regarding upcoming practices, facilities, meetings, diving meets, cancelled or added days/times/sessions, volunteerism, or fundraising events, communication with other high school coaches, college coaches, college recruiting, etc.

Diver accepts that his/her team's primary forms of communication will be via email and text. **Diver is responsible for receipt of all communications and will provide a mobile phone number to the team. Diver will also whitelist "@CALdiving.org" in Diver's "acceptable" or "approved" receipt list in Diver's email program(s).**

Diver acknowledges that the team also utilizes various online email marketing programs (MailChimp, SignUpGenius, Gmail, and GoogleDoc, etc.) to distribute information. **Diver knows that one of the first emails the team will send will be confirmation that the team has received the Diver's school clearance to participate. If this confirmation is not received by Diver within 48 hours of completing the registration process, Diver will first check their spam and junk folders, if nothing was received, Diver will text the coach to resolve these vital communication links. Diver is responsible to confirm successful and consistent receipt of any/all text, or emails sent by the team. It is incumbent upon the Diver to keep the team informed of changes to Diver's communication account(s) and to test that/those phones and/or email(s) work with all of the team's communication systems to ensure Diver receives all messages in a timely fashion.**

APPOINTMENTS ~

Diver understands that phone or in-person appointments to discuss anything related to the diver or the team may be scheduled anytime by sending an email to: hs20AppointmentRequest@CALdiving.org. Coaches and/or Administration will always be available and are interested in meeting with Diver in-person or by phone.

SPECTATING ~

Parents, family, and friends are ALWAYS welcome and ENCOURAGED to QUIETLY observe from the bleachers or other spectator areas during practice sessions and meets. Diver or anyone from diver's party, who are not participating in that session are not allowed on the actual pool deck during active sessions without the coaches' written permission. Further, diver acknowledges that any spectator being loud or distracting to any diver, coach, or administrator will be asked to contain themselves or leave the area; and agrees to do so without incident. Any immediate non-compliance will subject that diver to disciplinary procedures.

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Images and Logos on apparel at practices, meets, or when representing my school

Diver is responsible for any/all members of Diver's party. If there is any attire with inappropriate statements, images, or logos (inappropriate ~ in the sole opinion and discretion of the on-deck coach or any administration member present) ~ Diver/they will be asked to either remove or invert the offending item. Any immediate non-compliance will subject the participant-Diver to disciplinary procedures.

CHILD ABUSE and NEGLECT REPORTING ACT (CANRA) ~

CANRA was passed in 1980 and is mandated by the U.S. Department of Health and Human Services, Children's Bureau and the California Department of Social Services under California Penal Code (P.C.), sections 11164-11174.3.

All high school coaches, teachers, administrators, cleared volunteers, (et Al.) are considered and designated as Mandatory Reporter(s). As such, your coach(es), pool staff, administrators (et Al.) have the responsibility of reporting any abuse, neglect, dangerous, or illegal activities they suspect or observe to the proper authorities immediately. You are a vital link in protecting those being abused. See, hear, or suspect something, SAY SOMETHING!

PHYSICAL CONTACT WITH DIVERS ~

Diver acknowledges that in the sport of diving, there are occasions where a coach must grip or hold a diver for the diver's safety and/or to assist the diver in performing movements properly and safely. There should never be ANY intentional inappropriate contact. This goes beyond a coach guiding a diver and includes inappropriate contact between ANY individuals at, or during, any activity. This includes, but is not limited to contact among and/or between: a diver and coach, two or more divers, a diver and an adult (volunteer or other), etc. If diver has personally experienced, witnessed, or been told of such contact or abuse of any kind, at any time, or that has taken place diver will immediately report it to the coach - it is diver's responsibility to report to the best of their ability. Including the details they know about the incident IMMEDIATELY to coach!

Your Coach(es) and School have a ZERO TOLERANCE POLICY for inappropriate contact and are *Mandatory Reporters* (see above).

**This is important and simple...
IF YOU ARE UNCOMFORTABLE, OR YOU
SEE OR HEAR SOMETHING ~ SAY SOMETHING!**

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TRANSPORTATION and CARPOOLING ~

Getting to diving meets, practice sessions, and outings is an ongoing issue for many. Each school has a specific process for each adult (at least 18 years old) to be cleared as a designated driver for more than their own child. The information is on each school's website. It is YOUR RESPONSIBILITY to find and follow to completion the process by which you or your adult may become a team designated driver. Coaches and staff are not allowed to transport individuals to/from practices, local meets, or any other function. Further, that unless otherwise offered in writing by the coach for travel events or away meets, it is the diver and diver's family responsibility to be at, or arrange transportation to and from, practice(s), local meet(s), overnight meets, and/or any other team activities or gatherings.

DISCIPLINARY PROCESS ~

- 1) **Missed Practice** ~ While attendance at practice is not the focus, if you fail to inform Coach (>24 hours in advance) about missing a practice, it shall be considered an absence. After the third absence you shall be required to have a meeting with coach for counseling
- 2) **Late to Practice** ~ If you are 15 minutes (or more) late to practice you understand it will be considered as an absence even if you are there for the rest of that practice
- 3) **Disruption during a Practice or Meet** ~
 - a. First warning is verbal
 - b. Second warning is a 10 minute time-out on the deck next to Coach
 - i. At a meet, immediate removal from the meet
 - c. Third warning is dismissal from that practice
 - d. Fourth warning is dismissal from the team
 - i. Example ~ disruptive day #4, 12, 18, and 35 (4th disruption)
 1. On day 35 you are dismissed from the team
 2. These are cumulative for the season
- 4) **Un-sportsmanlike Conduct** ~ at a practice, meet, or team activity will result in immediate dismissal from the team and result in reports to the athletic directors, administration, and parents. **NO EXCEPTIONS!**
- 5) **Inappropriate or Dangerous Behavior** ~ depending on the action, consequences may include immediate dismissal from the team, and reports to the school, and/or the authorities ~ **ZERO TOLERANCE!**
- 6) **Alcohol, Drugs, Smoking, and/or Weapons** ~ immediate dismissal from the team and a report to school and authorities ~ **ZERO TOLERANCE!**

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DIVER COMMITS TO THE FOLLOWING FOR 2020 ~

- 1) **TO BE ON TIME ~ rested, nourished, hydrated, dressed, have a plan, and ready to engage in all team drills and activities with energy and enthusiasm**
- 2) **ATTENDANCE OBLIGATION ~ DIVING MEETS**
Unlike most sports, diving at the high school level has very few competition requirements. Each school only has to participate in 2 dual meets for the season (not 1-2 against every team in the league). Beyond that there is only 1 league meet for JV and 1 for Varsity. There will be several meets (Saturdays) for Varsity divers to attempt scoring certain scores to qualify for participation in the North Coast Section (NCS) meet. The top 4 girls and top 4 boys at NCS may go on to the State-CIF meet in Fresno. What this all means is that every scheduled (not optional meet) is critical to your standing and opportunity to be officially recognized as part of your school's team.
GUIDELINES
 - Miss 1 League, NCS, or CIF meet will result in a warning
 - Miss 2 League, NCS, or CIF meets will result in removal from the team
- 3) **ATTENDANCE OBLIGATION ~ PRACTICE**
 - You commit to attend all practices
 - Club Divers ~ You shall attend at least 1-day/week with your high school team
 - If only 1-day, you will attend the first practice day of the week without fail (typically Monday or Tuesday)
 - You will attend at least three days of practice with your club
 - You will have your club coach send an email or text message as verification to 925-586-0169 by noon, Friday, February 14th.
- 4) **CHALLENGE YOURSELF ~ You commit to continue challenging both your physical and mental conditioning**
- 5) **SET GOALS ~ You will write down and set challenging goals and timelines, then work diligently to achieve those goals**
- 6) **EFFORT ~ You will put forth 100% effort in everything you do**
- 7) **ATTITUDE ~ You will ALWAYS have a kind, positive, attitude and demeanor**
- 8) **SUPPORT ~ You will ALWAYS be positive and supportive of your coaches, teammates, and competitors**

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VOLUNTEER COMMITMENT (diver and family adult/parent/guardian) ~

That diver and family understand that volunteering is critical to the success of your team and commit to be part of the solution. The reality is that most volunteer positions are a lot of fun, keep you close to the action, and directly benefit your diver.

In addition to a/the adult(s) from my family participating in the volunteer program and commit to meeting our volunteer requirements, the adult/parent/guardian commit to have our child attend practices and meets as outlined above. We understand that coaches hold the athlete personally responsible for everything to do with the team and for each athlete to “adult” (at least a little). However, we accept our roll of helping our athlete to learn skills and techniques of better time management and for them to be proactive and organized in all areas of life.

SIGNATURE/ACCEPTANCE ~

We acknowledge that the/our diver is in good health, and fully able to participate in the activities, including activities which are strenuous in nature. We have read and understood our AND our diver’s commitment and the consequences related to participation as outlined herein. We further acknowledge and understand that our or our athlete’s participation in diving activities is completely voluntary and as such is not required by the school or District for course credit or for completion of graduation requirements.

Upon reviewing this document, we (diver and at least one parent/guardian) shall send a text message to coach at 925-586-0169 (stating that **“I (your name) ACCEPT AND WILL ABIDE BY ALL OF THE CAVEATS EXPRESS OR IMPLIED IN THIS RULES AND COMMITMENT LETTER”**). Then, print this page and sign/date it acknowledging that both the diver and/or as the Parent/Guardian/Adult on behalf of yourself or your minor participant(s) or for yourself (>18 years old) attest that I/we are legally eligible and authorized in the State of California to accept all terms and conditions set forth in this document for myself, and/or on behalf of, my minor(s) participating in their high school’s diving program. That my/our text message(s) and signature shall constitute, without hesitation or limitation acceptance of this posted electronic set of Rules and Commitments. Diver has thoroughly reviewed or caused to be reviewed by appropriate and competent people, the entire contents of this document, including all waivers, releases, etc. and state that s/he/they understand and accept the terms of this Agreement in their entirety, without reservations, and under no other conditions. This document sets forth any and all agreements, and supersedes all other agreements whether in writing or verbal.