

**DIVE TEAM**

**PARENTS’ HANDBOOK**

**As of May 21, 2016**

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**WELCOME**

Participating on the Crosspointe Dive Team is a fun way for your child to spend part of their summer. The Crosspointe Dive Team strives to promote self-esteem, community spirit, friendship and fun for both our divers and parents. Our team colors are white and blue. Dive team practice will start the Tuesday after Memorial Day and continue through the end of July.

As a Cruiser, your diver will:

* Discover a greater understanding of the sport of diving in a safe, positive environment
* Work with highly skilled coaches
* Learn correct body positioning & alignment
* Experience good sportsmanship
* Enjoy the camaraderie of diving with teammates

The Crosspointe Cruisers compete in the Northern Virginia Swim League (NVSL-Dive) (www.dive.mynvsl.com). There are currently 8 divisions in the NVSL, consisting of 50 teams; Division 1 is the highest division.

**CP Cruisers are in Division 2 for the 2016 season. We are competing against Pinecrest, Overlee, Lee Graham, Cardinal Hill, and Old Keene Mill.**

**2016 DIVE TEAM CONTACT INFO**

**Team Reps**

Joy Wolfe, Rep Ann Powell, Assistant Rep

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703-434-9611 (c) 703-201-5844 (c)

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**Coaches**

*Head Coach Assistant Coach*

Alex Parker Max Powell

571-287-1939 (c) 703-407-9226 (c)

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**2016 CROSSPOINTE CRUISERS DIVE TEAM SCHEDULE**

***DIVE PRACTICES (MONDAY-FRIDAY)***

DATES LOCATION TIME PURPOSE

May 31 - June 23 Glen Eagles Pool 4:30 to 5:30 p.m. - Jr and Sr High and/or

Returning divers

5:30 to 6:30 p.m. - Younger/NewDivers

**\*Come to whichever practice fits your schedule!\***

June 24 – July 29 Glen Eagles Pool 8:45 to 9:30 a.m. - Beginning Divers

9:30 to 10:30 a.m. - Returning Divers

10:30 to 11:45 a.m. -15+ and competitive

Saturday July 30 Glen Eagles Pool 9:00 to 11:00 a.m. - Divisional Practice

Aug 1- Aug 5 “All Stars” divers practice. Times TBD

***DIVE MEETS***

DATES LOCATION TIME PURPOSE

Tuesday June 28 Glen Eagles Pool 4:00 to 9:00 p.m. ‘A’ Dive Meet (vs LG)

Thursday June 30 Glen Eagles Pool 4:00 to 9:00 p.m. \*rain date

Tuesday July 5 Glen Eagles Pool 4:00 to 9:00 p.m. ‘A’ Dive Meet (vs OKM)

Thursday July 7 Glen Eagles Pool 4:00 to 9:00 p.m. \*rain date

Tuesday July 12 Pinecrest Pool 4:00 to 9:00 p.m. “A” Dive Meet

Thursday July 14 Glen Eagles Pool 4:00 to 9:00 p.m. Starburst “B” Meet

Sunday July 17 Oak Marr Pool all day/AM start Wally Martin 3M ‘A’ Meet

Tuesday July 19 Glen Eagles Pool 4:00 to 9:00 p.m. ‘A’ Dive Meet (vs OL)

Thursday July 21 Glen Eagles Pool 4:00 to 9:00 p.m. \*rain date

Sunday July 24 Springfield Pool all day/AM start Crackerjack “B” Meet

Tuesday July 26 Cardinal Hill 4:00 to 9:00 p.m. ‘A’ Dive Meet

Thursday July 28 Donaldson Run 4:00 to 9:00 p.m. “B” Meet

Sunday July 31 Overlee all day/AM start Divisional

Sunday August 7 Oakton all day/AM start All Star Meet

***PEP RALLIES & END OF SEASON PARTY***

DATES LOCATION TIME PURPOSE

Friday June 17 Glen Eagles Pool 6:00 to 8:00 p.m. Pep Rally

Friday June 24 Glen Eagles Pool 6:00 to 8:00 p.m. Pep Rally

Friday July 1 Glen Eagles Pool 6:00 to 8:00 p.m. Pep Rally

Friday July 8 Glen Eagles Pool 6:00 to 8:00 p.m. Pep Rally

## Friday July 15 Glen Eagles Pool 6:00 to 8:00 p.m. Pep Rally

Friday July 22 Glen Eagles Pool 6:00 to 8:00 p.m. Pep Rally

\*\*This last pep rally is our annual Synchro Dive Meet\*\* Don’t miss it!

Sunday July 31 Oak Chase Pool 3:00 to 9:00 p.m. End of Season Party

**VOLUNTEER COMMITMENT**

Crosspointe Dive Team is a “team” sport that includes the parents as well as the divers. Your support and involvement with the team is critical for the operation of the team. We need 100% participation from all parents to make the team run well, distribute the workload fairly, and last, but certainly not least, have fun!

The team needs each family to fulfill its family’s volunteer commitment of a minimum of 15 volunteer hours per family if diving only. If swimming and diving, the commitment is 20 volunteer hours, which may be accumulated through support of both the swim and dive program. **If this is the case, at least 3 hours needs to be with the dive team**. Families who are either unable to or who choose not to complete the full number of requisite volunteer hours will incur an end-of-season assessment of $200 either via the check you submitted with registration or via the credit card permissions provided during online registration.

It takes at least 12 officials/volunteers to run a home meet and five officials/volunteers for an away meet (in addition to pre- and post-meet work). In addition to volunteering at a meet, there are many other jobs that happen behind the scenes: collating the weekly meet ribbons, purchasing concession items and organizing the team banquet are just a few of these jobs. Please consider offering your help in these areas.

It is the volunteer’s responsibility to perform the assigned duty or to try and find a replacement if they are unable to fulfill an assigned volunteer slots. Please call the team rep with your arranged substitute’s name.

Team rosters are provided to each family to help you find substitutes.

***Trained Officials***

Judge and Referee positions require NVSL Dive training. Crosspointe encourages everyone to attend a NVSL Dive clinic in order to understand what is going on and to be able to help his or her individual diver. Clinics are held in June, and are highly beneficial. The schedule is communicated via E-mail distribution and is also available on the NVSL Dive website (http://dive.mynvsl.com/).

***Volunteer Credit for Travel Time***

Volunteer credit time is NOT awarded for travel to and from any regular or post season swim or dive meets.

Volunteer credit for travel may be accumulated for training requirements (i.e. travel to and from Judge or Referee training), as well as organized social events that require travel (i.e. beach trip chaperone, tubing trip chaperone, etc). If there are questions regarding volunteer credit for travel to select events, please address those questions with the event organizer or appropriate team representative in advance of the event.

**DIVE TEAM PRACTICES**

We realize many divers also swim. Please come to the practice that allows you the most time on the board. If you do not participate in swim, it is preferred that you come to your scheduled practice time or the session deemed most appropriate to diver skill level as assessed by the Head Dive Coach.

Practices are designed to improve technique, flexibility, air awareness, and strength. The dry-land portion of practice is imperative to learn the proper technique to perform the dives accurately and safely. Please ensure your diver is poolside and ready to start practice at the designated time of the session attended so he or she does not miss this valuable portion of practice.

Divers are encouraged to attend all practices, although this is not required. You are not required to notify the coach or team rep if you will miss practices, but it is preferred. If you will miss a scheduled competition, be absent for an extended period of time, or if you’ll be departing the program prior to the end of the season due to a planned move, vacation, or other circumstances, we ask that you inform the coach and or team rep.

No one other than registered CP Cruiser swimmers or divers (e.g. sibling) is allowed in the pool during afternoon or morning practices due to insurance purposes. Please do not interrupt a coach during practices, as the coaches’ full attention must be dedicated to the divers. If you need to communicate with a coach, write a note and put it in a coach folder, send an E-mail, or wait until practice is over.

**DIVE MEETS**

The team competes in five NVSL-scheduled Dual Meets (‘A’ Meets) on Tuesday evenings, two Crosspointe-scheduled ‘B’ Meets for divers unable to compete in Dual Meets, the Wally Martin 3 Meter and Synchro Meet, the Cracker Jack Invitational (for ‘B’ meet divers), Divisionals, and an end of season All Stars meet.

***Dual Meets*** - Each team is allowed to bring 32 divers to a dual meet without regard to gender or the number of divers in any age group. Each diver will need to complete the appropriate number of dives for their age group. The following are the age group (premised on a June 1 cutoff) requirements for divers without regard to gender:

* Freshman (10 and under) – Three dives required: must complete front dive, back dive, and an optional dive (may be a jump or line-up)
* Juniors (11 and 12) – Four dives required; must complete front dive, back dive, and two optional dives (flip, inward, reverse, or twist)
* Intermediate (13 and 14) – Five dives required: same as Juniors, but adding a third optional dive
* Senior (15 to 18) – Six dives required; front dive, back dive, inward dive, and three optional dives

NOTE: Per the discretion of the Head Dive Coach, divers may dive in an age group above their age, but divers may not dive down in a lower age group.

The top three divers in each gender age group are awarded points for their team. First place is awarded 5 points, second place is awarded 3 points, and third place is awarded 1 point. Ribbons are awarded to all participants in a dual meet.

Before each Dual Meet, the CP Head Dive Coach will determine the list of divers designated to compete and notify the team accordingly. The selections are based on each diver’s capacity to meet his or her dive requirements as well as experience and demonstrated skill to compete.

Those selected to participate in the dual meet will review their official meet sheet with the coach in advance of the meet. The meet sheet lists the diver’s name and the dives he or she will be executing. It is listed by dive number, dive name, dive position, and DD (degree of difficulty). Once the sheet is filled out, the diver must sign it.

When diving in a home meet, divers need to arrive at 3:45 p.m., with warm-ups starting promptly at 4:00 p.m. For away meets, divers need to arrive by 4:45 and be prepared to take the boards for warm-ups starting promptly at 5:00 p.m. Dual Meets typically start at 6:00 p.m., and can run as late as 9:00, depending on the number of participating divers and the pace of the meet.

***Crosspointe ‘B’ Meets*** – The Crosspointe ‘B’ Meets are intended for our new divers who either lack the requisite dives to compete in a Dual Meet or for those who are simply not yet proficient enough to compete effectively in a Dual Meet. Crosspointe typically holds two ‘B’ meets: one organized as a dual meet against another area dive club, and the Starburst Meet, which is a larger meet consisting of divers from Crosspointe and two other local area dive clubs. In addition to our two meets, divers meeting a certain criteria are able to participate in the NVSL-wide Crackerjack meet, which is the largest developmental dive meet in the world!

The timeline for warm-ups and dive meet execution for ‘B’ meets typically mirror that outlined for Dual Meets above (e.g. 4:00 p.m. warm ups for the home team, 5:00 p.m. warm ups for the away team, and a 6:00 p.m. meet start time).

As with Dual Meets, the CP Head Dive Coach will determine the list of divers to compete in each of the Crosspointe ‘B’ Meets, notify the entire team accordingly, and ensure the selected participants review and are comfortable with their dive sheets in advance of the meet.

***Wally Martin 3 Meter and Synchro Meet*** – NVSL holds one 3-meter event each season, the Wally Martin 3 Meter Meet. It is a great opportunity for those divers comfortable on 1 meter to give 3 meter a try.

As with all other meets, the CP Head Dive Coach will coordinate which Crosspointe divers are prepared to participate in this meet and ensure meet sheets are completed accordingly.

***Cracker Jack Invitational*** – The Cracker Jack is an NVSL Dive League meet held once a season and is intended only for divers with basic developing skills. All divers whose Dual Meet scores fall below the qualifying score for their age group (set forth by NVSL) are eligible to participate.

Medals are awarded for places 1 to 6; ribbons for places 7 and beyond, inclusive of the total number of divers in each age group. The Crosspointe Head coach will notify you if your diver is eligible to participate in this meet.

***Divisionals*** *–* There is a division-wide meet the Sunday after the fifth dual meet. Each team in the division may enter sixteen divers in the Division Individual Championship Meet regardless of age or gender. Divers must dive in two Dual Meets to be eligible to dive in the Division Individual Championship Meet. Divers who participate in the Cracker Jack Meet are not eligible to dive in the Division Meet occurring in the same season. Divers are selected by the Crosspointe Head Dive Coach based on points, attendance, and attitude.

***Individual All-Stars*** *–* A week following Divisionals, there will be an NVSL-wide All-Star Meet. In order to qualify for All-Stars, you must dive in the Division Individual Championship meet. For Divisions 1 and 2, divers with the highest three scores in each event are eligible for the All Star Meet. For Divisions 3 and up, Divers with the highest two scores in each event are eligible for the All Star Meet, with the third place finisher as a designated alternate.

In addition to above, divers who finish no lower than alternate in the Division Individual Championship Meet and who placed in the top eight in the All Star Meet the previous year, qualify for the All Star Meet. You may also qualify for the All Star Meet by attaining a Division Championship Meet score greater than or equal to the running average of the fifth place All Star Meet scores from the previous seasons. The fifth place scores are published in the NVSL 2015 rule book.

***NVSL Handbook***

Only a limited number of NVSL handbooks in hardcopy are available. The book is listed on the website (www.dive.mynvsl.com) The handbook contains rules and background information governing meets and NVSL procedures.

**CROSSPOINTE DIVE TEAM RECORDS**

There is a record board at the pool where all of the Crosspointe Dive Team records are posted. These records are for Crosspointe divers only and may be achieved at any regular season ‘A’ dual meet, the Divisional Meet, or at the All Star Meet (i.e. the score does not have to be achieved at the Crosspointe pool). Scores obtained during ‘B’ meets are unofficial and are ineligible for pool record consideration.

NVSL records are listed on the NVSL-Dive website and in the current NVSL handbook. League records can only be achieved at an NVSL-Dive sanctioned meet.

**GIRLS**

Angela Carguilo

**89.75**

2003

Carlin Trettelbach

**147.30**

2004

Angela Carguilo

**175.65**

2007

Carlin Tettelbach

**271.50**

2010

**DIVE GROUP**

**FRESHMEN**

**JUNIOR**

**INTERMEDIATE**

**SENIOR**

**BOYS**

Ivor Brown

**88.65**

2015

Zack Peng

**155.05**

2015

Max Powell

**206.85**

2015

Olivier Giron

**260.70**

2002

**DIVE FACTS**

**Types of Dives** – NVSL diving encompasses a wide range of dives spanning five distinct dive types, the first four of which involve rotating in directions relative to the board and starting position. The fifth includes any dive with a twist.

*Forward Dives* – The diver faces the front of the board and rotates toward the water. Dives in this group vary from the simple front dive to the difficult forward four and one half somersaults. You won’t likely see that dive, but a number of the more experienced divers will throw doubles or even two and one half somersaults. All dives in this group are one hundred series dives (e.g. a 101 dive is a forward dive, a 102 is a forward somersault, and so forth).

*Backward Dives* – All dives in the backward group begin with the diver on the end of the board with his or her back to the water. The direction of rotation is away from the board. All dives in this group are two hundred series dives (e.g. a 201 is a back dive, a 204 is a back double somersault, etc).

*Reverse Dives* – These dives begin with the diver facing the front of the board and rotating back toward the board. All dives in this group are three hundred series dives (e.g. a 301 is a reverse dive, a 303 is a reverse one and one half somersault, etc).

*Inward Dives* – The diver stands on the end of the board with his or her back to the water and rotates toward the board. All dives in this group are four hundred series dives (e.g. a 401 is an inward dive, a 402 is an inward somersault, and so forth).

*Twisting Dives* – All dives in this group are four numbers starting with a five. The second number of the dive aligns with the hundred series outlined above (i.e. if the second number is a one, it is a forward dive type with a twisting element, such as a 5111 representing a forward dive with a half twist).

**Positions** - After the dive number is the letter associated with the position. Divers use one or more of the four body positions during each dive:

*Straight* – Designated with a letter A after the dive number. 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.

*Pike* – Designated with a letter B after the dive number. 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.

*Tuck* – Designated with a letter C after the dive number. 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.

*Free* – Designated with a letter D after the dive number. Indicates the diver’s option to use any of the above three positions, or combinations thereof, when performing a twisting dive.

**Degree of Difficulty** - All dives have an assigned degree of difficulty (DD); the more difficult the dive, the higher the degree of difficulty.

***How a Dive is Judged*** - When judging a dive, the judges consider the following:

* The starting position and approach – looking for smooth and aesthetically pleasing
* The take-off – looking for bold, high, and confident, with the diver reaching and taking off from the end of the springboard
* The technique and grace in the air – looking for well-defined position, good form, and a smooth transitions in and out of the tuck, pike, or twist
* The entry into the water – looking for a vertical entry, body not twisted, legs together, feet pointed, no splash. Three feet from the board is considered ideal.

Points for a dive are awarded as follow:

* Failed dive: 0
* Unsatisfactory: ½ to 2
* Deficient: 2 ½ to 4 ½
* Satisfactory: 5 to 6 ½
* Good: 7 to 8
* Very good: 8 ½ to 9 ½
* Excellent: 10

There is a panel of five judges at dual meets. The high and low score are dropped, with the remaining three scores added and the sum multiplied by the degree of difficulty (DD) of the dive. The DD of a dive can be found in the NVSL Dive handbook or at <http://www.usadiver.com/dd_table.htm>.

**You’ll find that the majority of scores for athletes new to the sport of dive will be in the Deficient and Satisfactory range, so don’t panic if your developing diver is not pulling in 6s, 7s, or higher. Completing a dive and earning 3s, 4s, and 5s is something to celebrate as our divers grow in their talents and techniques.**

**SPORTSMANSHIP**

Dive meets are fun and exciting. One goal of the dive team is to instill good sportsmanship in all our divers and parents. The following are guidelines for both divers and parents.

***Divers***

* Divers should be present for the duration of the meet to support their teammates
* Cheer for teammates; reward a terrific dive with a round of applause no matter which team they represent
* Stay quiet while a diver is on the board
* Do not walk in front of or behind the diving board when a competitor is performing
* If you have cell phone with you during the meet, ensure it is silenced during the meet
* Keep team and spectator areas clean at both Crosspointe and other host pools
* Respect the rules of all host pools

***Parents/Spectators***

* Remember, all officials are volunteers and are doing their best
* Do not disparage the judges; remember, with five judges, both the high and low scores are thrown out
* Leave the coaching to the coaches
* Turn off or silence all cell phones during the meet
* If a diver becomes ill or is otherwise unavailable for a meet, please call/text the Team Rep or Coaches cell phone
* Enjoy yourself and have fun!

**COMMUNICATION**

Communication between coaches, divers, and parents is an important part of a successful season. Information is available via websites, E-mails, the team bulletin board, and family folders. Writing down either a note or sending an E-mail is the preferred way.

***Websites***

Crosspointe Cruisers posts valuable information throughout the season at www.cpcruisers.com.

NVSL Dive has all league information for the season: [www.dive.mynvsl.com](http://www.dive.mynvsl.com)

USA Diving is the main website for diving. To learn more about the history of diving, the rules, events going on around the country and more go to their website at [www.usadiving.org](http://www.usadiving.org).

***E-mails***

Crosspointe Team Reps and Coaches make every effort to send out emails with up-to-the-minute information. They also send out emails as soon as possible with any cancellations due to inclement weather.

***Twitter***

A Crosspointe Diving Twitter account (@CP\_Diving) was created to supplement E-mail communications and provide updates with regard to schedule adjustments, cancellations, meet delays, program updates, etc.

***Swim and Dive Team Bulletin Board***

Please check the Crosspointe Swim and Dive Team bulletin board for information updates several times each week. General information and upcoming team events are posted on the bulletin board. The board is located to your immediate right as you enter the Glen Eagles poolhouse.

***Family Folders***

Each family has a ‘family folder’ located under the Swim and Dive Team Bulletin Board. Ribbons and flyers are filed in these folders. Each Team Rep and Coach also has a folder, which can be used to leave notes or other items related to the dive or swim programs.

***Coaches***

Coaches may make announcements between practices, such as the arrival time for dive meets. Please do not approach the coaches during practices. They need to focus their attention on the divers. Please leave a note in the coach’s “folder” and they will get in touch with you after practice. Additionally, Team Reps are often available during practice to answer questions.

**SWIM SUITS & EQUIPMENT**

A Crosspointe T-Shirt is provided to each diver. Each year, other Crosspointe team accessories/spirit wear may be available for purchase.

A Sammy is a mini towels divers use to dry off. While certainly not required, you’ll see a large number of divers using them. They serve two purposes: to dry off and to keep from slipping out from dives that spin (i.e. front double). While there are multiple available sources for purchasing Sammy towels, <http://www.swimx.com/sammy.html> provides both a potential purchase option as well as further insights on the origin of the Sammy.

While there are no rules governing the style of suit that must be worn, you’ll find that most divers wear either a jammer or speedo style suit. All team members are encouraged, but not required, to purchase an official team suit.

**OTHER INFORMATION**

***Ribbons & Trophies*** – At meets, ribbons are awarded to all participants. If not presented during the meet, ribbons will be placed in the family folders no later than Friday of each week.

At our end-of-season banquet, every diver receives some form of recognition. Divers competing in their last eligible season (e.g. graduating seniors) are recognized during the last Tuesday home meet of the season.

***Pep Rallies/Spirit Events*** *–* During the season, the Swim and Dive team hold a variety of pep rallies and spirit events. These are intended for SWIMMERS and DIVERS…we are one Crosspointe team…all divers are encouraged to attend and join the fun. These also represent opportunities to earn some volunteer hours for families interested in assisting with the Pep Rallies and or organizing or chaperoning Spirit Events.

***Team Pictures*** – A professional photographer takes team and individual pictures one morning each season. Again, while not required, divers who purchased a team suit are asked to wear the team suit for the group picture. An information/order form will be placed in the family folders approximately a week before.

***Swim & Dive Awards Banquet*** – The end of year awards banquet is a fun time for all our athletes to be recognized for all their hard work throughout the season!