

**DIVE TEAM**

**PARENTS’ HANDBOOK**

**As of June 10, 2018**

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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 generally starts the Tuesday after Memorial Day and continues 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 dive technique
* 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 47 teams; Division 1 is the highest division.

**CP Cruisers are in Division 2 for the 2018 season. We are competing against Fairfax, Tuckahoe, Dunn Loring, Overlee and Arlington Forest.**

**2018 DIVE TEAM CONTACT INFO**

**Team Reps**

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**Coaches**

*Head Coach Assistant Coach*

Duane Clayton-Cox Max Powell

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**2018 CROSSPOINTE CRUISERS DIVE TEAM SCHEDULE**

***DIVE PRACTICES (MONDAY-FRIDAY)* You can come to whatever practice fits your schedule!**

DATES LOCATION TIME PURPOSE

June 4 - June 15 Glen Eagles 4:30 to 5:30 p.m. Experienced/Competitive

 Divers

 5:30 to 6:30 p.m. First Year/Beginning

 Divers

June 18 – July 27 Glen Eagles 8:45 to 9:45 a.m. First Year/Beginning

 Divers

 9:45 to 10:45 a.m. Mixed

 10:45 to 11:45 a.m. Experienced/Competitive

 Divers

July 30 – Aug 3 Glen Eagles TBD All-Stars Practice

***DIVE MEETS***

DATES LOCATION TIME PURPOSE

Tuesday June 26 Glen Eagles 4:00 to 9:00 p.m. A Meet (vs Fairfax)

Tuesday July 3 Tuckahoe 4:00 to 9:00 p.m. A Meet (vs Tuckahoe)

Tuesday July 10 Dunn Loring 4:00 to 9:00 p.m. A Meet (vs Dunn Loring)

Thursday July 12 Glen Eagles 4:00 to 8:00 p.m. B Meet (vs Fairfax Station

 and Sleepy Hollow Bath)

Sunday July 15 Oak Marr all day/AM start Wally Martin 3M Meet

Tuesday July 17 Glen Eagles 4:00 to 9:00 p.m. A Meet (vs Overlee)

Thursday July 19 Truro 4:00 to 8:00 p.m. B Meet (vs Truro)

Sunday July 22 Springfield all day/AM start Cracker Jack

Tuesday July 24 Arlington Forest 4:00 to 9:00 p.m. A meet (vs Arlington

 Forest)

Sunday July 29 Fairfax all day/AM start Divisionals

Sunday August 5 Oakton all day/AM start All-Stars

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

DATES LOCATION TIME PURPOSE

Friday June 15 Glen Eagles 5:15 to 6:00 p.m. Pep Rally

Friday June 22 Glen Eagles 6:00 to 7:00 p.m. Pep Rally

Friday June 29 Glen Eagles 6:00 to 7:00 p.m. Pep Rally

Friday July 6 Glen Eagles 6:00 to 7:00 p.m. Pep Rally

## Friday July 13 Glen Eagles 6:00 to 7:00 p.m. Pep Rally

Friday July 20 Glen Eagles 6:00 to 7:00 p.m. Pep Rally/Synchro Dive

 Meet

Sunday July 29 Glen Eagles 4:00 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 Crosspointe Cruisers volunteer policy generally requires each family to volunteer a minimum of 20 hours if that family is only a member of the dive team. If a member of both the swim and dive teams, the commitment generally is also 20 volunteer hours, which may be earned through support of both the swim and dive program. **If this is the case, at least 5 hours needs to be devoted to the dive team**. Families who are either unable to or who choose not to complete the full number of requisite volunteer hours will lose their $250 deposit paid in the beginning of the season.

The only exception to the 20 hour volunteer commitment is for families whose eldest or only swimmer is age 6 or under. For these families, the volunteer commitment is 15 hours.

It takes at least 12 officials/volunteers to run a home meet and 5 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: preparing labels for meet ribbons, purchasing concession items and organizing the end of season awards presentation 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 commitment. Please have the substitute contact the team rep.

***Trained Officials***

The NVSL holds judge and referee clinics in June of each year. Crosspointe Dive Team encourages every dive parent 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. In order to serve as a referee, the NVSL requires that you have served as a judge in at least one meet in a prior season and that you attend a referee clinic every other season. In order to serve as a judge, Crosspointe Dive Team requires that you attend a judge clinic. 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 or from any regular or post-season swim or dive meet.

Volunteer credit for travel may be earned for training requirements (i.e. travel to or 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 your diver’s 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 head dive 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 head dive coach and team rep.

No one other than registered CP Cruiser swimmers or divers (e.g. a sibling) are 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 the coach’s folder, send an e-mail, or wait until practice is over.

**DIVE MEETS**

The team competes in 5 NVSL-scheduled Dual Meets (“A” Meets) on Tuesday evenings, two Crosspointe-scheduled “B” Meets for developing divers, the Wally Martin 3 Meter and Synchro Meet, the Cracker Jack Invitational Meet (for developing divers), Divisionals, and the end-of-season All-Stars.

***Dual Meets (“A” 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 (determined based on age as of June 1) requirements for divers without regard to gender:

* Freshman (10 and under) – Three dives required: must complete front dive (or front entry), back dive (or back entry), and an optional dive (or jump, or entry if an entry has not been performed as a required dive)
* Juniors (11 and 12) – Four dives required; must complete front dive, back dive, and two optional dives (each from one of the 5 different dive groups – front, back, inward, reverse, or twist)
* Intermediate (13 and 14) – Five dives required: must complete front dive, back dive, and three optional dives (each from one of the 5 different dive groups – front, back, inward, reverse, or twist)
* Senior (15 to 18) – Six dives required; must complete front dive, back dive, inward dive, and three optional dives (each from one of the 5 different dive groups – front, back, inward, reverse, or twist)

NOTE: Per the discretion of the head dive coach, divers may dive up in the next higher age group, but divers may not dive down in a lower age group.

For dual meets, 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 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). After the sheet is filled out, the diver signs 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 and developing divers who have not yet acquired the skills to perform the dives required to compete in an “A” meet. Crosspointe typically holds two “B” meets: one organized as a dual meet against another NVSL dive team, and the Starburst meet, which is generally a larger meet consisting of divers from Crosspointe and two other NVSL dive teams. In addition to our two “B” meets, new and developing divers meeting specific scoring criteria are able to participate in the NVSL-wide Cracker Jack meet, which is the largest developmental dive meet in the world!

The “B” meet warm-up and start timelines typically mirror that outlined for “A” 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 “A” meets, the 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 diving a try.

As with all other meets, the head dive coach will determine which Crosspointe divers are prepared to participate in this meet and ensure meet sheets are completed accordingly.

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

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

***Divisionals*** *–* The Divisionals is a division-wide meet the Sunday following the fifth and final dual meet. Each team in the division may enter 16 divers in the Divisionals regardless of age or gender. Divers must dive in 2 dual meets (i.e. “A” meets) to be eligible to dive in the Divisionals. Divers who participate in the Cracker Jack meet are not eligible to dive in the Divisionals in the same season. Divers are selected by the head dive coach based on points, attendance and attitude.

***All-Stars*** *–* The All-Stars is an NVSL-wide meet held the Sunday following the Divisionals. In order to qualify for All-Stars, divers in Divisions 1 and 2 must generally place in the top 3 in the Divisionals in their respective events. For Division 3 and below, divers must generally place in the top 2 in the Divisionals in their respective events. Divers who finish no lower than first alternate place in the Divisionals qualify for All-Stars if they placed in the top 8 in the prior year All-Stars. Divers also qualify for All-Stars by attaining a score in the Divisionals greater than or equal to the running average of the fifth place All-Star scores from previous seasons, as compiled by NVSL.

***NVSL Handbook***

The NVSL dive rules are contained in the NVSL handbook, however, only a limited number of NVSL handbooks in hardcopy are available. You can find the NVSL dive rules on the NVSL Dive website ([www.dive.mynvsl.com](http://www.dive.mynvsl.com)) in the “Documents” tab in the “NVSL Dive Rules” folder.

**CROSSPOINTE DIVE TEAM RECORDS**

There is a record board at the Glen Eagles pool where all of the Crosspointe Dive Team record scores are posted. These record scores are for Crosspointe divers only and may be attained at any home or away “A” dual meet, the Divisionals or All-Stars. Scores attained at “B” meets are unofficial and are ineligible for pool record consideration.

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

**GIRLS**

Angela Carguilo

**89.75**

2003

Carlin Tettelbach

**147.30**

2004

Kyleah Harbort

**192.95**

2017

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 groups, 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 double somersaults or even two and one half somersaults. All dives in this group are 100 series dives (e.g. a 101 dive is a forward dive, a 102 is a forward somersault, and so forth).

*Back Dives* – All dives in the back 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 200 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 300 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 400 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 denoted by four numbers starting with a “5”. 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 with a twisting element, such as a 5111 representing a forward dive with a half twist). The third number denotes the number of turns (i.e. 1 is a half turn, 2 is a full somersault, 3 is a one and one half somersault, etc.). The fourth number denotes the number of twists (i.e. 1 is a half twist, 2 is a full twist, 3 is a one and one half twist, etc.).

**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 transition 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 follows:

* 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 a 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 or e-mail the team rep and coaches.
* 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, bulletin board and family folders. E-mail is the predominant method of communication. The team reps and coaches appreciate timely turnover on e-mails when a response is requested.

***Websites***

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

NVSL Dive has all league-wide 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 e-mails with up-to-the-minute information. They also send out e-mails as soon as possible with any cancellations due to inclement weather.

***Twitter***

A Crosspointe Dive Team 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 e-mail the coach or 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 shammy is a mini-towel 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 (e.g. forward double somersault). While there are various available sources for purchasing shammies, the following is a useful link: [http://springboardsandmore.com/shammies-sammys-aqua-towels/.](http://springboardsandmore.com/shammies-sammys-aqua-towels/)

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 awards banquet, every diver receives some form of recognition. Divers competing in their last eligible season (i.e. 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-season awards banquet is a fun time for all our athletes to be recognized for all their hard work throughout the season!