



2016-2017 TEAM HANDBOOK

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GENERAL TEAM INFORMATION

MISSION STATEMENT:

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

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

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

We are a highly competitive team with divers continuing on the collegiate level each year. Our team was the highest National Qualifying team in Arizona in 2016- beating out teams that have been around for more than 2 decades. Our divers continually show strength and competitiveness throughout the state, at the regional, zone, and national levels. Though we are a competitive team, we do also offer a recreational program for beginning divers who are looking for more of a lessons structure. There is room for divers of every level from very beginning to nationally ranked on our team.

COACHES

HEAD COACH- LAUREN THIEL

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

ASSISTANT COACH- JUSTINE ANDERS

Justine Anders joined EVDC in the fall of 2014. She was an accomplished gymnast and figure skater throughout her childhood when she decided to try diving for her high school. After enjoying her high school diving, she attended Iowa State University where she dove and completed her degree to become a teacher. During her time there, she received Most Improved Diver her senior year. After graduating and moving to Arizona for a teaching opportunity, Justine began diving with our team (formerly Mesa Aquatics). She competed at the Masters/Senior level and won both 1M and 3M at the Master Nationals Championships in 2012. After helping her club and college coaches with their summer camps during her time back home in the Midwest, she's very excited to continue working with our team. She is also the varsity coach at Highland High School in Gilbert, AZ. She brings a lot of competitive experience to our team and look sforward to helping grow the potential of her divers!

GUEST COACHES-

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

COACH CONTACT-

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

RECREATIONAL TEAM

Our recreational team is for beginning and lessons divers of all ages. These divers may still choose to compete at any competitions our team attends, but may not be ready for the commitment of the competitive team just yet.

WHITE (AGES 10& UNDER)

\$75 per month/ practice 2 days per week

Requirements: Competitive Blue USA Diving membership

All beginning divers aged 10 and under will begin in this group, unless otherwise notified during the tryout. Divers will work on skills and drills to build a solid foundation of diving prior to being ready to move up to the competitive team. There will be opportunities to compete locally throughout the year. Divers are encouraged to compete, but not required. Divers must have a current team suit and t-shirt to be eligible for competitions.

BLUE (AGES 11& UP)

\$100 per month/ practice 3 days per week

Requirements: Competitive Blue USA Diving membership

All beginning divers aged 11 and up will begin in this group, unless otherwise notified during the tryout. Whether a diver is looking to stay in shape for high school diving, transitioning from gymnastics/tumbling to diving, or is just brand new- they will learn all the fundamentals and skills needed for advancement. Divers looking to become competitive will be moved to the competitive team once they achieved the necessary dives. There will be opportunities to compete locally (and travel) throughout the year. Divers are encouraged to compete, but not required. Divers must have a current team suit and t-shirt to be eligible for competitions.

RECREATIONAL TEAM- POLICIES

- ❖ All divers on the recreational team will dive on a month-to-month basis, they will not need to sign any formal time commitments to the team
- ❖ Any divers wishing to terminate their membership with East Valley Dive Club will be required to give a written cancellation form with a 30 day notice
 - If your diver decides they do not wish to continue in the middle of the month, there will still be one final payment due
- ❖ ALL FAMILIES MUST HAVE A BILLING ACCOUNT ON FILE, NO EXCEPTIONS
 - You may still elect to receive monthly invoices and pay via cash/check instead of being billed automatically
 - Please see Memberships and Fees for additional information
- ❖ There are opportunities for competitions throughout the year, parents are responsible for online registrations with coaches instruction
- ❖ Divers must arrive to practice at least 5 minutes prior to the START time
 - Every day, the team warms up TOGETHER prior to getting in the water
 - Instructions on the days workout/practice is given to the GROUP at the beginning of each day
- ❖ Divers must bring tennis shoes to EVERY practice for conditioning, unless specifically told otherwise
 - We utilize the track, outside grass area, and bleachers for a lot of our conditioning sets
 - Divers will always be given time to put on tennis shoes before conditioning begins to reduce the risk of injury
- ❖ Divers must have a current membership with USA Diving to be eligible for competitions/practice
 - There are different levels of membership, please refer to the description of your child's group for specific instructions
- ❖ Parent volunteers are needed for our annual invitational in December, as well as any other competitions we host
 - There are not set volunteer hours/donations for each family, but it is expected that every family will volunteer for AT LEAST 1 spot at any team function requiring volunteers
 - If divers or their siblings are in need of volunteer hours, they may be the designated volunteer from your family
 - Any family who does not volunteer for at least one spot at our team hosted events will be charged a \$50 meet fee

COMPETITIVE TEAM

Our competitive divers are committed to practicing and competing for the duration of our season. These divers have the opportunity to travel to invitationals and represent East Valley Dive Club at the regional, zone, and national levels. Divers must have JO (Junior Olympic) lists in at least one event to be eligible for the competitive team.

SILVER (JO 1)

\$130 per month/ practices 3-4 days per week (\$160 Silver+ Platform)

Requirements: Seasonal Contract, Competitive Gold USA Diving membership, team suit, team shirt, warm up jacket

Divers on this level have a competitive JO list on 1M and are working on learning the dives necessary to gain a JO list on 3M. Once divers have demonstrated strength on the 3M, they may be invited to the platform training group. Requirements for being JO in each age group can be found on our team info page on the website.

RED (JO 2)

\$160 per month/ practice 4-5 days per week (\$185 Red + Platform)

Requirements: Seasonal Contract, Competitive Gold USA Diving membership, team suit, team shirt, warm up jacket

Divers in this group have competitive JO lists on both 1M and 3M and are working towards competing nationally, obtaining college scholarships, and training platform diving. Divers must be at least 10 years old to be moved into this training group.

ELITE/NATIONAL TEAM

\$200 per month/ practice 5-6 days per week

Requirements: Seasonal Contract, Competitive Gold USA Diving membership, team suit, team shirt, warm up jacket

Divers in this group are training senior level dive lists or have qualified and competed nationally. These divers will train platform and are working towards college scholarships. Divers are committed to competing all year long.

COMPETITIVE TEAM- POLICIES

- ❖ All divers on the competitive team will need to sign a seasonal commitment to practice and compete for EVDC from September 2016 to August 2017
- ❖ Any divers wishing to terminate their membership with East Valley Dive Club will be required to give a written cancellation form with a 30 day notice
 - Divers terminating their contract early will be required to pay out the remainder of the season, as well as the full team fee
- ❖ ALL FAMILIES MUST HAVE A BILLING ACCOUNT ON FILE, NO EXCEPTIONS
 - You may still elect to receive monthly invoices and pay via cash/check instead of being billed automatically
 - Please see Memberships and Fees for additional information
- ❖ There are opportunities for competitions throughout the year, parents are responsible for online registrations with coaches instruction
 - Competitive team divers are REQUIRED to participate in our host invitational, State Championship, and Regional dive meets
 - Competitive team divers will be charged a \$100 fee if they do not attend a required meet
- ❖ Divers must arrive to practice at least 5 minutes prior to the START time
 - Every day, the team warms up TOGETHER prior to getting in the water
 - Instructions on the days workout/practice is given to the GROUP at the beginning of each day
- ❖ Divers must bring tennis shoes to EVERY practice for conditioning, unless specifically told otherwise
 - We utilize the track, outside grass area, and bleachers for a lot of our conditioning sets
 - Divers will always be given time to put on tennis shoes before conditioning begins to reduce the risk of injury
- ❖ Divers must have a current membership with USA Diving to be eligible for competitions/practice
 - There are different levels of membership, please refer to the description of your child's group for specific instructions
- ❖ Parent volunteers are needed for our annual invitational in December, as well as any other competitions we host
 - There are not set volunteer hours/donations for each family, but it is expected that every family will volunteer for AT LEAST 1 spot at any team function requiring volunteers
 - If divers or their siblings are in need of volunteer hours, they may be the designated volunteer from your family
 - Any family who does not volunteer for at least one spot at our team hosted events will be charged a \$50 meet fee

MEMBERSHIPS

TEAM MEMBERSHIP

Monthly Dues + \$200 team fee per year (team fee into a biannual \$100 in September and April; first payment due at registration for new divers)

Registering your athlete to be a part of East Valley Dive Club activates your membership with the team. All memberships for divers on the competitive team are for September 2016 through August 2017. If any divers are moved from the recreational team to the competitive team, they will need to update their membership and sign a commitment to finish the season. Memberships for divers on the recreational team are on a month-to-month basis. To cancel any membership, a 30 day written notice must be received by the head coach.

If you wish to cancel your membership prior to the seasonal commitment, you will be required to pay out the remainder of your season as well as all applicable team fees.

USA DIVING

All divers are REQUIRED to maintain a current membership with USA Diving. These memberships cover all the liability and insurances for divers to practice and compete. Please visit www.usadiving.org to register or renew all memberships. The memberships are valid September through August and must be renewed each year.

COMPETITIONS

Our team attends competitions approximately once per month starting in October. Some meets are invitationals open to everyone, some meets are only for JO divers. All divers will compete in 1M, 3M, and platform when it is offered. Competition intent forms MUST be submitted by one week prior to EVERY competition on our calendar- if no intent form is received, you will be billed for the coaches fee for that competition.

HOW MEETS WORK:

(please refer to our team calendar, as well as competition schedule on our website for dates/locations)

- ❖ Once you receive confirmation that we are attending a meet, you will need to register your diver for their events online prior to the registration deadline
- ❖ Dive lists for all divers can be found on our website, with full event names to assist in the registration process
- ❖ All meet registrations are done through www.divemeets.com (you can register for a free profile at any time)
 - Divemeets also keeps records of all scores/meets your diver attends
- ❖ You will need to enter your divers events and dive numbers in the order they appear
 - All divers compete 1M and 3M at all competitions (unless otherwise specified)
- ❖ There is a coach's fee for every competition due one week prior to the start date
 - \$30 local invitational
 - \$45 travel invitational
 - \$75 Regionals
 - \$100 Zones
 - \$150 + Nationals fee (additional cost of coaches travel will be split between attending families)
- ❖ An intent to compete form is due at least one week prior to events and can be found on the competitions page of our website
 - This helps our coaches plan ahead of time for how many coaches need to attend, practices needing to be canceled, etc
 - If you do not submit your form, you will be billed to coaches fee regardless of attendance
- ❖ Divers are competing for the TEAM at every invitational, though everyone competes individually they will score points for our team
 - We give awards at the end of every season for Most Valuable, Most Improved, Rookie of the Year, and a Coaches Award using competition scores/places/points as reference

PARENT/ATHLETE EXPECTATIONS

ATHLETES

- ❖ Be on time (athletes need to arrive to practice at least 5 minutes early to be ready to begin TEAM warm ups on time)
- ❖ Be prepared with all required equipment
- ❖ Have a positive attitude
- ❖ Come to practice with daily goals in mind
- ❖ Always show respect to coaches, parents, and teammates
- ❖ Communicate with coaches

PARENTS

- ❖ Communicate with coaches any questions, comments, and concerns before or after practices; never during
- ❖ Always offer positive encouragement to your athlete- they receive all coaching and criticisms for their diving from their coaches, they do not need any additional from outside forces
- ❖ Allow coaches to do ALL the coaching

Coaches will provide a safe learning environment for all divers in our program. All practices are structured to insure that every diver is working towards their goals. Divers have goals posted inside the classroom to show what dives we are working on. If you have a question about your divers progress, please request a meeting with your coach.