

**NEBRASKA DIVING CLUB
INFORMATION PACKET
2019-2020**

COACHING STAFF

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WEB SITE

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WEB SITE COORDINATOR

Ann Neal

THE VISION of NDC is to be the critical factor in the success of every diver in the State of Nebraska.

OUR MISSION is for every diver to reach their maximum potential through a combination of effective coaching, inspired effort, and supportive family culture.

NDC strives to provide instruction for young athletes to learn to dive to the best of their ability through the use of strength and conditioning activities and training on diving boards and platforms. Our program is designed to teach the art of diving while incorporating time management, goal setting, self-discipline and team building skills in the safest possible environment.

On the following pages you will find the following information:

General Club Information

NDC Programs and Fee Structure

Registration/Release Form (**to be signed and returned**)

Code of Conduct (**to be signed and returned with Registration**)

Travel Team Code of Conduct (**to be signed and returned with Registration**)

Participant Waiver/Emergency Medical Form (**to be signed and returned with Registration**)

DIVING AFFILIATIONS

There are two national diving affiliations which sanction diving meets, USA Diving and the Amateur Athletic Union (AAU). Membership with USA Diving is required for a diver to practice with NDC and compete in most meets. There may be meets which require your diver to also be a member of AAU.

NDC uses an on-line service (divemeets.com) which electronically manages live competitions and provides a detailed history of your diver's past competitions, as well as being able to look up other divers' past competitions, throughout the country. Most registrations for the meets we will attend will be registered through divemeets.com. Details on joining and using this software program will be provided by the coaching staff and/or Parent Representatives.

DIVING LEVELS

Our program consists of four levels:

Learn-To-Dive

Jr. Elite

High School Prep (HSP)

Junior Olympic Squad (JOS)

Learn to Dive: The Learn-To-Dive program is structured to develop physical skills and to teach basic diving technique.

Junior Elite: This program is for divers who have demonstrated satisfactory achievement of physical skills and the proper training attitude at the Learn to Dive level. Junior Elite divers are encouraged to participate in competitions in Novice level competitions and may be eligible, based on skill level, to compete at the Junior Olympic (JO) level. Advancement to the Junior Elite level will occur at the invitation from the coaching staff. Year-round commitment to training is mandatory.

High School Prep: This program is for divers, of any age, who are preparing for high school diving and choose to train, during various times of the year, such as during the high school diving season or during the summer months, but chose not to participate in the year-round program.

Junior Olympic Squad: This program is for divers who have demonstrated a commitment to competing at regional, national, and international meets and have demonstrated success at national level competition. Advancement to the Junior Olympic Squad level will occur at the invitation from the coaching staff. Year-around commitment to training is mandatory.

Training schedules, monthly fees, and Annual Membership Fees are specific to each level.

The coaching staff will communicate with parents regarding the level at which your athlete will train, based upon your child's skill levels, training attitude, and commitment to the sport. If a diver continually fails to complete practices (does not attempt dives they are able/asked to do, does not follow coaches instructions, or does not demonstrate respect for coaches, etc.) that diver may be asked to return to a prior level, in order to work on and reestablish basic skills, before being allowed to return to the higher level on the team. If this situation arises, coaches will communicate their concerns with the diver's parents.

We believe that being a member of the Nebraska Diving Club program is a privilege and an honor. We provide the following information to assist you and your child in reaching their highest possible potential with our club. Club membership, placement, and grouping are at the sole discretion of the coaching staff. The coaching staff has the full discretion to accept or reject the application of any athlete for membership.

TRAINING SESSIONS

Training is the most important facet of the Nebraska Diving Club program. Competition is the ultimate assessment of a diver's progress and an emphasis is rightfully placed on success at competitions, however, it is at practice is where the diver's values, potential, and foundation for success is established.

Our program is available on a year-round basis, and all club members are expected to train on days and

times, as agreed to between the coaches and parents. Divers are able to participate in additional training sessions throughout the year, at the discretion of the coaching staff. Periodic changes to the agreed-upon schedule may be pre-arranged with the coaching staff.

Please try to attend every training session from beginning to end. Tardiness, early dismissal, and absences can be disruptive to the other athletes. If your child is unable to attend practice due to illness or other legitimate reasons, please contact the coach, if possible, prior to the scheduled practice. This will allow us to make changes as needed to your child's training routine.

The Nebraska Diving Club web site (nebraskadivingclub.com) has a calendar showing scheduled practice times and other information, such as upcoming meets or changes in practice schedules.

There are times when the Head Coach may be away at diving competitions. Those divers who are not participating in the competition will continue to train with another NDC coach. If there is not another coach available, no practice will be scheduled. There may be occasions when there are changes in pre-determined training schedules. On those occasions, we will communicate those changes as far in advance as possible. We are not able to provide for make-ups for missed or canceled practice sessions.

Support your coaching staff, teammates, and the NDC program. Working together for the benefit of all is an important part of team spirit. Keep these things in mind for every practice:

- Athletes must give coaches their full attention, follow directions, be safe, and be prepared to dive when it is their turn.
- Athletes must be respectful to the coaching staff and teammates.
- The coach has a responsibility to discipline/re-direct a diver while at practice, but primary discipline remains with the parents. Ongoing behavioral concerns will be communicated with a diver's parent.
- There has NEVER been a diver that has not "smacked" or "crashed" while diving. It is an unfortunate part of our beautiful sport. Refusing to try dives or skills is unacceptable. Our coaching staff will not ask a diver to attempt a dive or skill that is beyond their ability.
- Please make sure your athlete brings the following to each training session:
 - A positive, team-oriented attitude
 - Shorts and t-shirt
 - Shoes and socks
 - Swim suit – worn to practice
 - Towel
 - Water Bottle (inexpensive one please – they get left behind/lost easily)
- Younger divers must come to practice with their suits on and having used the restroom. **Coaching staff cannot help young divers change clothes or escort them to the restroom during practice time.**
- Younger divers must have a parent/guardian available for pick up at the end of practice. Coaching staff cannot supervise divers before or after practice times.

COMMUNICATION

Parents who wish to watch their children during training sessions must sit in the main grandstand on the south side of the pool. Our intention is to provide the best possible training and learning environment. Experience has proven that divers and coaches focus better at practice if the deck area remains clear of spectators.

Parents are asked to refrain from talking to the coaches or divers during the training sessions, due to safety concerns and as to not interrupt practice. Parent/coach conferences are welcomed and can be arranged in advance, by appointment.

The primary contact for the coaching staff is Kris Hoffman. E-mail/text correspondence with Kris is preferred over phone calls. E-mail correspondence should be used to discuss concerns, ask questions, or to arrange for a coaches meeting. Please make sure your e-mail address is on the Registration/Release form. Kris' email address is k.k.hoffman@hotmail.com. His phone is 402-450-2402.

VOLUNTEERING

The Nebraska Diving Club staff and parents work together to make Intrasquads, meets, get-togethers, and fundraising activities successful throughout the year. Parents and divers are asked to participate in planned activities in order to promote team unity and give NDC members an opportunity to get to know one another.

COMPETITIONS AND INTRASQUADS/SKILLS CHALLENGES

Tentative Meet Schedule for Junior Olympic Squad – 2019-2020

All Star Invitational – Orlando, Florida – February 2020

Kansas Invitational(s) – Lawrence, Kansas - TBD

All Star Challenge – College Station, Texas – March 2020

Regionals – TBA – April 2020

Zones – TBA – June 2020

Junior Nationals – San Antonio, Texas – August 2020

We will also plan Intrasquad Meets and/or Skills Challenges for the Learn to Dive, High School Prep, and Junior Elite Team as possible, depending on scheduling and availability of the Devaney pool.

NEBRASKA DIVING CLUB

Nebraska Diving Club athletes are required to abide by the Practice Policies and Behavior Expectations, Rules and Regulations, and Travel Team Code of Conduct. The following documents must be signed by a parent and athlete as a condition of program participation.

PRACTICE POLICIES & BEHAVIORAL EXPECTATIONS/RULES AND REGULATIONS

All scheduled practices/meets must be attended unless arrangements are made in advance with the coaching staff. A member of the Nebraska Diving Club team may not participate in any training session or competition without the prior approval of the Head Coach.

Profanity and/or derogatory remarks during training and/or at competitions are not permitted. Use of unacceptable language will result in immediate dismissal from that day's training or competition. Repeated use will result in suspension or dismissal from the team.

Use of alcoholic beverages or any drugs, in the training or competition environments (other than those prescribed by physician or approved by a parent/coach) is not permitted, and will result in suspension or dismissal from the team.

The coaching staff selects team suits and warm-up apparel with family economics in mind. All divers participating in diving competitions are required to wear team apparel to local and away meets, as well as at opening ceremonies and during award presentations.

Club membership can be terminated at the discretion of the coaches for:

- Failure of divers or parents to support Nebraska Diving Club in a positive manner
- Failure to pay coaching fees and/or other required fees
- Failure to follow any portion of this Membership Agreement
- Actions considered by the staff to be detrimental to the club
- Continual lack of attendance at training sessions
- Continual failure by an athlete to complete practice sessions as instructed by the coach

TRAVEL TEAM CODE OF CONDUCT

The purpose of this Travel Team Code of Conduct is to promote the best individual and team performance, assure your child's safety and well-being, and to promote a favorable image of the Nebraska Diving Club as ambassadors of our sport.

The coaching staff will provide advance meet schedule information. Using that information, parents must arrange for their diver to be at the meet site at the scheduled time for practices and competition. Parents and/or divers are responsible for completing their diver's entry forms and paying meet fees. Coaching staff will answer questions with regard to completing entry forms or signing up for meets.

We understand it is not always possible for parents to accompany their athlete while traveling. Each diver must be accompanied by a responsible adult, at all times, and club members are encouraged to make arrangements with other club parents to act as guardian for their child. At competitions requiring overnight lodging, club athletes are required to stay with a parent or an adult accepting responsibility for the diver. The arrangement and cost of transportation, meals, and lodging are the sole responsibility of the parent or guardian of the diver.

The coaching staff is responsible for club divers only while they are coaching on the pool deck. Additional rules may be provided by the coaching staff for certain meets.

OFF-SITE TRAINING

There may be occasions when the coaching staff invites individual divers to attend an off-site training with supervision only by coaching staff. These opportunities are designed to enhance the performance and skills of divers of various levels or age groups. Divers and their parents will accept all responsibilities associated with these opportunities and understand that the diver's behavior reflects the standards of conduct of the Nebraska Diving Club. Curfews will be established for each trip by the coaching staff and divers must be in their assigned room at the designated curfew time. No one except the assigned roommates will be allowed in the room after curfew time. Indiscreet, destructive, disrespectful or other behavior considered to be detrimental to the Club will not be tolerated.

Violations of the Code of Conduct may result in one or all of the following:

- The diver may be withdrawn from the competition or off-site training.
- The diver may be sent home at his/her expense.
- The diver may lose all club privileges, including travel to future away meets.
- The diver may be placed on probation, suspended from the club, or dismissed for a period of time depending on the severity of the club rule infraction.

PARENTS/GUARDIANS: We request you take the time to review the Code of Conduct with your athlete and to fully explain the responsibilities associated with the privilege of overnight travel. Traveling and competing with your teammates can be a wonderful experience. These rules are in place to insure that trips are safe, successful and enjoyable for everyone.

WE HAVE READ AND UNDERSTAND THE ABOVE CLUB POLICIES AND BEHAVIOR REQUIREMENTS, RULES AND REGULATIONS, AS WELL AS THE CODE OF CONDUCT AND AGREE TO ABIDE BY THESE POLICIES.

Parent/Guardian Signature _____ Date _____

Athlete Signature _____ Date _____

MEMBERSHIP AGREEMENT

This agreement shall be in effect from the date signed through August 31st the following year. Those applying for and signing this Membership Agreement agree to be bound by the rules and regulations, fee schedules, and late charges in effect or as amended, for the term of this agreement.

Monthly coaching fees are due on the 1st of each month. Please have your diver bring payments to one of the coaches on the deck, on or before the 1st. It is very difficult to keep track of payments that come in several weeks late or are “doubled up” from the previous month. Payments not received by the 5th of the month will be subject to a late fee of \$10.00 which will be added on the 6th day of the month. **Any athlete whose monthly training fee is 10 or more days delinquent will not be permitted to train or compete.**

JSO Divers: Monthly coaching fees are based on an annual figure. Fees are not pro-rated and no credit will be issued if a diver misses a practice session or if the coaching staff schedules a break in the training schedule. Your position as a JSO member, in the same training group/time, will be reserved as long as you are current with your fees. In the event that coaching fees are not received, your spot will be made available to other divers. This policy will be enforced except in the event of a prolonged illness or injury, which will be addressed on an individual basis.

ANNUAL MEMBERSHIP FEE

An Annual Membership Fee is due from each club member on September 1st of each year. This fee will be paid upon joining, or re-joining, the club any time during the year. Those divers who join the club mid-year will pay their Membership Fee in full (fee will not be pro-rated), and will pay the subsequent Annual Membership Fee each September 1st, upon re-signing the contract. The Membership Fee covers NDC membership and NDC administrative costs for the year.

TRAVEL EXPENSES AND COACHING FEES

Prior to traveling to an away meet, the coaching staff will provide the coaches cost of travel, meals, and lodging to the athlete’s parents. The cost will then be equally divided among the divers who are *participating or qualified for the meet*. You will be notified of the due date for this payment. Failure to provide full payment by the due date may result in the diver being removed from the competition and any fees that have been paid will not be refunded. Coaching fees are in addition to expenses for the coaches travel, lodging, and meals. When NDC hosts a meet there will be no additional coaching fees. Coaching fees for away meets are as follows:

One day meet:	\$30.00 per diver
Two day meet:	\$60.00 per diver
Three or more day meet:	\$80.00 per diver

NDC COACHING FEES

The coaching staff will communicate individually with parents regarding the diver's level. Jr. Elite and JSO divers are required to commit to year-round training and competition.

Monthly coaching fees are due on the 1st day of each month. The Annual Membership Fee is due by September 1st of each year.

Fee Structure: September 01, 2019 –August 31, 2020

Learn-to-Dive - 75 minute training sessions		
Monthly Training Fee:	1 time per week	\$75.00
	2 times per week	\$100.00
Annual Membership Fee:		\$50.00

Junior Elite - 2 hour training sessions		
Monthly Training Fee:	3 to 4 times per week	\$200.00
Annual Membership Fee:		\$100.00

High School Prep - 2 hours training sessions		
Monthly Training Fee:	1 to 2 times per week	\$175.00
	3 to 4 times per week	\$225.00
Annual Membership Fee:		\$125.00

Junior Olympic Squad: - 3 hour training sessions		
Monthly Training Fee:	Minimum of 5 days per week (Includes a minimum of 1 belt spotting per week)	\$400.00
Annual Membership Fee:		\$175.00

Weight Training: **JOS** divers are required to participate in a minimum of two weight training sessions per week @ \$10.00 per session. Divers who are not on the JOS may also be able to participate in weight training and need to speak to the coaching staff.

Additional Belt Spotting – 15 minute sessions are available on Saturdays and can be arranged with Kris @ \$25.00 per session.

Private lessons are available as pre-arranged with the coaching staff at the rate of \$50.00 for one hour. The fee for semi-private lessons (2 divers) is \$30.00 per diver for one hour.

REGISTRATION FORM/RELEASE AND WAIVER FORM

We, the parents/legal guardians of _____ hereby give our permission for him/her to participate in the Nebraska Diving Club. We agree to release and forever discharge the Nebraska Diving Club, Bob Devaney Sports Center, its officers and employees from any and all liabilities, demands of claims for loss or damage resulting from any injury or damage which may be sustained on account of his/her participate in this program or use of the facilities involved. We understand that the coaches are to have full control of all practice sessions as well as all competitions, and any complaints should be directed first to the coaches.

The Nebraska Diving Club offers classes and programs on a limited basis. There are certain risks inherent in the use of equipment and/or participation in certain programs, which you should consider before you begin such activities. As a participant in these classes and programs, the undersigned on behalf of our minor dependents and us (collectively, "our") understand that participation can involve physical activity which could result in injury. The undersigned also understand that use of the facilities is exclusively limited to the area(s) in which the class or program is conducted and that use will be strictly under staff supervision. For, and in condition of the Nebraska Diving Club sponsoring these classes and programs, and the Bob Devaney Sports Center allowing use of its facilities for this program, and with the understanding of the risks involved in our participation, the undersigned on behalf of ourselves, our dependents and heir agree to release and forever discharge the Nebraska Diving Club, University of Nebraska's Board of Regents, and the Bob Devaney Sports Center, their officers, directors, employees and contractors and agents from any and all liabilities, demands or claim for loss or damage resulting from an injury or damage which may be sustained on account of participation in these classes or programs, or use of facilities.

Parent/Guardian: (Print) _____

Diver's Name: _____ Date of Birth: _____

Address: _____

Home Phone: _____ Work Phone: _____ Cell: _____

Primary e-mail Address: _____

Secondary e-mail Address: _____

Parent/Guardian Signature: _____ Date: _____

EMERGENCY MEDICAL FORM

I, the undersigned parent/legal guardian of _____ (“Participant”) do hereby authorize and consent to Nebraska Diving Club (“Authorized Party”) obtaining for the Participant any x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital or emergency room care facility (“Medical Facility”) care to be rendered to the participant under or special supervision of any member of the medical staff and emergency room staff licensed under the provisions of the Medical Practice Act or a dentist licensed under the provisions of the Dental Practice and on the staff of any acute general hospital holding a current license to operate a hospital from the State of Nebraska Department of Public Health. It is understood that this authorization is given in advance of any specific diagnosis, treatment of Medical Facility care being required and, except as expressly limited below, is given to provide authority and power to render care which a Physician and Surgeon or Dentist in the exercise of his/her best judgement may deem advisable. It is understood that effort shall be made to the above treatment will not be withheld if the undersigned cannot be reached. If the Authorized Party is a corporation, this authorization shall include any officer, director or employee of said corporation or its affiliates. It is further understood that (we), the undersigned, are responsible for all charges for the above-mentioned diagnosis, treatment or hospital care.

Limitations (if any): _____

Date of Birth: _____ Date of Last Tetanus Booster: _____

Father’s Name: _____ Employer: _____

Mother’s Name: _____ Employer: _____

Home Phone: _____ Cell Phone(s): _____

Physician or Christian Practitioner: _____ Phone: _____

Known allergies to medications or foods: _____

Insurance Carrier: _____ Policy Number: _____

This consent shall remain in effect until: _____

Parent/Guardian Signature: _____ Date: _____

General Photo Release/Authorization

I hereby authorize the Nebraska Diving Club hereafter referred to as "Company," to publish photographs taken of my child (name) _____, including my child's name and likeness, beginning on (date) _____, until I revoke this authorization or for one (1) calendar year, for use in the Company's print, online and video-based marketing materials, as well as other Company publications.

I hereby release and hold harmless the Company from any reasonable expectation of privacy or confidentiality associated with the images specified above.

I further acknowledge that my participation is voluntary and that I will not receive financial compensation of any type associated with the taking or publication of any photographs or participation in company marketing materials or other Company publications. I acknowledge and agree that publication of said photos confers no rights of ownership or royalties whatsoever.

I hereby release the Company, its contractors, its employees, and any third parties involved in the creation or publication of marketing materials, from liability for any claims by me or any third party in connection with my participation.

Authorization:

Parent/Guardian Name: _____

Signature: _____ Date: _____