



Registration Part 1: Diver Information

Please complete, print, sign and return all pages to Head Coach, Mary Ellen Clark at time of first practice.
Diver participation is contingent upon completion of entire registration process!

Diver Name _____

Birth Date _____ Age _____

AAU/USD _____

Parent Name _____

Address _____

City/State/Zip _____

Cell Phone _____

Home Phone _____

Email(s) _____

How did you hear about ZAP? _____

I am registering for (check one): ZAP Team ZAP Lessons

Team & Lesson Fees

TEAM MEMBERSHIP - \$350/month

Team membership is by invitation only and entitles diver to an unlimited number of 2-hour practices per month.

LESSON MEMBERSHIP - \$300/month

Entitles diver to six (2-hour) lessons per month.

* Missed monthly lessons **may not** be carried over to the following month.

**10% off lesson and team fees for second family member.

DROP-IN RATE - \$75/practice

NEW MEMBERS MAY SUBMIT FORMS AND FEES AT FIRST PRACTICE. EXISTING MEMBERS MUST SUBMIT FEES BY MAIL TO BE RECEIVED BY THE 1ST OF EVERY MONTH (PAYABLE TO ZAP DIVING). A LATE FEE OF \$25 WILL BE ASSESSED AFTER THE 5TH OF THE MONTH. NO REFUNDS.

MAIL TO: ZAP Diving c/o Mary Ellen Clark
7 Forbes St.
Westborough, MA 01581

Team & Lesson Schedule

MONDAY, TUESDAY, WEDNESDAY, THURSDAY

Atkinson Pool
Sudbury Park & Rec Center
40 Fairbank Rd., Sudbury

4:15 *Arrival*
4:30 - 5:00 *Dryland/Conditioning/Stretch*
5:00 - 6:30 *Dive Pool*

SUNDAY

Dana Athletic Center
Bentley University
450 Beaver St., Waltham

3:15 *Arrival*
3:30 - 4:00 *Dryland/Conditioning/Stretch*
4:00 - 5:30 *Dive Pool*



Registration Part 2: Diver Agreement Contract

Please complete, print, sign and return all pages to Head Coach, Mary Ellen Clark at time of first practice. Diver participation is contingent upon completion of entire registration process!

Our mission is to positively enhance the lives and character of our members through the sport of diving. We are committed to helping children feel good about themselves, fulfill their own goals toward personal excellence, and to instill pride in the company they keep! Each and every ZAP diver is an integral part of a unified program that supports its athletes wherever they may be within their athletic and personal development — Lesson and Team divers differ only in their level of experience and degree of commitment:

ZAP Team Divers:

- have been placed on the team by invitation only;
- may attend unlimited practices within the month;
- strive to excel individually, but progress collectively;
- commit their time and energy through June, or if qualified, through July Championships and Olympic Dreams Clinic summer clinic;
- compete in all meets to which they are invited based on readiness;
- commit to the team goals and support the team effort at home and away meets;
- compete for themselves and for the team;
- support each other in practices and meets and are supportive of our up-and-coming lesson divers;
- maintain a positive attitude and exemplary sportsmanship with one another and with fellow divers in various programs during practice and competitions;
- represent themselves and their team, families, communities, and schools with class, respect, and sportsmanlike conduct at all times.

ZAP Lesson Divers:

- are interested in learning the basics of the sport of diving in a safe and fun environment;
- practice with the Team! This enhances their experience as the team divers provide in-house “role models” for them to learn from and emulate
- are interested in diving on a monthly basis;
- support others’ development with a positive attitude;
- respect their team, pool environment, and coaches;
- are not expected to compete in competitions, but are always encouraged to dive in novice events at our home/away meets based on readiness and interest;
- may be invited to join the team following a series of lessons and additional considerations by the coach, diver, and parents.



Registration Part 2: Diver Agreement Contract *Continued*

Please complete, print, sign and return all pages to Head Coach, Mary Ellen Clark at time of first practice.
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ZAP Policies

1. YOU ARE RESPONSIBLE FOR YOUR MONTHLY DIVING AND FINANCIAL OBLIGATIONS – NO REFUNDS. Monthly program fees are owed even when a diver is unable to attend due to injury, illness, family vacations, etc. Registered divers who dive for their high schools or who elect to participate in other high school sports during the ZAP season remain obligated to pay their monthly program fee. AS A COURTESY TO REGISTERED ZAP DIVERS COMPETING FOR THEIR HIGH SCHOOL SWIMMING & DIVING TEAMS, ZAP WILL EXTEND A 2-MONTH REDUCED MONTHLY MEMBERSHIP RATE OF \$250 *WHILE TEAMS ARE IN SEASON*. TO RECEIVE THIS BENEFIT, THE PARENT/DIVER MUST COMPLETE AND SUBMIT OUR *HIGH SCHOOL SWIMMING & DIVING TEAM FORM* (see page 4 of this packet). As always, it is the responsibility of the diver to work practices into his or her personal schedule as time permits.
2. NO “REVOLVING-DOOR” POLICY. Should a team diver opt to quit or leave for an extended period, his or her reentry is at the sole discretion of the head coach and will be determined through a process including a) a one-on-one, in-person conversation with the coach regarding team commitment; b) payment of past unpaid dues; c) resolution of communication issues; and d) assessment of team slot availability.
3. TEAM MEET FEES APPLY AS FOLLOWS:
 - \$40 per diver to cover coaching at a 1-day AWAY meet, and \$20 for home ZAP-hosted meets
 - \$60 per diver to cover coaching at a 2-day event
 - \$100 per diver for Regional and Zone competitions
 - \$200 per diver for National competitions
 - Additional fees may be assessed to cover expenses for coach’s lodging, transportation, and meals for away meets. These expenses are distributed evenly among all divers attending the meet. All team meet fees and coach’s expenses are due within ONE week after the competition.

I understand and agree to the policies and fee structure set forth in the *ZAP Diver Agreement Contract* for:

ZAP Team ZAP Lessons

Parent’s Name _____

Diver’s Name _____ Age _____

Today’s Date _____



Registration Part 3: High School Swimming & Diving Team Form

HIGH SCHOOL-AGED DIVERS ONLY: Please complete, print, sign and return all pages to Head Coach, Mary Ellen Clark at time of first practice. Diver participation is contingent upon completion of entire registration process!

ZAP Diving believes that competing for your high school team can be an invaluable experience! Just as we hold our divers to a very high standard of commitment to *our own* program, we likewise respect and support your commitment to your high school team. For this reason, *registered ZAP divers competing for their High School Swimming & Diving Teams may receive a 2-month reduced monthly membership rate of \$250 while teams are in season.* During this period, all terms of regular ZAP Team membership remain applicable. As always, it is the responsibility of the diver to work practices into his or her personal schedule as time permits.

Below, please indicate the dates of your high school season. 2-month membership discount period must begin on the first day of any given month.

Team name and season dates _____

Requested 2-month discount period (beginning on the first of the month) _____

Parent's Name _____

Diver's Name _____

Today's Date _____



Registration Part 4: Pool Release

*Please complete, print, sign and return all pages to Head Coach, Mary Ellen Clark at time of first practice.
Diver participation is contingent upon completion of entire registration process!*

Pool Release Form

In consideration of my acceptance of this application, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damage I may have against ZAP Diving or its coaches, Atkinson Pool, Bentley University, or any other facility ZAP uses, and the NE Association of USA Diving and/or the AAU, as well as their agents, representatives, successors and assignees, for any and all damages suffered by me in or during ZAP diving lessons activities. I have been cleared by my doctor to participate in any and all athletic activities. I have notified the instructor of any physical restrictions or past injuries.

Parent's Name _____

Diver's Name _____

Today's Date _____

Registration Part 5: Payment

*Please complete, print, sign and return all pages to Head Coach, Mary Ellen Clark at time of first practice.
Diver participation is contingent upon completion of entire registration process!*

Thank you for your interest in ZAP Diving and for your careful completion of our registration packet. Please be sure to review your forms for accuracy.

New members may submit forms and checks (payable to ZAP Diving) in person at first practice.

THEREAFTER, TEAM & LESSON FEES SHALL BE SUBMITTED BY MAIL AND MUST BE RECEIVED BY THE 1ST OF EVERY MONTH (PAYABLE TO ZAP DIVING) AND A LATE FEE OF \$25 WILL BE ASSESSED AFTER THE 5TH OF THE MONTH. NO REFUNDS. PLEASE MAIL TO:

**ZAP Diving c/o Mary Ellen Clark
7 Forbes St.
Westborough, MA 01581**

AGAIN, DIVER PARTICIPATION IS STRICTLY PROHIBITED UNTIL ALL FORMS, PAYMENTS, AAU MEMBERSHIP APPLICATION, AND TEAMSAP REGISTRATION HAVE BEEN COMPLETED! THANK YOU!